

# Adelanto Child Nutrition

Aug 9, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 08/09/2017															
MIDDLE SCHOOL LUNCH	Total	3													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CHEESE CUP;JALAPENO CHED DAR	1 EACH	1	190	30	560	0.00	0.00	300.2	300	0.0	10	10.01	15.01	10.01	0.00
SALSA CUP	1 CUP	1	29	0	205	5.87	1.06	0.0	293	7.04	3	0.0	5.87	0.0	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
SANDWICH;WOWBUTTER	1 EACH	1	570	0	440	8.00	5.40	150.0	0	0.0	21	19.0	55.0	32.0	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	0.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
TORTILLA CHIPS, corn/rnd	1.5 oz	3	135	0	55	2.00	0.48	20.0	100	0.0	0	2.0	19.0	5.0	0.00
COOKED GREENBEANS	1/2 CUP	3	30	2	135	1.95	0.71	22.0	327	2.41	2	1.04	4.46	0.82	0.00
COOKED CARROTS	1/4 CUP	3	20	1	66	1.41	0.17	9.4	6349	0.0	2	0.47	3.75	0.4	0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	3	63	0	5	1.39	0.36	0.0	298	2.39	13	0.47	15.92	0.0	0.00
MILK, 1% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00
Weighted Daily Average			638	24	855	11.38	3.87	549.3	7673	8.54	44	23.68	86.11	21.90	0.00
% of Calories											27.4%	14.8%	54.0%	30.9%	0.0%
Nutrient Guideline			600-650		1230										

\*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

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Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	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)	Tr-Fat <sup>1</sup> (g)
Thu - 08/10/2017															
MIDDLE SCHOOL LUNCH	Total	3													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
BURRITO;BEAN AND CHEESE;FI	1 EACH	1	350	25	560	8.00	3.60	200.0	100	4.8	1	16.0	47.0	12.0	0.00
ESTA															
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
HOTDOG PRETZEL SANDWICH	EACH	1	297	40	696	1.40	2.90	67.8	0	0.0	6	10.9	40.9	11.5	0.00
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	0.00
TORTILLA CHIPS,corn/rnd	1.5 oz	1	135	0	55	2.00	0.48	20.0	100	0.0	0	2.0	19.0	5.0	0.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
COOKED CORN	1/2 CUP	3	104	2	22	3.08	1.22	2.5	72	5.4	4	2.99	22.36	2.29	0.00
COOKED PEAS	1/2 CUP	3	100	2	129	5.29	1.56	5.4	552	7.88	5	6.51	16.3	0.84	0.00
SALSA; LOW SODIUM	1 OZ	3	5	0	35	0.00	0.00	0.0	100	3.6	1	0.0	1.0	0.0	0.00
KETCHUP: individual	1 EACH	1	10	0	80	0.00	0.00	0.0	5	0.0	1	0.0	2.0	0.0	0.00
MUSTARD: individual PC	1 EA	1	0	0	70	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
APPLESAUCE ,UNSWEETENED	1/2 CUP	3	47	0	0	1.21	0.00	9.3	46	0.56	11	0.0	13.01	0.0	0.00
MILK, 1% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00
Weighted Daily Average			647	37	865	13.38	5.11	460.9	1239	20.44	40	29.18	106.66	14.31	0.00
% of Calories											24.8%	18.0%	65.9%	19.9%	0.0%
Nutrient Guideline			600-650		1230										

