

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

Menu Name:	K-8 LUNCH CYCLE 1	Include Cost:	No
Site:		Report Style:	Detailed
Use Alternate Menu Name:	No		

Wednesday - 11/01/2023 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
850625 WRAP CHICKEN CAESAR	WRAP	1	389	5.31	813	3	*N/A*	19.21	0.00	86	33.27	4.21	22.48	5047	205.8	2.31	2.34
000023 PIZZA FRENCH BREAD	1 EACH	1	300	5.00	560	*N/A*	*N/A*	12.00	0.00	20	29.00	2.00	18.00	400	350.0	0.00	1.80
850073 CORN CANNED USDA	1/2 CUP	1	65	0.00	15	3	*N/A*	1.00	0.00	0	15.00	2.00	2.00	15	*N/A*	*N/A*	*N/A*
826740 CUCUMBER SLICES	1/2 cup	1	10	0.03	1	1	*N/A*	0.07	0.00	0	2.47	0.34	0.44	71	10.9	1.90	0.19
000451 PINEAPPLE TIDBITS CND	1/2 CUP	1	60	0.00	10	13	*N/A*	0.00	0.00	0	15.00	1.00	0.00	0	0.0	15.00	0.36
850062 MILK CHOCOLATE FF TRU MOO	HALF PINT	80	120	0.00	190	18	*N/A*	0.00	0.00	5	20.00	0.00	9.00	500	300.0	1.20	0.00
850063 MILK WHITE 1% BERKELEY	HALF PINT	20	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	2.40	0.00
850207 DRESSING RANCH LITE 1.5 OZ PKT	PKT	1	140	2.00	290	*N/A*	*N/A*	14.00	0.00	10	2.00	0.00	1.00	100	40.0	0.00	0.00
Weighted Daily Average			132	0.42	201	*18	*0	0.96	0.00	8	20.17	0.10	9.64	556	*326.1	*1.63	*0.05
% of Calories				2.86%		*54.5%	*0%	6.5%	0.0%		61.1%		29.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 11/02/2023 Reimbursable Meal Total 100

