

MANHATTAN BEACH UNIFIED SCHOOL DISTRICT

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

PS Lunch Menu

Portion Values -

Generated on: 3/31/17 12:26 PM

Monday - 04/03/2017

PS Lunch Menu

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| .PANCAKE, WG 4" KRUSTEAZ PANCAKE | 2 PANCAKES | 100 | 150 | 0.50 | 400 | 5 | 2.00 | 0.00 | 7 | 30.98 | 4.00 | 3.00 | 2 | 4.0 | 0.00 | 8.00 |
| .TURKEY, SAUSAGE PATTY | 1 EACH | 100 | 62 | 1.02 | 102 | *N/A* | 4.10 | 0.00 | 31 | 0.00 | 0.00 | 6.15 | 0 | 20.5 | 0.00 | 0.37 |
| .CARROTS, BABY-CUT, FRESH, PEELED | 1/2 CUP | 100 | 15 | 0.01 | 33 | 2 | 0.06 | 0.00 | 0 | 3.50 | 1.23 | 0.27 | 5861 | 13.6 | 1.10 | 0.38 |
| .APPLESAUCE CUPS | 1 CUP | 100 | 51 | 0.01 | 2 | 11 | 0.10 | 0.00 | 0 | 14.00 | 1.00 | 0.20 | 35 | 5.0 | 1.20 | 0.30 |
| .MILK, CARTON, WHITE, 1%, 8 FL OZ | 1 CRTN | 90 | 120 | 1.50 | 150 | *N/A* | 2.50 | 0.00 | 10 | 14.00 | 0.00 | 10.00 | 500 | 350.0 | 2.40 | 0.00 |
| *MILK, NONFAT(SKIM) | 1 CARTON | 10 | 90 | 0.00 | 120 | 12 | 0.00 | 0.00 | 4 | 12.00 | 0.00 | 9.00 | 500 | 300.0 | 2.40 | 0.00 |
| Weighted Daily Average | | | 394 | 2.89 | 684 | *19 | 8.50 | 0.00 | 47 | 62.28 | 6.23 | 19.52 | 6398 | 388.1 | 4.70 | 9.04 |
| % of Calories | | | | 6.60% | | *19.3% | 19.4% | 0.0% | | 63.2% | | 19.8% | | | | |
| Weekly Nutrient Guideline | | | 0 - 0 | <0 | | | <=0 | | | | | | | | | |

Tuesday - 04/04/2017

PS Lunch Menu

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| .QUESADILLA, CHEESE, COYOTE GR | 2 WEDGES | 100 | 320 | 6.00 | 600 | 3 | 13.00 | 0.00 | 45 | 32.00 | 3.00 | 18.00 | 300 | 250.0 | 0.00 | 2.70 |
| .RICE, WG, LONG GRAIN, BROWN | 1/2 CUP | 100 | 108 | 0.18 | 5 | 0 | 0.88 | 0.00 | 0 | 22.39 | 1.80 | 2.52 | 0 | 10.0 | 0.00 | 0.41 |
| *BEANS, BBQ COWBOY | 1/2 CUP | 100 | 119 | 0.09 | 436 | 10 | 0.47 | 0.00 | 0 | 26.85 | 5.21 | 6.03 | 137 | 43.2 | 0.00 | 1.51 |

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 - denotes required nutrient values

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MANHATTAN BEACH UNIFIED SCHOOL DISTRICT