\*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

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# Adelanto Child Nutrition

Aug 9, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 08/11/2017															
MIDDLE SCHOOL LUNCH	Total	3													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CHICKEN, ROASTED	1 EA	1	170	100	95	0.00	0.72	0.0	70	0.0	0	19.0	0.0	10.0	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CHICKEN TENDERS, TYSON	3 ea	1	260	25	390	3.00	1.80	40.0	100	0.0	1	15.0	16.0	15.0	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00
SAVORY BITE (1 OZ)	1 EACH	1	90	0	200	1.00	2.00	11.0	322	3.0	2	2.0	14.0	2.5	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	0.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
BISCUIT, MINI	1 EACH	3	100	0	230	1.00	0.36	80.0	5	0.0	1	2.0	13.0	5.0	0.00
MASHED POTATOES	1/2 CUP	3	82	0	255	1.02	0.19	7.3	2	6.51	1	2.04	15.31	1.53	0.00
CHICKEN GRAVY	2 OZ	2	20	0	270	0.00	0.00	0.0	0	0.0	0	0.0	4.0	1.0	0.00
CORN: canned, yellow	1/4 CUP	3	32	0	8	1.00	0.36	0.0	10	1.8	2	1.0	7.5	0.5	0.00
MANDARIN ORANGES,CND,	1/2 CUP	3	90	0	20	1.00	0.36	20.0	300	21.0	18	1.0	20.0	0.0	0.00
MILK, 1% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00
Weighted Daily Average			618	52	1114	5.35	2.78	472.1	882	31.71	38	28.08	86.16	18.54	0.00
% of Calories											24.5%	18.2%	55.8%	27.0%	0.0%
Nutrient Guideline			600-650		1230										

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

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Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 08/14/2017															
MIDDLE SCHOOL LUNCH	Total	3													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CHICKEN BREADED DRUMSTICK	1 EACH	1	190	50	450	1.00	1.08	20.0	100	0.0	0	16.0	5.0	11.0	0.00
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CHICKEN CHUNKS (5 EACH)	SERVING	1	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	0.00
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00
SAVORY BITE (1 OZ)	1 EACH	1	90	0	200	1.00	2.00	11.0	322	3.0	2	2.0	14.0	2.5	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	0.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
BISCUIT, MINI	1 EACH	3	100	0	230	1.00	0.36	80.0	5	0.0	1	2.0	13.0	5.0	0.00
FRENCH FRIES;CRINKLE CUT	2.54 OZ	3	110	0	20	2.00	0.36	0.0	0	4.8	0	2.0	17.0	2.5	0.00
COOKED PEAS	1/2 CUP	3	100	2	129	5.29	1.56	5.4	552	7.88	5	6.51	16.3	0.84	0.00
KETCHUP: individual	1 EACH	3	10	0	80	0.00	0.00	0.0	5	0.0	1	0.0	2.0	0.0	0.00
BARBEQUE SAUCE	1 EACH	3	15	0	88	0.00	0.00	0.0	10	0.0	2	0.0	4.12	0.0	0.00
PEACHES, CANNED, IN PEAR JUICE	1/2 CUP	3	48	0	5	0.91	0.00	0.0	274	1.1	9	0.91	10.97	0.0	0.00
MILK, 1% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00
Weighted Daily Average			684	36	1117	10.87	3.91	456.9	1421	16.18					
% of Calories											20.5%	18.6%	54.3%	25.3%	0.0%
Nutrient Guideline			600-650		1230										

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MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	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)	Tr-Fat <sup>1</sup> (g)
Tue - 08/15/2017															
MIDDLE SCHOOL LUNCH	Total	3													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
PIZZA STICK, WG:BOSCO	1 EACH	1	240	25	500	3.00	1.80	150.0	400	3.6	3	11.0	29.0	9.0	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
PIZZA, PEPPERONI, GALAXY	1 EACH	1	290	30	520	3.00	2.70	250.0	300	0.0	9	16.0	29.0	12.0	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00
SAVORY BITE (1 OZ)	1 EACH	1	90	0	200	1.00	2.00	11.0	322	3.0	2	2.0	14.0	2.5	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	0.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
MARINARA SAUCE	1/4 CUP	3	30	0	245	1.00	0.54	10.0	250	4.5	2	1.0	4.5	1.0	0.00
COOKED CORN	1/2 CUP	3	104	2	22	3.08	1.22	2.5	72	5.4	4	2.99	22.36	2.29	0.00
LETTUCE,RED,CHOPPED	1 CUP	3	5	0	7	0.30	0.18	0.0	2050	0.6	0	0.4	0.6	0.1	0.00
TOMATOES; GRAPE DROP	2 OZ	3	7	0	2	0.45	0.10	3.7	310	5.1	1	0.33	1.45	0.07	*N/A*
RANCH MALIBU	1 OZ	3	50	11	187	0.00	0.00	18.8	27	0.13	1	0.54	1.83	4.45	0.00
PLUMS,FRESH	1 EACH	3	30	0	0	0.80	0.14	4.0	220	6.24	6	0.4	7.6	0.0	0.00
MILK, 1% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00
Weighted Daily Average			559	42	1062	7.96	4.35	523.8	3670	25.57	35	25.36	80.02	17.43	*0.00
% of Calories											25.4%	18.1%	57.3%	28.1%	*0.0%
Nutrient Guideline			600-650		1230										