Base Menu Spreadsheet

Pacifica School District

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
850524 CRISPY CHICKEN SAND GOLDSTAR	1 sandwich	40	420	3.00	640	4	*N/A*	17.00	0.00	25	45.00	5.00	21.00	100	80.0	9.00	3.24
990057 LETTUCE & TOMATO SANDWICH TOPPER	1 CUP	1	10	0.02	7	1	*N/A*	0.11	0.00	0	2.16	0.74	0.62	1666	10.6	7.46	0.27
000269 YOGURT, GOLDFISH, STRING CHSE	EACH	1	360	4.50	570	*19	*N/A*	12.00	0.00	20	52.00	4.00	14.00	600	620.0	*1.20	1.08
000452 SALAD CAESAR BULK SIDE	1.5 CUP	1	372	1.46	1053	*1	*N/A*	16.29	0.00	8	52.86	1.19	12.20	4938	46.2	2.27	4.20
850066 BEANS PINTO	1/2 CUP	1	100	0.00	140	0	*N/A*	0.00	0.00	0	18.00	7.00	6.00	0	40.0	0.00	1.44
850370 ORANGE FRESH WHOLE 138 COUNT	EACH	1	63	0.03	0	*N/A*	*N/A*	0.16	0.00	0	15.66	3.20	1.25	300	53.3	70.88	0.13
850062 MILK CHOCOLATE FF TRU MOO	HALF PINT	75	120	0.00	190	18	*N/A*	0.00	0.00	5	20.00	0.00	9.00	500	300.0	1.20	0.00
850063 MILK WHITE 1% BERKELEY	HALF PINT	25	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	2.40	0.00
850211 KETCHUP DISPENSER	.5 OZ	30	17	0.00	133	*N/A*	*N/A*	0.00	0.00	0	4.17	0.00	0.00	83	0.0	1.00	0.00
850406 MUSTARD 5.5 G PACKET 5390	PACKET	1	5	0.00	50	*N/A*	*N/A*	0.00	0.00	0	0.50	0.00	0.50	0	0.0	0.00	0.00
850428 BBQ SAUCE 12GM PKT 27810	12 GM PKT	1	15	0.00	85	*N/A*	*N/A*	0.00	0.00	0	4.00	0.00	0.00	0	0.0	0.00	0.00
850207 DRESSING RANCH LITE 1.5 OZ PKT	PKT	1	140	2.00	290	*N/A*	*N/A*	14.00	0.00	10	2.00	0.00	1.00	100	40.0	0.00	0.00
850405 MAYONNAISE 9 GM PACKET	PACKET 9 GM	1	70	1.00	55	*N/A*	*N/A*	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			307	1.67	501	*19	*0	7.92	0.00	18	39.72	2.16	18.01	641	365.1	*6.22	1.37
% of Calories				4.90%		*24.8%	*0%	23.2%	0.0%		51.8%		23.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 11/03/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
850006 PIZZA SMART CHEESE 100%, WG	PIECE	20	300	5.00	560	10	*N/A*	11.00	0.00	25	34.00	4.00	18.00	400	300.0	0.00	1.80
826545 PIZZA SMART PEPPERONI:K8	1 slice	20	325	4.82	663	14	*N/A*	13.19	0.00	20	37.09	4.00	16.00	400	300.0	0.00	2.73
825225 CARROTS BABY FRESH	3/4 cup	1	25	0.01	55	3	*N/A*	0.08	0.00	0	5.78	2.05	0.45	9772	22.5	1.88	0.64
850076 APPLE, WHOLE 198 COUNT	EACH	1	53	0.03	1	10	*N/A*	0.17	0.00	0	13.95	2.42	0.26	55	6.1	4.65	0.12
850062 MILK CHOCOLATE FF TRU MOO	HALF PINT	80	120	0.00	190	18	*N/A*	0.00	0.00	5	20.00	0.00	9.00	500	300.0	1.20	0.00
850063 MILK WHITE 1% BERKELEY	HALF PINT	20	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	2.40	0.00
850207 DRESSING RANCH LITE 1.5 OZ PKT	PKT	1	140	2.00	290	*N/A*	*N/A*	14.00	0.00	10	2.00	0.00	1.00	100	40.0	0.00	0.00
Weighted Daily Average			249	2.28	432	*22	*0	5.48	0.00	16	33.64	1.64	16.02	759	440.7	1.51	0.91
% of Calories				8.24%		*35.3%	*0%	19.8%	0.0%		54.0%		25.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 11/06/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000095 SAND COLD TURKEY & CHEESE	EACH	1	358	6.14	1044	*4	*N/A*	12.59	0.00	48	39.35	2.00	21.39	441	165.3	0.63	12.26
990057 LETTUCE & TOMATO SANDWICH TOPPER	1 CUP	1	10	0.02	7	1	*N/A*	0.11	0.00	0	2.16	0.74	0.62	1666	10.6	7.46	0.27
851154 PRETZEL SOFT BAKED 30110	EACH	1	140	0.00	150	1	*N/A*	0.50	0.00	0	30.00	3.00	5.00	5	20.0	1.20	1.80
850020 YOGURT CRUSH CUP STRAWBERRY 4OZ	EACH	1	80	0.00	65	*N/A*	*N/A*	0.00	0.00	5	16.06	0.00	4.01	0	150.5	0.00	0.00
850390 CHEESE STRING LIGHT LOL IW	EACH	1	60	2.00	210	0	*N/A*	2.50	0.00	10	1.00	0.00	8.00	100	200.0	0.00	0.00