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

PS Lunch Menu

Portion Values -

Generated on: 3/31/17 12:26 PM

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| *FRUIT, FRESH, SEASONAL (PS) | 1 SERV | 100 | 54 | 0.04 | 2 | *6 | 0.27 | *0.00 | 0 | 13.66 | 1.87 | 0.86 | 566 | 20.0 | 32.49 | 0.26 |
| .MILK, CARTON, WHITE, 1%, 8 FL OZ | 1 CRTN | 90 | 120 | 1.50 | 150 | *N/A* | 2.50 | 0.00 | 10 | 14.00 | 0.00 | 10.00 | 500 | 350.0 | 2.40 | 0.00 |
| *MILK, NONFAT(SKIM) | 1 CARTON | 10 | 90 | 0.00 | 120 | 12 | 0.00 | 0.00 | 4 | 12.00 | 0.00 | 9.00 | 500 | 300.0 | 2.40 | 0.00 |
| Weighted Daily Average | | | 719 | 7.66 | 1190 | *21 | 16.87 | *0.00 | 54 | 108.70 | 11.88 | 37.31 | 1503 | 668.1 | 34.89 | 4.88 |
| % of Calories | | | | 9.59% | | *11.7% | 21.1% | *0.0% | | 60.5% | | 20.8% | | | | |
| Weekly Nutrient Guideline | | | 0 - 0 | <0 | | | <=0 | | | | | | | | | |

Wednesday - 04/05/2017

PS Lunch Menu

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| .CHICKEN, BRD SMACKER, DARK(PS) | 8 PIECES | 100 | 234 | 2.40 | 479 | 0 | 13.60 | 0.00 | 65 | 13.60 | 2.40 | 14.40 | 134 | 14.4 | 0.00 | 1.60 |
| .POTATO, MASHED (E) | 1/2 CUP | 100 | 80 | 0.00 | 350 | *N/A* | 1.00 | 0.00 | 0 | 15.00 | 1.00 | 2.00 | 0 | 10.0 | 3.60 | 0.18 |
| .BISCUIT, PILLSBURY 132272000 | 1 BISCUIT | 100 | 100 | 4.50 | 230 | 1 | 5.00 | 0.00 | 0 | 13.00 | 1.00 | 2.00 | 0 | 8.0 | 0.00 | 2.00 |
| *FRUIT, FRESH, SEASONAL (PS) | 1 SERV | 100 | 54 | 0.04 | 2 | *6 | 0.27 | *0.00 | 0 | 13.66 | 1.87 | 0.86 | 566 | 20.0 | 32.49 | 0.26 |
| .MILK, CARTON, WHITE, 1%, 8 FL OZ | 1 CRTN | 90 | 120 | 1.50 | 150 | *N/A* | 2.50 | 0.00 | 10 | 14.00 | 0.00 | 10.00 | 500 | 350.0 | 2.40 | 0.00 |
| *MILK, NONFAT(SKIM) | 1 CARTON | 10 | 90 | 0.00 | 120 | 12 | 0.00 | 0.00 | 4 | 12.00 | 0.00 | 9.00 | 500 | 300.0 | 2.40 | 0.00 |
| Weighted Daily Average | | | 586 | 8.29 | 1209 | *8 | 22.12 | *0.00 | 74 | 69.06 | 6.27 | 29.16 | 1200 | 397.4 | 38.49 | 4.04 |
| % of Calories | | | | 12.73% | | *5.5% | 34.0% | *0.0% | | 47.1% | | 19.9% | | | | |
| Weekly Nutrient Guideline | | | 0 - 0 | <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 - denotes required nutrient values

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MANHATTAN BEACH UNIFIED SCHOOL DISTRICT

