

# Mountain View Whisman School District

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Apr 10, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Apr - 1	Apr - 2	Apr - 3	Apr - 4	Apr - 5	Avg Nutrients    Target
CHICKEN PATTY SAND GARDEN BURGER kiwi - fruit- fresh MANDARIN ORANGE TANGERINES,FRESH ORANGES HALVES APPLES,Fresh Gala BANANAS BAY CITIES- MVW- CUS CARROT BABY 2.60 OZ BROCCOLI,raw cherry tomatos CUCUMBER,RAW CAULIFLOWER,raw JIACAMA STICKS Pre P KIDNEY BEANS CHOCO MILK RED. FAT MILK LOW-FAT WHITE KETCHUP MUSTARD	CHICKEN DUMPLING N VEGGIE POTSTICKER n TANGERINES,FRESH kiwi - fruit- fresh MANDARIN ORANGE ORANGES HALVES APPLES,Fresh Gala BANANAS BAY CITIES- MVW- CUS CARROT BABY 2.60 OZ BROCCOLI,raw cherry tomatos CUCUMBER,RAW CAULIFLOWER,raw JIACAMA STICKS Pre P KIDNEY BEANS CHOCO MILK RED. FAT MILK LOW-FAT WHITE KETCHUP MUSTARD	PEPPERONI PIZZA NE CHEESE PIZZA NEW Y BEEFY SPAGHETTI SPAGHETTI W/ MARINA kiwi - fruit- fresh MANDARIN ORANGE TANGERINES,FRESH ORANGES HALVES APPLES,Fresh Gala BANANAS BAY CITIES- MVW- CUS CARROT BABY 2.60 OZ BROCCOLI,raw cherry tomatos CUCUMBER,RAW CAULIFLOWER,raw JIACAMA STICKS Pre P KIDNEY BEANS CHOCO MILK RED. FAT MILK LOW-FAT WHITE	LUNCH ENTEE' -12OZ C TURKEY SANDWICH O TOMATO SLICES kiwi - fruit- fresh MANDARIN ORANGE TANGERINES,FRESH ORANGES HALVES APPLES,Fresh Gala BANANAS BAY CITIES- MVW- CUS CARROT BABY 2.60 OZ BROCCOLI,raw cherry tomatos CUCUMBER,RAW CAULIFLOWER,raw JIACAMA STICKS Pre P KIDNEY BEANS MILK LOW-FAT WHITE CHOCO MILK RED. FAT MAYONNAISE MUSTARD	PEPPERONI PIZZA NE CHEESE PIZZA NEW Y BEEFY SPAGHETTI SPAGHETTI W/ MARINA kiwi - fruit- fresh MANDARIN ORANGE TANGERINES,FRESH ORANGES HALVES APPLES,Fresh Gala BANANAS BAY CITIES- MVW- CUS CARROT BABY 2.60 OZ BROCCOLI,raw cherry tomatos CUCUMBER,RAW CAULIFLOWER,raw JIACAMA STICKS Pre P KIDNEY BEANS CHOCO MILK RED. FAT MILK LOW-FAT WHITE	Cals...            714            110% Chol...            84 mg Sodium...        1092 mg Fiber...          11.8 g Iron...            3.6* mg Calcium571.2* mg Vit A            2608* IU Vit C            44.8* mg Sugar 42.1*g    23.6%Cal Prot            33.0g    18.5%Cal Carb            103.1g   57.7%Cal T.Fat            22.1g    27.9%Cal S.Fat            9.6g     12.0%Cal
Nutrients            Target Cals...            672            103% Chol...            127 mg Sodium...        935 mg Fiber...          8.5 g Iron...            2.8 mg Calcium 364.8 mg Vit A            2264* IU Vit C            39.2* mg Sugar 38.5*g    22.9%Cal Prot            27.1g    16.1%Cal Carb            87.8g    52.3%Cal T.Fat            26.1g    35.0%Cal S.Fat            10.4g    13.9%Cal	Nutrients            Target Cals...            825            127% Chol...            48 mg Sodium...        1535 mg Fiber...          17.7 g Iron...            5.6* mg Calcium595.4* mg Vit A            2261* IU Vit C            46.1* mg Sugar 49.3*g    23.9%Cal Prot            37.5g    18.2%Cal Carb            143.3g   69.5%Cal T.Fat            15.3g    16.7%Cal S.Fat            3.2g     3.5%Cal	Nutrients            Target Cals...            605            100% Chol...            69 mg Sodium...        1070 mg Fiber...          9.9 g Iron...            3.2* mg Calcium584.0* mg Vit A            2266* IU Vit C            32.5* mg Sugar 26.2*g    17.3%Cal Prot            32.1g    21.2%Cal Carb            76.4g    50.5%Cal T.Fat            21.9g    32.7%Cal S.Fat            11.3g    16.8%Cal	Nutrients            Target Cals...            802            123% Chol...            97 mg Sodium...        773 mg Fiber...          10.9 g Iron...            2.7* mg Calcium702.9* mg Vit A            3812* IU Vit C            71.1* mg Sugar 70.7*g    35.2%Cal Prot            32.2g    16.1%Cal Carb            123.7g   61.7%Cal T.Fat            23.4g    26.2%Cal S.Fat            10.6g    11.9%Cal	Nutrients            Target Cals...            668            103% Chol...            79 mg Sodium...        1145 mg Fiber...          12.3 g Iron...            3.8* mg Calcium609.0* mg Vit A            2436* IU Vit C            35.2* mg Sugar 25.8*g    15.4%Cal Prot            36.1g    21.6%Cal Carb            84.3g    50.5%Cal T.Fat            23.8g    32.1%Cal S.Fat            12.3g    16.6%Cal	