Base Menu Spreadsheet

Pacifica School District

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
825225 CARROTS BABY FRESH	3/4 cup	1	25	0.01	55	3	*N/A*	0.08	0.00	0	5.78	2.05	0.45	9772	22.5	1.88	0.64
850070 PEACHES CANNED DICED IN JUICE	1/2 CUP	1	50	0.00	10	10	*N/A*	0.00	0.00	0	12.00	0.00	0.00	300	0.0	1.20	0.00
850062 MILK CHOCOLATE FF TRU MOO	HALF PINT	75	120	0.00	190	18	*N/A*	0.00	0.00	5	20.00	0.00	9.00	500	300.0	1.20	0.00
850063 MILK WHITE 1% BERKELEY	HALF PINT	25	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	2.40	0.00
850459 KETCHUP 9G PACKET 98480	PACKET	1	10	0.00	85	*N/A*	*N/A*	0.00	0.00	0	3.00	0.00	0.00	0	0.0	0.00	0.00
850406 MUSTARD 5.5 G PACKET 5390	PACKET	1	5	0.00	50	*N/A*	*N/A*	0.00	0.00	0	0.50	0.00	0.50	0	0.0	0.00	0.00
850405 MAYONNAISE 9 GM PACKET	PACKET 9 GM	1	70	1.00	55	*N/A*	*N/A*	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
850207 DRESSING RANCH LITE 1.5 OZ PKT	PKT	1	140	2.00	290	*N/A*	*N/A*	14.00	0.00	10	2.00	0.00	1.00	100	40.0	0.00	0.00
Weighted Daily Average			132	0.49	203	*17	*0	0.99	0.00	8	20.12	0.08	9.66	624	331.1	1.62	0.15
% of Calories				3.34%		*51.5%	*0%	6.8%	0.0%		61.0%		29.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 11/07/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990056 CRISPY CHICKEN ASIAN SALAD	PORTION	1	616	6.63	1353	*16	*N/A*	39.13	0.00	24	50.27	7.04	18.92	5651	121.0	52.13	3.82
000445 CRACKER GOLDFISH	1 package	1	100	1.00	180	*N/A*	*N/A*	3.50	0.00	5	14.00	1.00	2.00	0	20.0	0.00	0.36
850541 ITALIAN DUNKERS WG 73338	2 breadsticks	1	310	7.00	590	8	*N/A*	13.00	0.00	40	31.00	3.00	18.00	200	400.0	0.00	1.80
990058 ASIAN SESAME SALAD	PORTION	1	124	0.93	218	*11	*N/A*	5.72	0.00	0	17.45	2.43	1.98	4131	50.9	38.76	1.12

Base Menu Spreadsheet

Pacifica School District

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
850293 APPLE, WHOLE	1/2 CUP	1	53	0.03	1	10	*N/A*	0.17	0.00	0	13.95	2.42	0.26	55	6.1	4.65	0.12
850062 MILK CHOCOLATE FF TRU MOO	HALF PINT	80	120	0.00	190	18	*N/A*	0.00	0.00	5	20.00	0.00	9.00	500	300.0	1.20	0.00
850063 MILK WHITE 1% BERKELEY	HALF PINT	20	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	2.40	0.00
850211 KETCHUP DISPENSER	.5 OZ	50	17	0.00	133	*N/A*	*N/A*	0.00	0.00	0	4.17	0.00	0.00	83	0.0	1.00	0.00
Weighted Daily Average			142	0.46	274	*18	*0	1.12	0.00	8	22.55	0.16	9.61	642	326.0	2.90	0.07
% of Calories				2.92%		*50.7%	*0%	7.1%	0.0%		63.5%		27.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 11/08/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000386 HOT DOG BEEF	ea	50	280	0.50	510	7	*N/A*	4.50	0.00	0	54.00	5.00	10.00	20	60.0	6.00	2.52
851096 MAC & CHEESE LOL	#6 SCOOP	1	284	5.54	692	6	*N/A*	11.08	0.00	28	29.77	1.38	17.31	692	415.4	0.00	1.00
850073 CORN CANNED USDA	1/2 CUP	1	65	0.00	15	3	*N/A*	1.00	0.00	0	15.00	2.00	2.00	15	*N/A*	*N/A*	*N/A*
826740 CUCUMBER SLICES	1/2 cup	1	10	0.03	1	1	*N/A*	0.07	0.00	0	2.47	0.34	0.44	71	10.9	1.90	0.19
000451 PINEAPPLE TIDBITS CND	1/2 CUP	1	60	0.00	10	13	*N/A*	0.00	0.00	0	15.00	1.00	0.00	0	0.0	15.00	0.36
850062 MILK CHOCOLATE FF TRU MOO	HALF PINT	75	120	0.00	190	18	*N/A*	0.00	0.00	5	20.00	0.00	9.00	500	300.0	1.20	0.00
850063 MILK WHITE 1% BERKELEY	HALF PINT	25	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	2.40	0.00
850459 KETCHUP 9G PACKET 98480	PACKET	1	10	0.00	85	*N/A*	*N/A*	0.00	0.00	0	3.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Pacifica School District