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

PS Lunch Menu

Portion Values -

Generated on: 3/31/17 12:26 PM

Thursday - 04/06/2017

PS Lunch Menu

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| *FRENCH TOAST STICKS, KRSZ(PS) | 3 STICKS | 100 | 230 | 1.00 | 420 | *N/A* | 5.00 | 0.00 | 15 | 41.00 | 1.00 | 6.00 | 200 | 60.0 | 0.00 | 1.80 |
| .CHEESE, MOZZARELLA STRING | 1 EACH | 100 | 79 | 3.46 | 207 | 0 | 5.93 | 0.00 | 15 | 0.99 | 0.00 | 6.91 | 99 | 197.5 | 0.00 | 0.07 |
| *CARROT, BABY WHOLE, RAW | 1/4 CUP | 100 | 7 | 0.00 | 17 | 1 | 0.03 | 0.00 | 0 | 1.75 | 0.62 | 0.14 | 2930 | 6.8 | 0.55 | 0.19 |
| .APPLESAUCE CUPS | 1 CUP | 100 | 51 | 0.01 | 2 | 11 | 0.10 | 0.00 | 0 | 14.00 | 1.00 | 0.20 | 35 | 5.0 | 1.20 | 0.30 |
| .MILK, CARTON, WHITE, 1%, 8 FL OZ | 1 CRTN | 90 | 120 | 1.50 | 150 | *N/A* | 2.50 | 0.00 | 10 | 14.00 | 0.00 | 10.00 | 500 | 350.0 | 2.40 | 0.00 |
| *MILK, NONFAT(SKIM) | 1 CARTON | 10 | 90 | 0.00 | 120 | 12 | 0.00 | 0.00 | 4 | 12.00 | 0.00 | 9.00 | 500 | 300.0 | 2.40 | 0.00 |
| Weighted Daily Average | | | 484 | 5.82 | 793 | *13 | 13.30 | 0.00 | 39 | 71.54 | 2.62 | 23.15 | 3764 | 614.3 | 4.15 | 2.36 |
| % of Calories | | | | 10.82% | | *10.7% | 24.7% | 0.0% | | 59.1% | | 19.1% | | | | |
| Weekly Nutrient Guideline | | | 0 - 0 | <0 | | | <=0 | | | | | | | | | |

Friday - 04/07/2017

PS Lunch Menu

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| .PIZZA, CHEESE HND TOSS WG(PS) | 1 SLICE | 100 | 272 | 5.61 | 456 | 7 | 11.21 | 0.00 | 28 | 28.83 | 3.20 | 14.41 | 320 | 280.3 | 0.00 | 1.44 |
| .CARROTS, BABY-CUT, FRESH, PEELED | 1/2 CUP | 100 | 15 | 0.01 | 33 | 2 | 0.06 | 0.00 | 0 | 3.50 | 1.23 | 0.27 | 5861 | 13.6 | 1.10 | 0.38 |
| *SORBET, LUIGI'S | 1 EACH | 100 | 120 | 1.00 | 35 | *N/A* | 1.50 | 0.00 | 5 | 27.00 | 0.00 | 0.00 | 0 | 20.0 | 60.00 | 0.36 |
| *FRUIT, FRESH, SEASONAL (PS) | 1 SERV | 100 | 54 | 0.04 | 2 | *6 | 0.27 | *0.00 | 0 | 13.66 | 1.87 | 0.86 | 566 | 20.0 | 32.49 | 0.26 |

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

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MANHATTAN BEACH UNIFIED SCHOOL DISTRICT

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

PS Lunch Menu

Portion Values -

Generated on: 3/31/17 12:26 PM

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| .DRESSING, KEN'S LITE RANCH | 1 TBSP | 100 | 35 | 0.51 | 121 | 1 | 3.54 | 0.00 | 3 | 0.51 | 0.00 | 0.51 | 3 | 10.1 | 0.00 | 0.00 |
| .MILK, CARTON, WHITE, 1%, 8 FL OZ | 1 CRTN | 90 | 120 | 1.50 | 150 | *N/A* | 2.50 | 0.00 | 10 | 14.00 | 0.00 | 10.00 | 500 | 350.0 | 2.40 | 0.00 |
| *MILK, NONFAT(SKIM) | 1 CARTON | 10 | 90 | 0.00 | 120 | 12 | 0.00 | 0.00 | 4 | 12.00 | 0.00 | 9.00 | 500 | 300.0 | 2.40 | 0.00 |
| Weighted Daily Average | | | 614 | 8.51 | 795 | *17 | 18.83 | *0.00 | 45 | 87.30 | 6.30 | 25.95 | 7250 | 689.0 | 95.99 | 2.43 |
| % of Calories | | | | 12.47% | | *11.1% | 27.6% | *0.0% | | 56.9% | | 16.9% | | | | |
| Weekly Nutrient Guideline | | | 0 - 0 | <0 | | | <=0 | | | | | | | | | |

