

Mountain View Whisman School District

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																																																																																																																																																																																																																	
Apr - 1	Apr - 2	Apr - 3	Apr - 4	Apr - 5	Avg Nutrients Target																																																																																																																																																																																																																	
CHICK FILLET CRISPY CHEESE BURGER GARDEN BURGER FRENCH FRIES Meatball Sandwich CHEESE TORTELLINI Chicken Caesar Salad-W PICKLES LETTICE GREEN LEAF TANGERINES,FRESH MANDARIN ORANGE kiwi - fruit- fresh APPLES,Fresh Gala ORANGES HALVES BANANAS BAY CITIES- MVW- CUS CARROT BABY 2.60 OZ BROCCOLI,raw cherry tomatos CUCUMBER,RAW JIACAMA STICKS Pre P KIDNEY BEANS PASTA SALAD CHOCO MILK RED. FAT MILK LOW-FAT WHITE MAYONNAISE MUSTARD KETCHUP	PEPPERONI PIZZA NE CHEESE PIZZA NEW Y SPAGHETTI & MARINA TURKEY & CHEDDAR O CHEF HOME STYLE QU Chicken Tender Southwe TOMATO SLICES LETTICE GREEN LEAF kiwi - fruit- fresh MANDARIN ORANGE TANGERINES,FRESH APPLES,Fresh Gala ORANGES HALVES BANANAS BAY CITIES- MVW- CUS CARROT BABY 2.60 OZ BROCCOLI,raw cherry tomatos CUCUMBER,RAW JIACAMA STICKS Pre P KIDNEY BEANS PASTA SALAD CHOCO MILK RED. FAT MILK LOW-FAT WHITE MAYONNAISE MUSTARD	CHICKEN LEG CURLY FRIES MCCAIN BEEF PHILLY CHEESE MACARONI & CHEESE PUPUSA BEAN & CHEE SALSA TURKEY CRANBERRY kiwi - fruit- fresh MANDARIN ORANGE TANGERINES,FRESH APPLES,Fresh Gala ORANGES HALVES BANANAS BAY CITIES- MVW- CUS CARROT BABY 2.60 OZ BROCCOLI,raw cherry tomatos CUCUMBER,RAW JIACAMA STICKS Pre P PASTA SALAD CHOCO MILK RED. FAT MILK LOW-FAT WHITE	CHICKEN CRISPITOS 2 CHICKEN POZOLE SOU WARNICK TORTILLA C PORK BBQ SLIDERS CHEESE BITES 4 EA WI MARINARA CUPS 2.50 Chicken Tender Crispy W kiwi - fruit- fresh MANDARIN ORANGE TANGERINES,FRESH APPLES,Fresh Gala ORANGES HALVES BANANAS BAY CITIES- MVW- CUS CARROT BABY 2.60 OZ BROCCOLI,raw cherry tomatos CUCUMBER,RAW JIACAMA STICKS Pre P PASTA SALAD CHOCO MILK RED. FAT MILK LOW-FAT WHITE MUSTARD MAYONNAISE KETCHUP	CHICKEN TENDRS CRI MASHED POTATOES ROLL- WG Beef Broccoli & Noodles HOME MADE SANDWIC TUNA SALAD SANDWI CHICKEN SALAD -ASIA TOMATO SLICES LETTICE GREEN LEAF kiwi - fruit- fresh MANDARIN ORANGE TANGERINES,FRESH APPLES,Fresh Gala ORANGES HALVES BANANAS BAY CITIES- MVW- CUS CARROT BABY 2.60 OZ BROCCOLI,raw cherry tomatos CUCUMBER,RAW JIACAMA STICKS Pre P PASTA SALAD CHOCO MILK RED. FAT MILK LOW-FAT WHITE MAYONNAISE MUSTARD	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Cals...</td> <td style="width: 20%; text-align: center;">731</td> <td style="width: 30%; text-align: right;">104%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: center;">99 mg</td> <td></td> </tr> <tr> <td>Sodium.</td> <td style="text-align: center;">1165 mg</td> <td></td> </tr> <tr> <td>Fiber..</td> <td style="text-align: center;">9.2 g</td> <td></td> </tr> <tr> <td>Iron...</td> <td style="text-align: center;">3.8 mg</td> <td></td> </tr> <tr> <td>Calcium</td> <td style="text-align: center;">525.7 mg</td> <td></td> </tr> <tr> <td>Vit A</td> <td style="text-align: center;">3981* IU</td> <td></td> </tr> <tr> <td>Vit C</td> <td style="text-align: center;">46.5* mg</td> <td></td> </tr> <tr> <td>Sugar</td> <td style="text-align: center;">35.2*g</td> <td style="text-align: right;">19.3%Cal</td> </tr> <tr> <td>Prot</td> <td style="text-align: center;">33.5g</td> <td style="text-align: right;">18.3%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: center;">92.0g</td> <td style="text-align: right;">50.3%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: center;">26.8g</td> <td style="text-align: right;">33.0%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: center;">10.4g</td> <td style="text-align: right;">12.7%Cal</td> </tr> </table>	Cals...	731	104%	Chol...	99 mg		Sodium.	1165 mg		Fiber..	9.2 g		Iron...	3.8 mg		Calcium	525.7 mg		Vit A	3981* IU		Vit C	46.5* mg		Sugar	35.2*g	19.3%Cal	Prot	33.5g	18.3%Cal	Carb	92.0g	50.3%Cal	T.Fat	26.8g	33.0%Cal	S.Fat	10.4g	12.7%Cal																																																																																																																																																																										
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Mountain View Whisman School District