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
850406 MUSTARD 5.5 G PACKET 5390	PACKET	1	5	0.00	50	*N/A*	*N/A*	0.00	0.00	0	0.50	0.00	0.50	0	0.0	0.00	0.00
850207 DRESSING RANCH LITE 1.5 OZ PKT	PKT	1	140	2.00	290	*N/A*	*N/A*	14.00	0.00	10	2.00	0.00	1.00	100	40.0	0.00	0.00
Weighted Daily Average			268	0.70	449	*21	*0	3.14	0.00	8	46.68	2.55	14.46	519	*359.7	*4.67	*1.28
% of Calories				2.35%		*31.3%	*0%	10.5%	0.0%		69.7%		21.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 11/13/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
850078 CHICKEN NUGGETS:tyson 2155	7 EACH	1	336	3.50	658	1	*N/A*	19.60	0.00	28	22.40	4.20	18.20	140	56.0	0.00	2.52
850235 PARFAIT PEACH 1MMA ES	1 parfait	20	230	0.83	132	*15	*N/A*	3.75	0.00	2	44.15	1.00	5.16	826	106.6	1.20	0.36
000462 CHEESE STRING LOL IW	EACH	1	80	3.50	210	0	*N/A*	6.00	0.00	15	1.00	0.00	7.00	100	200.0	*N/A*	0.00
850482 GRAHAM CRACKERS 3 PACK	PACKAGE	1	90	0.00	95	4	*N/A*	2.50	0.00	0	17.00	1.00	2.00	500	100.0	0.00	0.72
825225 CARROTS BABY FRESH	3/4 cup	1	25	0.01	55	3	*N/A*	0.08	0.00	0	5.78	2.05	0.45	9772	22.5	1.88	0.64
850070 PEACHES CANNED DICED IN JUICE	1/2 CUP	1	50	0.00	10	10	*N/A*	0.00	0.00	0	12.00	0.00	0.00	300	0.0	1.20	0.00
850062 MILK CHOCOLATE FF TRU MOO	HALF PINT	75	120	0.00	190	18	*N/A*	0.00	0.00	5	20.00	0.00	9.00	500	300.0	1.20	0.00
850063 MILK WHITE 1% BERKELEY	HALF PINT	25	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	2.40	0.00
850459 KETCHUP 9G PACKET 98480	PACKET	1	10	0.00	85	*N/A*	*N/A*	0.00	0.00	0	3.00	0.00	0.00	0	0.0	0.00	0.00
850207 DRESSING RANCH LITE 1.5 OZ PKT	PKT	1	140	2.00	290	*N/A*	*N/A*	14.00	0.00	10	2.00	0.00	1.00	100	40.0	0.00	0.00

Base Menu Spreadsheet

Pacifica School District

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
850428 BBQ SAUCE 12GM PKT 27810	12 GM PKT	1	15	0.00	85	*N/A*	*N/A*	0.00	0.00	0	4.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			176	0.63	224	*21	*0	1.80	0.00	9	28.50	0.27	10.57	774	350.5	*1.77	0.11
% of Calories				3.22%		*47.7%	*0%	9.2%	0.0%		64.8%		24.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 11/14/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990055 BEEF QUESADILLA	1 quesadilla	1	306	7.12	564	2	*N/A*	14.86	0.00	49	24.23	3.24	17.70	639	336.8	2.98	2.07
000073 QUESADILLA CHEESE	1 quesadilla	1	400	13.50	630	2	*N/A*	22.50	0.00	60	31.00	3.00	19.00	610	550.0	0.00	1.44
000450 SALAD GREEN TOSSED BULK SIDE	CUP	1	17	0.03	25	1	*N/A*	0.18	0.00	0	3.16	1.20	1.28	4805	34.5	10.99	0.86
850293 APPLE, WHOLE	1/2 CUP	1	53	0.03	1	10	*N/A*	0.17	0.00	0	13.95	2.42	0.26	55	6.1	4.65	0.12
850062 MILK CHOCOLATE FF TRU MOO	HALF PINT	80	120	0.00	190	18	*N/A*	0.00	0.00	5	20.00	0.00	9.00	500	300.0	1.20	0.00
850063 MILK WHITE 1% BERKELEY	HALF PINT	20	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	2.40	0.00
850407 TACO SAUCE 9 G PACKET	PACKET	1	5	0.00	95	*N/A*	*N/A*	0.00	0.00	0	1.00	0.00	0.00	289	0.0	0.00	0.00
850207 DRESSING RANCH LITE 1.5 OZ PKT	PKT	1	140	2.00	290	*N/A*	*N/A*	14.00	0.00	10	2.00	0.00	1.00	100	40.0	0.00	0.00
Weighted Daily Average			131	0.53	200	*18	*0	1.02	0.00	8	19.95	0.10	9.59	565	329.7	1.63	0.04
% of Calories				3.64%		*55.0%	*0%	7.0%	0.0%		60.9%		29.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Base Menu Spreadsheet