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	Portion Size	Reimb Qty	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)	Tr-Fat <sup>1</sup> (g)
Wed - 08/16/2017															
MIDDLE SCHOOL LUNCH	Total	3													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
TURKEY TACO FILLING	3.44 OZ	1	157	61	261	0.00	1.26	34.8	0	0.0	0	15.67	3.48	10.44	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
BEEF CRUMBLE: 100%	2.0 OZ	1	100	39	35	0.00	1.20	4.0	0	0.0	0	11.6	0.0	5.8	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00
SAVORY BITE (1 OZ)	1 EACH	1	90	0	200	1.00	2.00	11.0	322	3.0	2	2.0	14.0	2.5	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	0.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
TORTILLA; WHOLE WHEAT 8'	1 EA	3	112	0	193	3.00	1.08	110.0	0	0.0	0	4.0	19.0	3.0	0.00
PINTO BEANS: cooked	1/2 CUP	3	137	0	140	5.00	1.62	80.0	0	0.0	10	8.0	24.0	1.0	0.00
CHEESE, SHREDDED	1 oz	3	71	15	476	0.00	0.00	202.5	405	0.0	1	7.09	2.03	4.56	0.00
LETTUCE/ROMAINE	1/2 cup	3	4	0	2	0.84	0.30	8.4	2056	5.54	0	0.0	0.84	0.0	0.00
TOMATOES, FRESH	1 CUP	3	27	0	7	2.00	0.36	10.0	1250	19.2	4	1.0	6.0	0.0	0.00
SALSA; LOW SODIUM	1 OZ	3	5	0	35	0.00	0.00	0.0	100	3.6	1	0.0	1.0	0.0	0.00
STRAWBERRIES, FRESH	1/2 CUP	3	37	0	0	2.24	0.54	14.9	0	67.14	5	0.75	8.95	0.0	0.00
MILK, 1% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00
Weighted Daily Average			636	59	1211	13.41	5.39	790.3	4319	97.88	38	40.63	85.33	16.48	0.00
% of Calories											23.6%	25.6%	53.7%	23.3%	0.0%
Nutrient Guideline			600-650		1230										

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Adelanto Child Nutrition

Aug 9, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 08/17/2017															
MIDDLE SCHOOL LUNCH	Total	3													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
BEEF STEAK HAMBURGER	1 EACH	1	158	56	419	0.10	1.70	8.0	0	0.0	0	16.9	0.6	9.4	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CHICKEN PATTY; BREADED WG	3.29 oz	1	243	25	466	3.04	1.83	40.6	0	0.0	1	14.19	15.21	13.18	0.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
HAMBURGER BUN WG "4"	1 EACH	2	149	0	239	1.99	1.43	39.8	15	8.95	3	4.97	28.84	1.99	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00
SAVORY BITE (1 OZ)	1 EACH	1	90	0	200	1.00	2.00	11.0	322	3.0	2	2.0	14.0	2.5	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	0.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CHEESE SLICE	SLICE	3	52	13	233	0.00	0.03	80.5	146	0.0	0	2.66	0.7	4.2	0.00
LETTUCE/ROMAINE	1 cup	3	8	0	3	1.68	0.60	16.8	4113	11.08	0	0.0	1.68	0.0	0.00
TOMATOES, FRESH	1/4 CUP	3	7	0	2	0.50	0.09	2.5	312	4.8	1	0.25	1.5	0.0	0.00
PICKLES,DILL	1 oz	3	0	0	380	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
COOKED GREENBEANS	1/2 CUP	3	30	2	135	1.95	0.71	22.0	327	2.41	2	1.04	4.46	0.82	0.00
NECTARINES,FRESH	1 EACH	3	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.00
MILK, 1% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00
Weighted Daily Average			547	53	1466	9.15	4.61	524.2	5867	34.00	33	29.77	69.54	16.82	0.00
% of Calories											24.0%	21.8%	50.9%	27.7%	0.0%
Nutrient Guideline			600-650		1230										