Tuesday - 04/18/2017

PS Lunch Menu

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| .PIZZA, CRUNCHER, CHEESE (PS) | 4 CRUNCHERS | 100 | 300 | 6.00 | 600 | 2 | 13.50 | 0.00 | 22 | 30.75 | 3.75 | 15.00 | 3421 | 318.0 | 1.50 | 1.50 |
| .CARROTS, BABY-CUT, FRESH, PEELED | 1/2 CUP | 100 | 15 | 0.01 | 33 | 2 | 0.06 | 0.00 | 0 | 3.50 | 1.23 | 0.27 | 5861 | 13.6 | 1.10 | 0.38 |
| *FRUIT, FRESH, SEASONAL (PS) | 1 SERV | 100 | 54 | 0.04 | 2 | *6 | 0.27 | *0.00 | 0 | 13.66 | 1.87 | 0.86 | 566 | 20.0 | 32.49 | 0.26 |
| .MILK, CARTON, WHITE, 1%, 8 FL OZ | 1 CRTN | 90 | 120 | 1.50 | 150 | *N/A* | 2.50 | 0.00 | 10 | 14.00 | 0.00 | 10.00 | 500 | 350.0 | 2.40 | 0.00 |
| *MILK, NONFAT(SKIM) | 1 CARTON | 10 | 90 | 0.00 | 120 | 12 | 0.00 | 0.00 | 4 | 12.00 | 0.00 | 9.00 | 500 | 300.0 | 2.40 | 0.00 |
| Weighted Daily Average | | | 486 | 7.40 | 783 | *12 | 16.07 | *0.00 | 32 | 61.72 | 6.85 | 26.03 | 10348 | 696.6 | 37.49 | 2.13 |
| % of Calories | | | | 13.70% | | *9.9% | 29.8% | *0.0% | | 50.8% | | 21.4% | | | | |
| Weekly Nutrient Guideline | | | 0 - 0 | <0 | | | <=0 | | | | | | | | | |

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MANHATTAN BEACH UNIFIED SCHOOL DISTRICT

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

PS Lunch Menu

Portion Values -

Generated on: 3/31/17 12:26 PM

Wednesday - 04/19/2017

PS Lunch Menu

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| .MAC & CHEESE, RDFAT, LOL (PS) | 1 SERV | 100 | 215 | 4.44 | 726 | *N/A* | 8.15 | 0.00 | 22 | 23.70 | 0.74 | 11.85 | 593 | 296.3 | 0.00 | 0.80 |
| *SALAD, TOSSED GREEN | 1/4 CUP | 100 | 2 | 0.00 | 2 | *N/A* | 0.01 | 0.00 | 0 | 0.46 | 0.11 | 0.10 | 311 | 2.8 | 2.00 | 0.04 |
| .YOGURT, STRAWBERRY LF | 1 CUP | 100 | 210 | 1.50 | 120 | 34 | 2.00 | 0.00 | 10 | 40.96 | 0.00 | 6.99 | 1249 | 59.9 | 2.40 | 0.36 |
| *FRUIT, FRESH, SEASONAL (PS) | 1 SERV | 100 | 54 | 0.04 | 2 | *6 | 0.27 | *0.00 | 0 | 13.66 | 1.87 | 0.86 | 566 | 20.0 | 32.49 | 0.26 |
| .MILK, CARTON, WHITE, 1%, 8 FL OZ | 1 CRTN | 90 | 120 | 1.50 | 150 | *N/A* | 2.50 | 0.00 | 10 | 14.00 | 0.00 | 10.00 | 500 | 350.0 | 2.40 | 0.00 |
| *MILK, NONFAT(SKIM) | 1 CARTON | 10 | 90 | 0.00 | 120 | 12 | 0.00 | 0.00 | 4 | 12.00 | 0.00 | 9.00 | 500 | 300.0 | 2.40 | 0.00 |
| Weighted Daily Average | | | 598 | 7.34 | 997 | *41 | 12.68 | *0.00 | 42 | 92.60 | 2.72 | 29.70 | 3218 | 724.0 | 39.29 | 1.46 |
| % of Calories | | | | 11.05% | | *27.4% | 19.1% | *0.0% | | 61.9% | | 19.9% | | | | |
| Weekly Nutrient Guideline | | | 0 - 0 | <0 | | | <=0 | | | | | | | | | |