Pacifica School District

Portion Values

Nov 1, 2023 thru Nov 30, 2023

Wednesday - 11/15/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
850625 WRAP CHICKEN CAESAR	WRAP	1	389	5.31	813	3	*N/A*	19.21	0.00	86	33.27	4.21	22.48	5047	205.8	2.31	2.34
000023 PIZZA FRENCH BREAD	1 EACH	1	300	5.00	560	*N/A*	*N/A*	12.00	0.00	20	29.00	2.00	18.00	400	350.0	0.00	1.80
850073 CORN CANNED USDA	1/2 CUP	1	65	0.00	15	3	*N/A*	1.00	0.00	0	15.00	2.00	2.00	15	*N/A*	*N/A*	*N/A*
826740 CUCUMBER SLICES	1/2 cup	1	10	0.03	1	1	*N/A*	0.07	0.00	0	2.47	0.34	0.44	71	10.9	1.90	0.19
000451 PINEAPPLE TIDBITS CND	1/2 CUP	1	60	0.00	10	13	*N/A*	0.00	0.00	0	15.00	1.00	0.00	0	0.0	15.00	0.36
850062 MILK CHOCOLATE FF TRU MOO	HALF PINT	80	120	0.00	190	18	*N/A*	0.00	0.00	5	20.00	0.00	9.00	500	300.0	1.20	0.00
850063 MILK WHITE 1% BERKELEY	HALF PINT	20	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	2.40	0.00
850207 DRESSING RANCH LITE 1.5 OZ PKT	PKT	1	140	2.00	290	*N/A*	*N/A*	14.00	0.00	10	2.00	0.00	1.00	100	40.0	0.00	0.00
Weighted Daily Average			132	0.42	201	*18	*0	0.96	0.00	8	20.17	0.10	9.64	556	*326.1	*1.63	*0.05
% of Calories				2.86%		*54.5%	*0%	6.5%	0.0%		61.1%		29.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 11/16/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
850524 CRISPY CHICKEN SAND GOLDSTAR	1 sandwich	40	420	3.00	640	4	*N/A*	17.00	0.00	25	45.00	5.00	21.00	100	80.0	9.00	3.24
990057 LETTUCE & TOMATO SANDWICH TOPPER	1 CUP	1	10	0.02	7	1	*N/A*	0.11	0.00	0	2.16	0.74	0.62	1666	10.6	7.46	0.27