\*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

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# Adelanto Child Nutrition

Aug 9, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	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)	Tr-Fat <sup>1</sup> (g)
Fri - 08/18/2017															
MIDDLE SCHOOL LUNCH	Total	3													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
ORANGE CHICKEN WG	3.6 OZ	1	150	40	280	0.00	0.72	0.0	50	1.2	10	11.0	19.0	3.0	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CHICKEN, TERIYAKI	2.6 oz	1	130	70	480	0.00	0.72	0.0	45	0.0	9	16.0	10.0	3.5	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00
SAVORY BITE (1 OZ)	1 EACH	1	90	0	200	1.00	2.00	11.0	322	3.0	2	2.0	14.0	2.5	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	0.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
RICE,BROWN, ASIAN SEASONIN	1 CUP	3	230	0	580	2.00	0.72	0.0	1000	0.0	4	6.0	46.0	1.5	0.00
COOKED BROCCOLI	1/2 CUP	3	49	2	28	3.24	0.58	48.6	445	97.2	0	3.24	7.29	0.81	0.00
COOKED CARROTS	1/4 CUP	3	20	1	66	1.41	0.17	9.4	6349	0.0	2	0.47	3.75	0.4	0.00
APRICOTS, DICED	1/2 CUP	3	60	0	10	0.00	0.00	0.0	0	0.0	11	0.0	14.0	0.0	0.00
MILK, 1% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00
Weighted Daily Average			609	50	1196	6.98	2.62	409.5	8334	100.00	40	29.41	103.06	7.39	0.00
% of Calories											26.0%	19.3%	67.6%	10.9%	0.0%
Nutrient Guideline			600-650		1230										

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# Adelanto Child Nutrition

Aug 9, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 08/21/2017															
MIDDLE SCHOOL LUNCH	Total	3													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CHICKEN WITH ENCHILADA SAUCE	2 OZ	1	85	43	217	0.47	0.73	0.0	0	1.7	0	12.15	2.43	2.73	0.00
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CHICKEN FAJITA MEAT	3.4 oz	1	122	74	606	0.00	0.00	0.0	0	0.0	2	18.0	2.0	4.0	0.00
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	0.00
SAVORY BITE (1 OZ)	1 EACH	1	90	0	200	1.00	2.00	11.0	322	3.0	2	2.0	14.0	2.5	0.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
TOSTADA BOWL	1 each	3	100	0	0	0.00	0.36	20.0	0	0.0	0	1.0	13.0	5.0	0.00
BLACK BEANS, CANNED	1/2 CUP	3	110	0	300	7.00	6.30	60.0	100	0.0	0	8.0	19.0	0.0	0.00
COOKED CORN	1/2 CUP	3	104	2	22	3.08	1.22	2.5	72	5.4	4	2.99	22.36	2.29	0.00
SALSA; LOW SODIUM	1 OZ	3	5	0	35	0.00	0.00	0.0	100	3.6	1	0.0	1.0	0.0	0.00
PEACHES, CANNED, IN PEAR JUICE	1/2 CUP	3	48	0	5	0.91	0.00	0.0	274	1.1	9	0.91	10.97	0.0	0.00
MILK, 1% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00
Weighted Daily Average			592	51	896	11.49	8.79	434.0	1054	13.06					
% of Calories											21.3%	22.7%	60.9%	18.3%	0.0%
Nutrient Guideline			600-650		1230										