Thursday - 04/20/2017

PS Lunch Menu

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| .BEEF, TRIPLE B BURGER, 2.25oz | 1 PATTY | 100 | 147 | 3.40 | 200 | 0 | 8.65 | 0.00 | 39 | 0.10 | 0.03 | 16.08 | 0 | 13.7 | 0.03 | 1.85 |
| .BREAD, BUN, 3.5" HAMBURGER, ROHWW3 | 1 BUN | 100 | 120 | 0.00 | 230 | 1 | 2.00 | 0.00 | 0 | 22.00 | 2.00 | 4.00 | 0 | 0.0 | 0.00 | 6.00 |
| .POTATO, PUFFS ORE-IDA (PS) | 5 PIECES | 100 | 103 | 0.79 | 246 | 0 | 4.76 | 0.00 | 0 | 12.70 | 1.59 | 1.59 | 0 | 0.0 | 2.86 | 0.00 |
| *FRUIT, FRESH, SEASONAL (PS) | 1 SERV | 100 | 54 | 0.04 | 2 | *6 | 0.27 | *0.00 | 0 | 13.66 | 1.87 | 0.86 | 566 | 20.0 | 32.49 | 0.26 |

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Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

PS Lunch Menu

Portion Values -

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| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| .MILK, CARTON, WHITE, 1%, 8 FL OZ | 1 CRTN | 90 | 120 | 1.50 | 150 | *N/A* | 2.50 | 0.00 | 10 | 14.00 | 0.00 | 10.00 | 500 | 350.0 | 2.40 | 0.00 |
| *MILK, NONFAT(SKIM) | 1 CARTON | 10 | 90 | 0.00 | 120 | 12 | 0.00 | 0.00 | 4 | 12.00 | 0.00 | 9.00 | 500 | 300.0 | 2.40 | 0.00 |
| Weighted Daily Average | | | 542 | 5.59 | 825 | *8 | 17.93 | *0.00 | 48 | 62.26 | 5.48 | 32.42 | 1066 | 378.6 | 37.77 | 8.11 |
| % of Calories | | | | 9.28% | | *5.9% | 29.8% | *0.0% | | 45.9% | | 23.9% | | | | |
| Weekly Nutrient Guideline | | | 0 - 0 | <0 | | | <=0 | | | | | | | | | |

Friday - 04/21/2017

PS Lunch Menu

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| .PIZZA, CHEESE HND TOSS WG(PS) | 1 SLICE | 100 | 272 | 5.61 | 456 | 7 | 11.21 | 0.00 | 28 | 28.83 | 3.20 | 14.41 | 320 | 280.3 | 0.00 | 1.44 |
| .CARROTS, BABY-CUT, FRESH, PEELED | 1/2 CUP | 100 | 15 | 0.01 | 33 | 2 | 0.06 | 0.00 | 0 | 3.50 | 1.23 | 0.27 | 5861 | 13.6 | 1.10 | 0.38 |
| *SORBET, LUIGI'S | 1 EACH | 100 | 120 | 1.00 | 35 | *N/A* | 1.50 | 0.00 | 5 | 27.00 | 0.00 | 0.00 | 0 | 20.0 | 60.00 | 0.36 |
| *FRUIT, FRESH, SEASONAL (PS) | 1 SERV | 100 | 54 | 0.04 | 2 | *6 | 0.27 | *0.00 | 0 | 13.66 | 1.87 | 0.86 | 566 | 20.0 | 32.49 | 0.26 |
| .DRESSING, KEN'S LITE RANCH | 1 TBSP | 100 | 35 | 0.51 | 121 | 1 | 3.54 | 0.00 | 3 | 0.51 | 0.00 | 0.51 | 3 | 10.1 | 0.00 | 0.00 |
| .MILK, CARTON, WHITE, 1%, 8 FL OZ | 1 CRTN | 90 | 120 | 1.50 | 150 | *N/A* | 2.50 | 0.00 | 10 | 14.00 | 0.00 | 10.00 | 500 | 350.0 | 2.40 | 0.00 |
| *MILK, NONFAT(SKIM) | 1 CARTON | 10 | 90 | 0.00 | 120 | 12 | 0.00 | 0.00 | 4 | 12.00 | 0.00 | 9.00 | 500 | 300.0 | 2.40 | 0.00 |
| Weighted Daily Average | | | 614 | 8.51 | 795 | *17 | 18.83 | *0.00 | 45 | 87.30 | 6.30 | 25.95 | 7250 | 689.0 | 95.99 | 2.43 |
| % of Calories | | | | 12.47% | | *11.1% | 27.6% | *0.0% | | 56.9% | | 16.9% | | | | |
| Weekly Nutrient Guideline | | | 0 - 0 | <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 - denotes required nutrient values