Base Menu Spreadsheet

Pacifica School District

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
826039 BURRITO BEAN:K8 bulk	1 burrito	1	316	3.00	529	*0	*N/A*	8.01	0.00	15	47.29	10.39	15.25	1065	201.0	4.03	3.74
000452 SALAD CAESAR BULK SIDE	1.5 CUP	1	372	1.46	1053	*1	*N/A*	16.29	0.00	8	52.86	1.19	12.20	4938	46.2	2.27	4.20
850066 BEANS PINTO	1/2 CUP	1	100	0.00	140	0	*N/A*	0.00	0.00	0	18.00	7.00	6.00	0	40.0	0.00	1.44
850370 ORANGE FRESH WHOLE 138 COUNT	EACH	1	63	0.03	0	*N/A*	*N/A*	0.16	0.00	0	15.66	3.20	1.25	300	53.3	70.88	0.13
850677 COOKIE TURKEY 3005 9005	EACH .8 OZ	1	94	0.70	67	*N/A*	*N/A*	3.63	0.00	0	13.76	1.33	1.54	7	3.3	0.02	0.44
850062 MILK CHOCOLATE FF TRU MOO	HALF PINT	75	120	0.00	190	18	*N/A*	0.00	0.00	5	20.00	0.00	9.00	500	300.0	1.20	0.00
850063 MILK WHITE 1% BERKELEY	HALF PINT	25	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	2.40	0.00
850459 KETCHUP 9G PACKET 98480	PACKET	1	10	0.00	85	*N/A*	*N/A*	0.00	0.00	0	3.00	0.00	0.00	0	0.0	0.00	0.00
850428 BBQ SAUCE 12GM PKT 27810	12 GM PKT	1	15	0.00	85	*N/A*	*N/A*	0.00	0.00	0	4.00	0.00	0.00	0	0.0	0.00	0.00
850407 TACO SAUCE 9 G PACKET	PACKET	1	5	0.00	95	*N/A*	*N/A*	0.00	0.00	0	1.00	0.00	0.00	289	0.0	0.00	0.00
850405 MAYONNAISE 9 GM PACKET	PACKET 9 GM	1	70	1.00	55	*N/A*	*N/A*	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			301	1.64	460	*19	*0	7.78	0.00	18	38.58	2.24	18.02	623	360.5	5.95	1.40
% of Calories				4.90%		*25.2%	*0%	23.3%	0.0%		51.3%		23.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 11/17/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
850924 BREAKFAST 4 LUNCH PANCAKE PATT	2 PAN + 2 SAUS	1	290	3.50	880	*0	*N/A*	11.00	0.00	47	33.00	4.00	15.00	100	40.0	0.00	2.16

Base Menu Spreadsheet

Pacifica School District

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000269 YOGURT, GOLDFISH, STRING CHSE	EACH	1	360	4.50	570	*19	*N/A*	12.00	0.00	20	52.00	4.00	14.00	600	620.0	*1.20	1.08
825225 CARROTS BABY FRESH	3/4 cup	1	25	0.01	55	3	*N/A*	0.08	0.00	0	5.78	2.05	0.45	9772	22.5	1.88	0.64
850076 APPLE, WHOLE 198 COUNT	EACH	1	53	0.03	1	10	*N/A*	0.17	0.00	0	13.95	2.42	0.26	55	6.1	4.65	0.12
850062 MILK CHOCOLATE FF TRU MOO	HALF PINT	80	120	0.00	190	18	*N/A*	0.00	0.00	5	20.00	0.00	9.00	500	300.0	1.20	0.00
850063 MILK WHITE 1% BERKELEY	HALF PINT	20	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	2.40	0.00
850459 KETCHUP 9G PACKET 98480	PACKET	1	10	0.00	85	*N/A*	*N/A*	0.00	0.00	0	3.00	0.00	0.00	0	0.0	0.00	0.00
850207 DRESSING RANCH LITE 1.5 OZ PKT	PKT	1	140	2.00	290	*N/A*	*N/A*	14.00	0.00	10	2.00	0.00	1.00	100	40.0	0.00	0.00
Weighted Daily Average			131	0.40	203	*18	*0	0.87	0.00	8	20.30	0.12	9.51	606	327.3	*1.52	0.04
% of Calories				2.75%		*55.0%	*0%	6.0%	0.0%		62.0%		29.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 11/27/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000095 SAND COLD TURKEY & CHEESE	EACH	1	358	6.14	1044	*4	*N/A*	12.59	0.00	48	39.35	2.00	21.39	441	165.3	0.63	12.26
990057 LETTUCE & TOMATO SANDWICH TOPPER	1 CUP	1	10	0.02	7	1	*N/A*	0.11	0.00	0	2.16	0.74	0.62	1666	10.6	7.46	0.27
851154 PRETZEL SOFT BAKED 30110	EACH	1	140	0.00	150	1	*N/A*	0.50	0.00	0	30.00	3.00	5.00	5	20.0	1.20	1.80
850020 YOGURT CRUSH CUP STRAWBERRY 4OZ	EACH	1	80	0.00	65	*N/A*	*N/A*	0.00	0.00	5	16.06	0.00	4.01	0	150.5	0.00	0.00