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# Adelanto Child Nutrition

Aug 9, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

	Portion Size	Reimb Qty	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)	Tr-Fat <sup>1</sup> (g)
Tue - 08/22/2017															
MIDDLE SCHOOL LUNCH	Total	3													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
PIZZA,PEPPERONI,BELLA ROSA	1 EACH	1	340	40	670	3.00	1.80	400.0	750	6.0	4	19.0	31.0	16.0	0.00
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CHEESE STUFFED STICKS (2 EACH)	2 EACH	1	300	25	490	3.00	1.80	400.0	200	0.0	4	20.0	30.0	11.0	0.00
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00
SAVORY BITE (1 OZ)	1 EACH	1	90	0	200	1.00	2.00	11.0	322	3.0	2	2.0	14.0	2.5	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	0.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
MARINARA SAUCE	1/4 CUP	1	30	0	245	1.00	0.54	10.0	250	4.5	2	1.0	4.5	1.0	0.00
COOKED GREENBEANS	1/2 CUP	3	30	2	135	1.95	0.71	22.0	327	2.41	2	1.04	4.46	0.82	0.00
LETTUCE,RED,CHOPPED	1 CUP	3	5	0	7	0.30	0.18	0.0	2050	0.6	0	0.4	0.6	0.1	0.00
CUCUMBER,BABY	1 EACH	3	15	0	0	1.00	0.36	20.0	200	6.0	2	1.0	3.0	0.0	0.00
RANCH CHIPOTLE	1 OZ	3	68	0	270	0.00	0.00	15.2	114	0.12	*1	0.46	3.44	5.67	*0.00
RANCH MALIBU	1 OZ	3	50	11	187	0.00	0.00	18.8	27	0.13	1	0.54	1.83	4.45	0.00
PLUMS,FRESH	1 EACH	3	30	0	0	0.80	0.14	4.0	220	6.24	6	0.4	7.6	0.0	0.00
MILK, 1% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00
Weighted Daily Average			579	46	1326	6.72	3.44	701.4	3846	21.40	*32	27.86	65.12	22.89	*0.00
% of Calories											*21.9%	19.3%	45.0%	35.6%	*0.0%
Nutrient Guideline			600-650		1230										

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# Adelanto Child Nutrition

Aug 9, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	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)	Tr-Fat <sup>1</sup> (g)
Wed - 08/23/2017															
MIDDLE SCHOOL LUNCH	Total	3													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CHICKEN STRIPS BUFFALO	2.50 OZ	1	87	47	428	0.00	0.00	0.0	30	0.0	0	12.15	0.3	4.05	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
SANDWICH;WOWBUTTER	1 EACH	1	570	0	440	8.00	5.40	150.0	0	0.0	21	19.0	55.0	32.0	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00
SAVORY BITE (1 OZ)	1 EACH	1	90	0	200	1.00	2.00	11.0	322	3.0	2	2.0	14.0	2.5	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	0.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
TORTILLA; WHOLE WHEAT 8'	1 EA	3	112	0	193	3.00	1.08	110.0	0	0.0	0	4.0	19.0	3.0	0.00
SPINACH; RAW	1 CUP	3	7	0	23	0.85	0.76	33.8	2746	8.87	0	0.85	1.27	0.0	0.00
TOMATOES, FRESH	1/4 CUP	3	7	0	2	0.50	0.09	2.5	312	4.8	1	0.25	1.5	0.0	0.00
ONION RED	1/4 CUP	3	12	0	1	0.40	0.04	5.0	6	1.65	1	0.26	2.91	0.02	0.00
RANCH MALIBU	1 OZ	3	50	11	187	0.00	0.00	18.8	27	0.13	1	0.54	1.83	4.45	0.00
STRAWBERRIES,FRESH	1/2 CUP	3	37	0	0	2.24	0.54	14.9	0	67.14	5	0.75	8.95	0.0	0.00
MILK, 1% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00
Weighted Daily Average			600	37	954	9.98	4.98	586.5	3610	85.00	32	27.73	76.25	22.00	0.00
% of Calories											21.0%	18.5%	50.8%	33.0%	0.0%
Nutrient Guideline			600-650		1230										