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MANHATTAN BEACH UNIFIED SCHOOL DISTRICT

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

PS Lunch Menu

Portion Values -

Generated on: 3/31/17 12:26 PM

Monday - 04/24/2017

PS Lunch Menu

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| .CHICKEN, CRISPY TENDERS WG | 1 SERV | 100 | 263 | 2.53 | 395 | *N/A* | 15.17 | 0.00 | 25 | 16.19 | 3.04 | 15.17 | 101 | 40.5 | 0.00 | 1.82 |
| .POTATO, SMILES | 4 SMILES | 100 | 129 | 0.50 | 179 | 0 | 4.48 | 0.00 | 0 | 19.92 | 1.99 | 1.99 | 0 | 0.0 | 2.39 | 0.36 |
| .BREAD, WG DINNER ROLL SB-220 | 1 ROLL | 100 | 90 | 0.00 | 120 | 2 | 1.00 | 0.00 | 0 | 18.00 | 1.00 | 2.00 | 10 | 0.0 | 0.00 | 0.72 |
| *FRUIT, FRESH, SEASONAL (PS) | 1 SERV | 100 | 54 | 0.04 | 2 | *6 | 0.27 | *0.00 | 0 | 13.66 | 1.87 | 0.86 | 566 | 20.0 | 32.49 | 0.26 |
| .MILK, CARTON, WHITE, 1%, 8 FL OZ | 1 CRTN | 90 | 120 | 1.50 | 150 | *N/A* | 2.50 | 0.00 | 10 | 14.00 | 0.00 | 10.00 | 500 | 350.0 | 2.40 | 0.00 |
| *MILK, NONFAT(SKIM) | 1 CARTON | 10 | 90 | 0.00 | 120 | 12 | 0.00 | 0.00 | 4 | 12.00 | 0.00 | 9.00 | 500 | 300.0 | 2.40 | 0.00 |
| Weighted Daily Average | | | 654 | 4.42 | 843 | *9 | 23.17 | *0.00 | 35 | 81.57 | 7.89 | 29.92 | 1177 | 405.4 | 37.28 | 3.16 |
| % of Calories | | | | 6.08% | | *5.5% | 31.9% | *0.0% | | 49.9% | | 18.3% | | | | |
| Weekly Nutrient Guideline | | | 0 - 0 | <0 | | | <=0 | | | | | | | | | |

Tuesday - 04/25/2017

PS Lunch Menu

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| .PIZZA, CHEESE HND TOSS WG(PS) | 1 SLICE | 100 | 272 | 5.61 | 456 | 7 | 11.21 | 0.00 | 28 | 28.83 | 3.20 | 14.41 | 320 | 280.3 | 0.00 | 1.44 |
| .CARROTS, BABY-CUT, FRESH, PEELED | 1/2 CUP | 100 | 15 | 0.01 | 33 | 2 | 0.06 | 0.00 | 0 | 3.50 | 1.23 | 0.27 | 5861 | 13.6 | 1.10 | 0.38 |
| .APPLESAUCE CUPS | 1 CUP | 100 | 51 | 0.01 | 2 | 11 | 0.10 | 0.00 | 0 | 14.00 | 1.00 | 0.20 | 35 | 5.0 | 1.20 | 0.30 |
| *FRUIT, FRESH, SEASONAL (PS) | 1 SERV | 100 | 54 | 0.04 | 2 | *6 | 0.27 | *0.00 | 0 | 13.66 | 1.87 | 0.86 | 566 | 20.0 | 32.49 | 0.26 |