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																												
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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Nutrients	Nutrients	Nutrients	Nutrients	Nutrients	Nutrients
Target	Target	Target	Target	Target	Target
Cals... 938 134%	Cals... 570 95%	Cals... 755 108%	Cals... 735 105%	Cals... 659 100%	Cals... 731 104%
Chol... 149 mg	Chol... 55 mg	Chol... 145 mg	Chol... 82 mg	Chol... 64 mg	Chol... 99 mg
Sodium. 1437 mg	Sodium. 1050 mg	Sodium. 757 mg	Sodium. 1315 mg	Sodium. 1264 mg	Sodium. 1165 mg
Fiber... 10.6 g	Fiber... 7.8 g	Fiber... 7.8 g	Fiber... 9.8 g	Fiber... 9.9 g	Fiber... 9.2 g
Iron... 4.4 mg	Iron... 2.7 mg	Iron... 3.8 mg	Iron... 4.3 mg	Iron... 3.6 mg	Iron... 3.8 mg
Calcium 492.0 mg	Calcium 612.6 mg	Calcium 565.8 mg	Calcium 502.7 mg	Calcium 455.1 mg	Calcium 525.7 mg
Vit A 5102* IU	Vit A 3276* IU	Vit A 1806* IU	Vit A 4250* IU	Vit A 5472* IU	Vit A 3981* IU
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Carb 115.3g 49.2%Cal	Carb 71.8g 50.4%Cal	Carb 80.9g 42.8%Cal	Carb 102.4g 55.8%Cal	Carb 89.6g 54.4%Cal	Carb 92.0g 50.3%Cal
T.Fat 38.6g 37.1%Cal	T.Fat 21.1g 33.4%Cal	T.Fat 29.6g 35.2%Cal	T.Fat 22.6g 27.7%Cal	T.Fat 22.2g 30.3%Cal	T.Fat 26.8g 33.0%Cal
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Apr - 22	Apr - 23	Apr - 24	Apr - 25	Apr - 26	Avg Nutrients
CHICK FILLET CRISPY CHEESE BURGER GARDEN BURGER FRENCH FRIES Meatball Sandwich CHEESE TORTELLINI Chicken Caesar Salad-W PICKLES LETTICE GREEN LEAF TANGERINES,FRESH MANDARIN ORANGE kiwi - fruit- fresh APPLES,Fresh Gala ORANGES HALVES BANANAS BAY CITIES- MVW- CUS CARROT BABY 2.60 OZ BROCCOLI,raw cherry tomatos CUCUMBER,RAW JIACAMA STICKS Pre P KIDNEY BEANS PASTA SALAD CHOCO MILK RED. FAT MILK LOW-FAT WHITE MAYONNAISE MUSTARD KETCHUP	PEPPERONI PIZZA NE CHEESE PIZZA NEW Y SPAGHETTI & MARINA TURKEY & CHEDDAR O CHEF HOME STYLE QU Chicken Tender Southwe TOMATO SLICES LETTICE GREEN LEAF kiwi - fruit- fresh MANDARIN ORANGE TANGERINES,FRESH APPLES,Fresh Gala ORANGES HALVES BANANAS BAY CITIES- MVW- CUS CARROT BABY 2.60 OZ BROCCOLI,raw cherry tomatos CUCUMBER,RAW JIACAMA STICKS Pre P PASTA SALAD CHOCO MILK RED. FAT MILK LOW-FAT WHITE MAYONNAISE MUSTARD	CHICKEN LEG CURLY FRIES MCCAIN BEEF PHILLY CHEESE MACARONI & CHEESE PUPUSA BEAN & CHEE SALSA TURKEY CRANBERRY kiwi - fruit- fresh MANDARIN ORANGE TANGERINES,FRESH APPLES,Fresh Gala ORANGES HALVES BANANAS BAY CITIES- MVW- CUS CARROT BABY 2.60 OZ BROCCOLI,raw cherry tomatos CUCUMBER,RAW JIACAMA STICKS Pre P PASTA SALAD CHOCO MILK RED. FAT MILK LOW-FAT WHITE	CHICKEN CRISPITOS 2 CHICKEN POZOLE SOU WARNICK TORTILLA C PORK BBQ SLIDERS CHEESE BITES 4 EA WI MARINARA CUPS 2.50 Chicken Tender Crispy W kiwi - fruit- fresh MANDARIN ORANGE TANGERINES,FRESH APPLES,Fresh Gala ORANGES HALVES BANANAS BAY CITIES- MVW- CUS CARROT BABY 2.60 OZ BROCCOLI,raw cherry tomatos CUCUMBER,RAW JIACAMA STICKS Pre P PASTA SALAD CHOCO MILK RED. FAT MILK LOW-FAT WHITE MUSTARD MAYONNAISE KETCHUP	CHICKEN TENDRS CRI MASHED POTATOES ROLL- WG Beef Broccoli & Noodles HOME MADE SANDWIC TUNA SALAD SANDWI CHICKEN SALAD -ASIA TOMATO SLICES LETTICE GREEN LEAF kiwi - fruit- fresh MANDARIN ORANGE TANGERINES,FRESH APPLES,Fresh Gala ORANGES HALVES BANANAS BAY CITIES- MVW- CUS CARROT BABY 2.60 OZ BROCCOLI,raw cherry tomatos CUCUMBER,RAW JIACAMA STICKS Pre P PASTA SALAD CHOCO MILK RED. FAT MILK LOW-FAT WHITE MAYONNAISE MUSTARD	