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# Adelanto Child Nutrition

Aug 9, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

	Portion Size	Reimb Qty	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)	Tr-Fat <sup>1</sup> (g)
Thu - 08/24/2017															
MIDDLE SCHOOL LUNCH	Total	3													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CHICKEN PATTY; BREADED WG	3.29 oz	1	243	25	466	3.04	1.83	40.6	0	0.0	1	14.19	15.21	13.18	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
BEEF STEAK HAMBURGER	1 EACH	1	158	56	419	0.10	1.70	8.0	0	0.0	0	16.9	0.6	9.4	0.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
HAMBURGER BUN WG "4"	1 EACH	1	149	0	239	1.99	1.43	39.8	15	8.95	3	4.97	28.84	1.99	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	0.00
SAVORY BITE (1 OZ)	1 EACH	1	90	0	200	1.00	2.00	11.0	322	3.0	2	2.0	14.0	2.5	0.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
LETTUCE/ROMAINE	1 cup	3	8	0	3	1.68	0.60	16.8	4113	11.08	0	0.0	1.68	0.0	0.00
TOMATOES, FRESH	1 CUP	3	27	0	7	2.00	0.36	10.0	1250	19.2	4	1.0	6.0	0.0	0.00
TATER TOTS; OREIDA	1/2 CUP	3	150	0	360	2.00	0.36	0.0	0	3.6	0	2.0	19.0	7.0	0.00
MAYONNAISE:individual PC	1 EA	1	70	5	45	0.00	0.00	0.0	0	0.0	0	0.0	0.0	7.0	0.00
RANCH DRESSING	1 oz	1	55	13	190	0.00	0.00	14.6	21	0.1	1	0.42	1.84	5.14	0.00
STRAWBERRIES,FRESH	1/2 CUP	3	37	0	0	2.24	0.54	14.9	0	67.14	5	0.75	8.95	0.0	0.00
MILK, 1% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00
Weighted Daily Average			605	43	1083	9.96	4.18	427.5	5883	106.44	27	26.61	73.49	21.75	0.00
% of Calories											18.0%	17.6%	48.6%	32.4%	0.0%
Nutrient Guideline			600-650		1230										

\*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

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# Adelanto Child Nutrition

Aug 9, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

	Portion Size	Reimb Qty	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)	Tr-Fat <sup>1</sup> (g)
Fri - 08/25/2017															
MIDDLE SCHOOL LUNCH	Total	2													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CHEESE SAUCE, CHEDDAR	3 oz	1	130	30	550	0.00	0.00	0.0	0	0.0	0	8.0	4.0	9.0	0.00
CHILI W/ BEANS	1/4 CUP	1	80	11	383	1.50	3.75	1.5	5	0.0	1	4.75	4.75	4.75	0.50
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	0.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
TORTILLA CHIPS, corn/rnd	1.5 oz	2	135	0	55	2.00	0.48	20.0	100	0.0	0	2.0	19.0	5.0	0.00
COOKED BROCCOLI	1/2 CUP	2	49	2	28	3.24	0.58	48.6	445	97.2	0	3.24	7.29	0.81	0.00
SALSA; LOW SODIUM	1 OZ	2	5	0	35	0.00	0.00	0.0	100	3.6	1	0.0	1.0	0.0	0.00
CORN: canned, yellow	1/2 CUP	2	65	0	15	2.00	0.72	0.0	20	3.6	3	2.0	15.0	1.0	0.00
APRICOTS, DICED	1/2 CUP	2	60	0	10	0.00	0.00	0.0	0	0.0	11	0.0	14.0	0.0	0.00
MILK, 1% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00
Weighted Daily Average			609	38	898	7.99	3.66	591.1	1269	106.50	39	28.67	87.20	16.20	0.25
% of Calories											25.5%	18.8%	57.3%	23.9%	0.4%
Nutrient Guideline			600-650		1230										