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 - denotes required nutrient values

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MANHATTAN BEACH UNIFIED SCHOOL DISTRICT

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

PS Lunch Menu

Portion Values -

Generated on: 3/31/17 12:26 PM

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| .DRESSING, KEN'S LITE RANCH | 1 TBSP | 100 | 35 | 0.51 | 121 | 1 | 3.54 | 0.00 | 3 | 0.51 | 0.00 | 0.51 | 3 | 10.1 | 0.00 | 0.00 |
| .MILK, CARTON, WHITE, 1%, 8 FL OZ | 1 CRTN | 90 | 120 | 1.50 | 150 | *N/A* | 2.50 | 0.00 | 10 | 14.00 | 0.00 | 10.00 | 500 | 350.0 | 2.40 | 0.00 |
| *MILK, NONFAT(SKIM) | 1 CARTON | 10 | 90 | 0.00 | 120 | 12 | 0.00 | 0.00 | 4 | 12.00 | 0.00 | 9.00 | 500 | 300.0 | 2.40 | 0.00 |
| Weighted Daily Average | | | 545 | 7.52 | 762 | *28 | 17.43 | *0.00 | 40 | 74.30 | 7.30 | 26.15 | 7285 | 674.0 | 37.19 | 2.38 |
| % of Calories | | | | 12.42% | | *20.6% | 28.8% | *0.0% | | 54.5% | | 19.2% | | | | |
| Weekly Nutrient Guideline | | | 0 - 0 | <0 | | | <=0 | | | | | | | | | |

Wednesday - 04/26/2017

PS Lunch Menu

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| *PASTA WITH MEAT SAUCE | 1 CUP | 1 | 274 | 1.50 | 256 | *N/A* | 4.48 | *0.50 | 14 | 46.84 | 3.22 | 14.46 | *334 | *18.7 | *4.01 | 16.37 |
| *FRUIT, FRESH, SEASONAL (PS) | 1 SERV | 100 | 54 | 0.04 | 2 | *6 | 0.27 | *0.00 | 0 | 13.66 | 1.87 | 0.86 | 566 | 20.0 | 32.49 | 0.26 |
| .MILK, CARTON, WHITE, 1%, 8 FL OZ | 1 CRTN | 90 | 120 | 1.50 | 150 | *N/A* | 2.50 | 0.00 | 10 | 14.00 | 0.00 | 10.00 | 500 | 350.0 | 2.40 | 0.00 |
| *MILK, NONFAT(SKIM) | 1 CARTON | 10 | 90 | 0.00 | 120 | 12 | 0.00 | 0.00 | 4 | 12.00 | 0.00 | 9.00 | 500 | 300.0 | 2.40 | 0.00 |
| Weighted Daily Average | | | 174 | 1.41 | 152 | *7 | 2.56 | *0.00 | 10 | 27.93 | 1.90 | 10.90 | *1070 | *365.1 | *34.93 | 0.42 |
| % of Calories | | | | 7.29% | | *16.1% | 13.2% | *0.0% | | 64.2% | | 25.1% | | | | |
| Weekly Nutrient Guideline | | | 0 - 0 | <0 | | | <=0 | | | | | | | | | |

Thursday - 04/27/2017

PS Lunch Menu

Reimbursable Meal Total 100

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MANHATTAN BEACH UNIFIED SCHOOL DISTRICT