Base Menu Spreadsheet

Pacifica School District

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
850390 CHEESE STRING LIGHT LOL IW	EACH	1	60	2.00	210	0	*N/A*	2.50	0.00	10	1.00	0.00	8.00	100	200.0	0.00	0.00
825225 CARROTS BABY FRESH	3/4 cup	1	25	0.01	55	3	*N/A*	0.08	0.00	0	5.78	2.05	0.45	9772	22.5	1.88	0.64
850070 PEACHES CANNED DICED IN JUICE	1/2 CUP	1	50	0.00	10	10	*N/A*	0.00	0.00	0	12.00	0.00	0.00	300	0.0	1.20	0.00
850062 MILK CHOCOLATE FF TRU MOO	HALF PINT	75	120	0.00	190	18	*N/A*	0.00	0.00	5	20.00	0.00	9.00	500	300.0	1.20	0.00
850063 MILK WHITE 1% BERKELEY	HALF PINT	25	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	2.40	0.00
850459 KETCHUP 9G PACKET 98480	PACKET	1	10	0.00	85	*N/A*	*N/A*	0.00	0.00	0	3.00	0.00	0.00	0	0.0	0.00	0.00
850406 MUSTARD 5.5 G PACKET 5390	PACKET	1	5	0.00	50	*N/A*	*N/A*	0.00	0.00	0	0.50	0.00	0.50	0	0.0	0.00	0.00
850405 MAYONNAISE 9 GM PACKET	PACKET 9 GM	1	70	1.00	55	*N/A*	*N/A*	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
850207 DRESSING RANCH LITE 1.5 OZ PKT	PKT	1	140	2.00	290	*N/A*	*N/A*	14.00	0.00	10	2.00	0.00	1.00	100	40.0	0.00	0.00
Weighted Daily Average			132	0.49	203	*17	*0	0.99	0.00	8	20.12	0.08	9.66	624	331.1	1.62	0.15
% of Calories				3.34%		*51.5%	*0%	6.8%	0.0%		61.0%		29.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 11/28/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
850226 CHICKEN TERIYAKI	2.6	1	90	0.50	320	*N/A*	*N/A*	2.00	0.00	40	6.00	0.00	12.00	0	0.0	0.00	0.36
000486 RICE BROWN WG COOKED	3/4 CUP	1	182	0.00	3	0	*N/A*	1.07	0.00	0	39.68	2.14	4.29	0	3.2	0.00	0.77
850541 ITALIAN DUNKERS WG 73338	2 breadsticks	1	310	7.00	590	8	*N/A*	13.00	0.00	40	31.00	3.00	18.00	200	400.0	0.00	1.80

Base Menu Spreadsheet

Pacifica School District

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000450 SALAD GREEN TOSSED BULK SIDE	CUP	1	17	0.03	25	1	*N/A*	0.18	0.00	0	3.16	1.20	1.28	4805	34.5	10.99	0.86
850293 APPLE, WHOLE	1/2 CUP	1	53	0.03	1	10	*N/A*	0.17	0.00	0	13.95	2.42	0.26	55	6.1	4.65	0.12
850062 MILK CHOCOLATE FF TRU MOO	HALF PINT	80	120	0.00	190	18	*N/A*	0.00	0.00	5	20.00	0.00	9.00	500	300.0	1.20	0.00
850063 MILK WHITE 1% BERKELEY	HALF PINT	20	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	2.40	0.00
850459 KETCHUP 9G PACKET 98480	PACKET	1	10	0.00	85	*N/A*	*N/A*	0.00	0.00	0	3.00	0.00	0.00	0	0.0	0.00	0.00
850207 DRESSING RANCH LITE 1.5 OZ PKT	PKT	1	140	2.00	290	*N/A*	*N/A*	14.00	0.00	10	2.00	0.00	1.00	100	40.0	0.00	0.00
Weighted Daily Average			130	0.40	197	*18	*0	0.80	0.00	8	20.19	0.09	9.57	552	324.8	1.60	0.04
% of Calories				2.77%		*55.4%	*0%	5.5%	0.0%		62.1%		29.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 11/29/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000386 HOT DOG BEEF	ea	50	280	0.50	510	7	*N/A*	4.50	0.00	0	54.00	5.00	10.00	20	60.0	6.00	2.52
851096 MAC & CHEESE LOL	#6 SCOOP	1	284	5.54	692	6	*N/A*	11.08	0.00	28	29.77	1.38	17.31	692	415.4	0.00	1.00
850073 CORN CANNED USDA	1/2 CUP	1	65	0.00	15	3	*N/A*	1.00	0.00	0	15.00	2.00	2.00	15	*N/A*	*N/A*	*N/A*
826740 CUCUMBER SLICES	1/2 cup	1	10	0.03	1	1	*N/A*	0.07	0.00	0	2.47	0.34	0.44	71	10.9	1.90	0.19
000451 PINEAPPLE TIDBITS CND	1/2 CUP	1	60	0.00	10	13	*N/A*	0.00	0.00	0	15.00	1.00	0.00	0	0.0	15.00	0.36
850062 MILK CHOCOLATE FF TRU MOO	HALF PINT	75	120	0.00	190	18	*N/A*	0.00	0.00	5	20.00	0.00	9.00	500	300.0	1.20	0.00