Mon - 08/28/2017															
MIDDLE SCHOOL LUNCH	Total	3													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CHICKEN CHUNKS (5 EACH)	SERVING	1	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CHICKEN POPCORN, WG SPICY	3.85 OZ	1	283	40	829	2.02	1.82	0.0	5	0.0	1	15.16	15.16	17.18	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00
SAVORY BITE (1 OZ)	1 EACH	1	90	0	200	1.00	2.00	11.0	322	3.0	2	2.0	14.0	2.5	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	0.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
FRIES;SEASONED;THIN CUT	2.41 OZ	3	131	0	402	2.01	0.72	0.0	0	0.0	0	1.01	17.08	7.03	0.00
COOKED GREENBEANS	1/2 CUP	3	30	2	135	1.95	0.71	22.0	327	2.41	2	1.04	4.46	0.82	0.00
KETCHUP: individual	1 EACH	2	10	0	80	0.00	0.00	0.0	5	0.0	1	0.0	2.0	0.0	0.00
BARBEQUE SAUCE	1 EACH	2	15	0	88	0.00	0.00	0.0	10	0.0	2	0.0	4.12	0.0	0.00
APRICOTS, DICED	1/2 CUP	3	60	0	10	0.00	0.00	0.0	0	0.0	11	0.0	14.0	0.0	0.00
MILK, 1% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00

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# Adelanto Child Nutrition

Aug 9, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			569	33	1350	5.97	3.30	386.8	880	4.81	32	22.13	72.36	20.76	0.00
% of Calories											22.5%	15.6%	50.9%	32.8%	0.0%
Nutrient Guideline			600-650		1230										

Tue - 08/29/2017															
MIDDLE SCHOOL LUNCH	Total	3													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CHEESE STUFFED STICKS (2 EACH)	2 EACH	1	300	25	490	3.00	1.80	400.0	200	0.0	4	20.0	30.0	11.0	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
PIZZA STICK, WG:BOSCO	1 EACH	1	240	25	500	3.00	1.80	150.0	400	3.6	3	11.0	29.0	9.0	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00
SAVORY BITE (1 OZ)	1 EACH	1	90	0	200	1.00	2.00	11.0	322	3.0	2	2.0	14.0	2.5	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	0.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
MARINARA SAUCE	1/4 CUP	3	30	0	245	1.00	0.54	10.0	250	4.5	2	1.0	4.5	1.0	0.00
COOKED PEAS	1/2 CUP	3	100	2	129	5.29	1.56	5.4	552	7.88	5	6.51	16.3	0.84	0.00
LETTUCE,RED,CHOPPED	1 CUP	3	5	0	7	0.30	0.18	0.0	2050	0.6	0	0.4	0.6	0.1	0.00
GREEN SNAP PEAS	2 OZ	3	24	0	2	2.00	1.08	20.0	600	16.8	2	2.0	4.0	0.0	0.00
RANCH MALIBU	1 OZ	3	50	11	187	0.00	0.00	18.8	27	0.13	1	0.54	1.83	4.45	0.00
PLUMS,FRESH	1 EACH	3	30	0	0	0.80	0.14	4.0	220	6.24	6	0.4	7.6	0.0	0.00
MILK, 1% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00
Weighted Daily Average			576	40	1158	11.73	5.37	593.0	4407	39.75	36	31.89	76.85	15.57	0.00
% of Calories											24.7%	22.1%	53.3%	24.3%	0.0%
Nutrient Guideline			600-650		1230										

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# Adelanto Child Nutrition

Aug 9, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 08/30/2017															
MIDDLE SCHOOL LUNCH	Total	3													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CHICKEN FAJITA MEAT	3.4 oz	1	122	74	606	0.00	0.00	0.0	0	0.0	2	18.0	2.0	4.0	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
TURKEY TACO FILLING	3.44 OZ	1	157	61	261	0.00	1.26	34.8	0	0.0	0	15.67	3.48	10.44	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	0.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
TORTILLA WHOLE WHEAT 10'	1 EACH	3	174	0	300	5.00	1.80	170.0	0	0.0	1	6.0	29.0	4.0	0.00
PINTO BEANS: cooked	1/2 CUP	3	137	0	140	5.00	1.62	80.0	0	0.0	10	8.0	24.0	1.0	0.00
COOKED CORN	1/4 CUP	3	52	1	11	1.54	0.61	1.2	36	2.7	2	1.5	11.18	1.15	0.00
LETTUCE/ROMAINE	1/4 cup	3	2	0	1	0.42	0.15	4.2	1028	2.77	0	0.0	0.42	0.0	0.00
TOMATOES, FRESH	1/4 CUP	3	7	0	2	0.50	0.09	2.5	312	4.8	1	0.25	1.5	0.0	0.00
SALSA; LOW SODIUM	1 OZ	3	5	0	35	0.00	0.00	0.0	100	3.6	1	0.0	1.0	0.0	0.00
SOUR CREAM	2 TBSP	3	58	19	19	0.00	0.00	38.3	192	0.0	0	0.96	0.96	5.75	0.00
APPLE Fresh	1 EACH	3	80	0	0	5.00	0.36	20.0	100	12.0	17	0.0	22.0	0.0	0.00
MILK, 1% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00
Weighted Daily Average			734	75	990	17.46	5.05	675.7	2169	27.27	49	37.97	109.57	18.39	0.00
% of Calories											26.5%	20.7%	59.7%	22.5%	0.0%
Nutrient Guideline			600-650		1230										