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

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Apr - 15  CHICKEN POP CORN 1 Veggie Nuggets 4 ea SUN CHIPS 1 OZ BAG kiwi - fruit- fresh MANDARIN ORANGE TANGERINES,FRESH ORANGES HALVES APPLES,Fresh Gala BANANAS BAY CITIES- MVW- CUS CARROT BABY 2.60 OZ BROCCOLI,raw cherry tomatos CUCUMBER,RAW CAULIFLOWER,raw JIACAMA STICKS Pre P KIDNEY BEANS CHOCO MILK RED. FAT MILK LOW-FAT WHITE KETCHUP MUSTARD	Apr - 16  CHICKEN TINGA SOFT BEAN & CHEESE SOFT TANGERINES,FRESH kiwi - fruit- fresh MANDARIN ORANGE ORANGES HALVES APPLES,Fresh Gala BANANAS BAY CITIES- MVW- CUS CARROT BABY 2.60 OZ BROCCOLI,raw cherry tomatos CUCUMBER,RAW CAULIFLOWER,raw JIACAMA STICKS Pre P KIDNEY BEANS CHOCO MILK RED. FAT MILK LOW-FAT WHITE KETCHUP MUSTARD	Apr - 17  PEPPERONI PIZZA NE CHEESE PIZZA NEW Y MACARONI & CHEESE kiwi - fruit- fresh MANDARIN ORANGE TANGERINES,FRESH ORANGES HALVES APPLES,Fresh Gala BANANAS BAY CITIES- MVW- CUS CARROT BABY 2.60 OZ BROCCOLI,raw cherry tomatos CUCUMBER,RAW CAULIFLOWER,raw JIACAMA STICKS Pre P KIDNEY BEANS CHOCO MILK RED. FAT MILK LOW-FAT WHITE	Apr - 18  TURKEY SANDWICH O HUMMIS PLATTER TOMATO SLICES kiwi - fruit- fresh MANDARIN ORANGE TANGERINES,FRESH ORANGES HALVES APPLES,Fresh Gala BANANAS BAY CITIES- MVW- CUS CARROT BABY 2.60 OZ BROCCOLI,raw cherry tomatos CUCUMBER,RAW CAULIFLOWER,raw JIACAMA STICKS Pre P KIDNEY BEANS MILK LOW-FAT WHITE CHOCO MILK RED. FAT MAYONNAISE MUSTARD	Apr - 19  PEPPERONI PIZZA NE CHEESE PIZZA NEW Y MACARONI & CHEESE kiwi - fruit- fresh MANDARIN ORANGE PEARS,FRESH TANGERINES,FRESH ORANGES HALVES APPLES,Fresh Gala BANANAS BAY CITIES- MVW- CUS CARROT BABY 2.60 OZ BROCCOLI,raw cherry tomatos CUCUMBER,RAW CAULIFLOWER,raw JIACAMA STICKS Pre P KIDNEY BEANS CHOCO MILK RED. FAT MILK LOW-FAT WHITE	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Avg Nutrients</th> <th style="text-align: left;">Target</th> </tr> </thead> <tbody> <tr><td>Cals...</td><td>677 104%</td></tr> <tr><td>Chol...</td><td>82 mg</td></tr> <tr><td>Sodium.</td><td>1080 mg</td></tr> <tr><td>Fiber..</td><td>9.5 g</td></tr> <tr><td>Iron...</td><td>3.2* mg</td></tr> <tr><td>Calcium</td><td>715.8* mg</td></tr> <tr><td>Vit A</td><td>3619* IU</td></tr> <tr><td>Vit C</td><td>50.7* mg</td></tr> <tr><td>Sugar</td><td>39.5*g 23.3%Cal</td></tr> <tr><td>Prot</td><td>32.8g 19.4%Cal</td></tr> <tr><td>Carb</td><td>88.9g 52.5%Cal</td></tr> <tr><td>T.Fat</td><td>23.2g 30.8%Cal</td></tr> <tr><td>S.Fat</td><td>10.7g 14.2%Cal</td></tr> </tbody> </table>	Avg Nutrients	Target	Cals...	677 104%	Chol...	82 mg	Sodium.	1080 mg	Fiber..	9.5 g	Iron...	3.2* mg	Calcium	715.8* mg	Vit A	3619* IU	Vit C	50.7* mg	Sugar	39.5*g 23.3%Cal	Prot	32.8g 19.4%Cal	Carb	88.9g 52.5%Cal	T.Fat	23.2g 30.8%Cal	S.Fat	10.7g 14.2%Cal
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\*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.