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Fiber.. 10.6 g	Fiber.. 7.8 g	Fiber.. 7.8 g	Fiber.. 9.8 g	Fiber.. 9.9 g	Fiber.. 9.2 g
Iron... 4.4 mg	Iron... 2.7 mg	Iron... 3.8 mg	Iron... 4.3 mg	Iron... 3.6 mg	Iron... 3.5 mg
Calcium 492.0 mg	Calcium 612.6 mg	Calcium 565.8 mg	Calcium 502.7 mg	Calcium 455.1 mg	Calcium 552.3 mg
Vit A 5102* IU	Vit A 3276* IU	Vit A 1806* IU	Vit A 4250* IU	Vit A 5472* IU	Vit A 4189* IU
Vit C 56.5* mg	Vit C 35.4* mg	Vit C 37.1* mg	Vit C 51.7* mg	Vit C 51.6* mg	Vit C 46.0* mg
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S.Fat 15.1g 14.5%Cal	S.Fat 10.3g 16.2%Cal	S.Fat 11.1g 13.2%Cal	S.Fat 7.1g 8.7%Cal	S.Fat 8.2g 11.2%Cal	S.Fat 12.7g 15.1%Cal
Apr - 29	Apr - 30				Avg Nutrients
CHICK FILLET CRISPY	PEPPERONI PIZZA NE				Cals...
CHEESE BURGER	CHEESE PIZZA NEW Y				Chol...
GARDEN BURGER	SPAGHETTI & MARINA				Sodium.
FRENCH FRIES	TURKEY & CHEDDAR O				Fiber..
Meatball Sandwich	CHEF HOME STYLE QU				Iron...
CHEESE TORTELLINI	Chicken Tender Southwe				Calcium
Chicken Caesar Salad-W	TOMATO SLICES				Vit A
PICKLES	LETTICE GREEN LEAF				Vit C
LETTICE GREEN LEAF	kiwi - fruit- fresh				Sugar
TANGERINES,FRESH	MANDARIN ORANGE				Prot
MANDARIN ORANGE	TANGERINES,FRESH				Carb
kiwi - fruit- fresh	APPLES,Fresh Gala				T.Fat
APPLES,Fresh Gala	ORANGES HALVES				S.Fat
ORANGES HALVES	BANANAS				
BANANAS	BAY CITIES- MVW- CUS				
BAY CITIES- MVW- CUS	CARROT BABY 2.60 OZ				
CARROT BABY 2.60 OZ	BROCCOLI,raw				
BROCCOLI,raw	cherry tomatos				
cherry tomatos	CUCUMBER,RAW				
CUCUMBER,RAW	JIACAMA STICKS Pre P				
JIACAMA STICKS Pre P	KIDNEY BEANS				
KIDNEY BEANS	PASTA SALAD				
PASTA SALAD	CHOCO MILK RED. FAT				
CHOCO MILK RED. FAT	MILK LOW-FAT WHITE				
MILK LOW-FAT WHITE	MAYONNAISE				
MAYONNAISE	MUSTARD				
MUSTARD					
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Calcium	492.0 mg		Calcium	612.6 mg					
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Sugar	40.7*g	17.4%Cal	Sugar	28.1*g	19.7%Cal				
Prot	36.1g	15.4%Cal	Prot	28.4g	19.9%Cal				
Carb	115.3g	49.2%Cal	Carb	71.8g	50.4%Cal				
T.Fat	38.6g	37.1%Cal	T.Fat	21.1g	33.4%Cal				
S.Fat	15.1g	14.5%Cal	S.Fat	10.3g	16.2%Cal				

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	734	600-700	105%	Sugars	35.14* g	19.15%	
Cholesterol	100 mg			Protein	33.36 g	18.18%	
Sodium	1174 mg	1360		Carbohyd	92.19 g	50.24%	
Fiber	9.17 g			Tot. Fat	27.19 g	33.34%	
Iron	3.73 mg			Sat. Fat	10.62 g	13.03%	<10.00%
Calcium	528.80 mg						
Vitamin A	4006* IU						
Vitamin C	46.41* mg						

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