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# Adelanto Child Nutrition

Aug 9, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

	Portion Size	Reimb Qty	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)	Tr-Fat <sup>1</sup> (g)
Thu - 08/31/2017															
MIDDLE SCHOOL LUNCH	Total	3													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
BEEF MEATBALLS (5 EACH)	2.80 OZ	1	162	38	234	1.00	2.00	30.0	7	1.0	1	13.0	5.0	10.0	0.60
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
SPAGHETTI SAUCE	2 OZ	1	18	0	64	0.45	0.33	9.1	340	2.72	3	0.45	4.08	0.0	0.00
HOAGIE ROLL: wheat 6"	2.67 oz	1	202	0	382	2.50	1.95	105.9	0	0.0	*N/A*	5.95	36.55	3.52	*N/A*
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
SANDWICH/TURKEY & CHEESE	4.7 oz	1	270	50	880	3.00	2.70	200.0	100	0.0	2	24.0	25.0	7.0	0.00
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00
SAVORY BITE (1 OZ)	1 EACH	1	90	0	200	1.00	2.00	11.0	322	3.0	2	2.0	14.0	2.5	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	0.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
SPINACH; RAW	1/2 CUP	3	3	0	12	0.42	0.38	16.9	1373	4.44	0	0.42	0.63	0.0	0.00
TOMATOES, FRESH	1/4 CUP	3	7	0	2	0.50	0.09	2.5	312	4.8	1	0.25	1.5	0.0	0.00
CHEESE SHREDDED MOZZARE LLA	1 OZ	3	86	18	193	0.00	0.07	203.0	240	0.0	1	6.7	2.28	5.59	0.20
MAYONNAISE:individual PC	1 EA	1	70	5	45	0.00	0.00	0.0	0	0.0	0	0.0	0.0	7.0	0.00
MUSTARD: individual PC	1 EA	1	0	0	70	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
ITALIAN DRESSING	1 OZ	3	40	0	270	0.00	0.00	0.0	0	0.0	2	0.0	2.0	3.5	0.00
NECTARINES,FRESH	1 EACH	3	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.00
MILK, 1% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00
Weighted Daily Average			594	59	1294	5.88	3.91	697.0	3034	20.22	*33	33.98	66.67	21.21	*0.40
% of Calories											*22.0%	22.9%	44.9%	32.1%	*0.6%
Nutrient Guideline			600-650		1230										

Weighted Average			612	46	1108	9.75	4.43	545.9	3503	44.63	*36	29.91	83.96	17.82	*0.04
											*52.9%	19.6%	54.9%	26.2%	*0.1%

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# Adelanto Child Nutrition

Aug 9, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat <sup>1</sup> (g)	Error Messages (if any)
Calories	612			600 - 650	100%												
Cholesterol (mg)	46																
Sodium (mg)	1108			1230													
Fiber (g)	9.75																
Iron (mg)	4.43																
Calcium (mg)	545.9																
Vitamin A (IU)	3503																
Sugars (g)	36	23.53%				Missing											
Vitamin C (mg)	44.63																
Protein (g)	29.91	19.56%															
Carbohydrate (g)	83.96	54.92%															
Total Fat (g)	17.82	26.22%															
Trans Fat <sup>1</sup> (g)	0.04	0.06%				Missing											

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