**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.

# Mountain View Whisman School District

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																																																																																																																																												
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CHICKEN POP CORN 1 Veggie Nuggets 4 ea SUN CHIPS 1 OZ BAG kiwi - fruit- fresh MANDARIN ORANGE TANGERINES,FRESH ORANGES HALVES APPLES,Fresh Gala BANANAS BAY CITIES- MVW- CUS CARROT BABY 2.60 OZ BROCCOLI,raw cherry tomatos CUCUMBER,RAW CAULIFLOWER,raw JACAMA STICKS Pre P KIDNEY BEANS CHOCO MILK RED. FAT MILK LOW-FAT WHITE KETCHUP MUSTARD	CHICKEN FAJITA W/ FL BEAN & CHEESE BURR TANGERINES,FRESH kiwi - fruit- fresh MANDARIN ORANGE ORANGES HALVES APPLES,Fresh Gala BANANAS BAY CITIES- MVW- CUS CARROT BABY 2.60 OZ BROCCOLI,raw cherry tomatos CUCUMBER,RAW CAULIFLOWER,raw JACAMA STICKS Pre P KIDNEY BEANS CHOCO MILK RED. FAT MILK LOW-FAT WHITE KETCHUP MUSTARD																																																																																																																																																

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

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# Mountain View Whisman School District

Monday			Tuesday			Wednesday	Thursday	Friday	Nutrients
Nutrients	Target		Nutrients	Target					
Cals...	637	100%	Cals...	642	100%				
Chol...	36 mg		Chol...	75* mg					
Sodium.	767 mg		Sodium.	956 mg					
Fiber..	10.7 g		Fiber..	10.4 g					
Iron...	3.1* mg		Iron...	3.0* mg					
Calcium	352.7* mg		Calcium	432.9* mg					
Vit A	2222* IU		Vit A	2500* IU					
Vit C	44.7* mg		Vit C	126.6* mg					
Sugar	38.2*g	24.0%Cal	Sugar	39.1*g	24.3%Cal				
Prot	25.3g	15.9%Cal	Prot	30.1g	18.8%Cal				
Carb	83.7g	52.6%Cal	Carb	87.2g	54.3%Cal				
T.Fat	23.4g	33.0%Cal	T.Fat	21.9g	30.6%Cal				
S.Fat	5.3g	7.5%Cal	S.Fat	7.4g	10.3%Cal				

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	689	550-650	106%	Sugars	41.36* g	24.02%	
Cholesterol	76* mg			Protein	31.99 g	18.58%	
Sodium	1003 mg	1230		Carbohyd	95.83 g	55.65%	
Fiber	10.44 g			Tot. Fat	22.27 g	29.09%	
Iron	3.51* mg			Sat. Fat	9.74 g	12.72%	<10.00%
Calcium	636.57* mg						
Vitamin A	2905* IU						
Vitamin C	53.01* mg						

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

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