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

PS Lunch Menu

Portion Values -

Generated on: 3/31/17 12:26 PM

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| .ORANGE CHICKEN W/BROWN RICE (E/PS) | 1 CHIX+RICE | 100 | 258 | 0.68 | 285 | *10 | 3.88 | 0.00 | 40 | 41.39 | 1.80 | 13.52 | 50 | 10.0 | 1.20 | 1.13 |
| BROCCOLI,raw: fresh | 1/4 CUP | 100 | 7 | 0.01 | 7 | *N/A* | 0.08 | 0.00 | 0 | 1.46 | 0.57 | 0.62 | 137 | 10.3 | 19.62 | 0.16 |
| *FRUIT, FRESH, SEASONAL (PS) | 1 SERV | 100 | 54 | 0.04 | 2 | *6 | 0.27 | *0.00 | 0 | 13.66 | 1.87 | 0.86 | 566 | 20.0 | 32.49 | 0.26 |
| .MILK, CARTON, WHITE, 1%, 8 FL OZ | 1 CRTN | 90 | 120 | 1.50 | 150 | *N/A* | 2.50 | 0.00 | 10 | 14.00 | 0.00 | 10.00 | 500 | 350.0 | 2.40 | 0.00 |
| *MILK, NONFAT(SKIM) | 1 CARTON | 10 | 90 | 0.00 | 120 | 12 | 0.00 | 0.00 | 4 | 12.00 | 0.00 | 9.00 | 500 | 300.0 | 2.40 | 0.00 |
| Weighted Daily Average | | | 437 | 2.08 | 442 | *17 | 6.48 | *0.00 | 49 | 70.32 | 4.24 | 24.89 | 1253 | 385.3 | 55.71 | 1.55 |
| % of Calories | | | | 4.28% | | *15.6% | 13.3% | *0.0% | | 64.4% | | 22.8% | | | | |
| Weekly Nutrient Guideline | | | 0 - 0 | <0 | | | <=0 | | | | | | | | | |

Friday - 04/28/2017

PS Lunch Menu

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| .PIZZA, CHEESE HND TOSS WG(PS) | 1 SLICE | 100 | 272 | 5.61 | 456 | 7 | 11.21 | 0.00 | 28 | 28.83 | 3.20 | 14.41 | 320 | 280.3 | 0.00 | 1.44 |
| baby carrots | .5 cup | 100 | 40 | 0.03 | 88 | *N/A* | 0.15 | *N/A* | 0 | 9.34 | 3.29 | 0.73 | 15638 | 36.3 | 2.95 | 1.01 |
| *SORBET, LUIGI'S | 1 EACH | 100 | 120 | 1.00 | 35 | *N/A* | 1.50 | 0.00 | 5 | 27.00 | 0.00 | 0.00 | 0 | 20.0 | 60.00 | 0.36 |
| *FRUIT, FRESH, SEASONAL (PS) | 1 SERV | 100 | 54 | 0.04 | 2 | *6 | 0.27 | *0.00 | 0 | 13.66 | 1.87 | 0.86 | 566 | 20.0 | 32.49 | 0.26 |
| .DRESSING, KEN'S LITE RANCH | 1 TBSP | 100 | 35 | 0.51 | 121 | 1 | 3.54 | 0.00 | 3 | 0.51 | 0.00 | 0.51 | 3 | 10.1 | 0.00 | 0.00 |
| .MILK, CARTON, WHITE, 1%, 8 FL OZ | 1 CRTN | 90 | 120 | 1.50 | 150 | *N/A* | 2.50 | 0.00 | 10 | 14.00 | 0.00 | 10.00 | 500 | 350.0 | 2.40 | 0.00 |

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MANHATTAN BEACH UNIFIED SCHOOL DISTRICT

Apr 1, 2017 thru Apr 30, 2017

Base Menu Spreadsheet

PS Lunch Menu

Portion Values -

Generated on: 3/31/17 12:26 PM

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| *MILK, NONFAT(SKIM) | 1 CARTON | 10 | 90 | 0.00 | 120 | 12 | 0.00 | 0.00 | 4 | 12.00 | 0.00 | 9.00 | 500 | 300.0 | 2.40 | 0.00 |
| Weighted Daily Average | | | 639 | 8.53 | 851 | *15 | 18.92 | *0.00 | 45 | 93.14 | 8.36 | 26.40 | 17027 | 711.7 | 97.83 | 3.06 |
| % of Calories | | | | 12.01% | | *9.4% | 26.6% | *0.0% | | 58.3% | | 16.5% | | | | |
| Weekly Nutrient Guideline | | | 0 - 0 | <0 | | | <=0 | | | | | | | | | |

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

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