Base Menu Spreadsheet

Pacifica School District

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
850063 MILK WHITE 1% BERKELEY	HALF PINT	25	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	2.40	0.00
850459 KETCHUP 9G PACKET 98480	PACKET	1	10	0.00	85	*N/A*	*N/A*	0.00	0.00	0	3.00	0.00	0.00	0	0.0	0.00	0.00
850406 MUSTARD 5.5 G PACKET 5390	PACKET	1	5	0.00	50	*N/A*	*N/A*	0.00	0.00	0	0.50	0.00	0.50	0	0.0	0.00	0.00
850207 DRESSING RANCH LITE 1.5 OZ PKT	PKT	1	140	2.00	290	*N/A*	*N/A*	14.00	0.00	10	2.00	0.00	1.00	100	40.0	0.00	0.00
Weighted Daily Average			268	0.70	449	*21	*0	3.14	0.00	8	46.68	2.55	14.46	519	*359.7	*4.67	*1.28
% of Calories				2.35%		*31.3%	*0%	10.5%	0.0%		69.7%		21.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 11/30/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990047 BEEF TAQUITOS	TAQUITOS	1	314	1.95	148	0	*N/A*	9.73	0.00	49	30.96	5.06	25.50	0	62.3	0.00	2.67
000376 GRILLED CHEESE SANDWICH	1 sandwich	1	423	10.12	927	*4	*N/A*	20.22	0.00	51	42.05	2.00	18.12	607	311.7	0.00	12.00
000452 SALAD CAESAR BULK SIDE	1.5 CUP	1	372	1.46	1053	*1	*N/A*	16.29	0.00	8	52.86	1.19	12.20	4938	46.2	2.27	4.20
825763 BEANS REFRIED PINTO:veg	1/2 cup	1	132	0.00	465	0	*N/A*	1.42	0.00	0	21.70	7.55	7.55	0	40.3	1.13	1.70
850370 ORANGE FRESH WHOLE 138 COUNT	EACH	1	63	0.03	0	*N/A*	*N/A*	0.16	0.00	0	15.66	3.20	1.25	300	53.3	70.88	0.13
850062 MILK CHOCOLATE FF TRU MOO	HALF PINT	75	120	0.00	190	18	*N/A*	0.00	0.00	5	20.00	0.00	9.00	500	300.0	1.20	0.00
850063 MILK WHITE 1% BERKELEY	HALF PINT	25	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	2.40	0.00
850459 KETCHUP 9G PACKET 98480	PACKET	1	10	0.00	85	*N/A*	*N/A*	0.00	0.00	0	3.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Pacifica School District

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
850407 TACO SAUCE 9 G PACKET	PACKET	1	5	0.00	95	*N/A*	*N/A*	0.00	0.00	0	1.00	0.00	0.00	289	0.0	0.00	0.00
850207 DRESSING RANCH LITE 1.5 OZ PKT	PKT	1	140	2.00	290	*N/A*	*N/A*	14.00	0.00	10	2.00	0.00	1.00	100	40.0	0.00	0.00
Weighted Daily Average			137	0.53	213	*17	*0	1.24	0.00	9	20.69	0.19	9.91	562	330.5	2.24	0.21
% of Calories				3.48%		*49.6%	*0%	8.1%	0.0%		60.4%		28.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
Weighted Averages		185	1	294	*19	*0	2.55	0.00	10	27.87	0.83	11.89	608	*345.9	*2.75	*0.48
% of Calories			3.79%		*41.1%	*0%	12.4%	0.0%		60.3%		25.7%				

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

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® 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.