

Adelanto Child Nutrition

Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

ELEM 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)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 12/01/2017																
ELEM LUNCH OVS	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	0.00
MAC & CHEESE:Land O Lakes, WG	6 oz	1	290	30	1030	1.00	1.08	400.0	750	1.2	6	16.0	33.0	11.0	7.00	0.00
BREADSTICKS, WG, GALASSOS OR	1 EACH serving	1	120	0	250	3.00	0.72	80.0	0	2.4	1	6.0	24.0	1.0	0.00	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	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	2.03	0.00
GOLDFISH CRACKERS, WHOLE GRAIN	1 EACH	1	100	4	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	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	0.00
COOKED BROCCOLI	1/2 CUP	1	49	2	28	3.24	0.58	48.6	445	97.2	0	3.24	7.29	0.81	0.57	0.00
COOKED CARROTS	1/2 CUP	1	41	2	132	2.81	0.34	18.8	12697	0.0	4	0.94	7.5	0.81	0.57	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	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	1.50	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	0.00
Weighted Daily Average % of Calories			550	35	1104	5.53	1.54	805.4	7548	52.50	40 29.0%	29.64 21.5%	83.43 60.6%	11.08 18.1%	6.33 10.4%	0.00 0.0%
Nutrient Guideline			550-650		1230											<10.00

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

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Base Menu Spreadsheet

ELEM 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)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/04/2017																
ELEM LUNCH OVS	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	0.00
CHICKEN POPCORN WG	3.08 OZ	1	207	47	400	2.00	2.00	16.0	112	1.0	1	14.0	13.0	11.0	2.00	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	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	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	2.03	0.00
GOLDFISH CRACKERS, WHOLE GRAIN	1 EACH	1	100	4	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	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	0.00
TATER TOTS; OREIDA	1/2 CUP	1	150	0	360	2.00	0.36	0.0	0	3.6	0	2.0	19.0	7.0	1.00	0.00
BAKED BEANS	1/2 CUP	1	123	0	482	5.74	1.73	60.3	101	0.12	5	6.73	24.1	0.01	0.00	0.00
ROLL, DINNER, GALASSOS	1 each	1	140	0	270	3.00	1.80	80.0	0	0.0	3	6.0	29.0	2.0	0.00	0.00
BARBEQUE SAUCE	1 EACH	1	15	0	88	0.00	0.00	0.0	10	0.0	2	0.0	4.12	0.0	0.00	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	0.00
PEACHES, CANNED, IN PEAR JUICE	1/2 CUP	2	48	0	5	0.91	0.00	0.0	274	1.1	9	0.91	10.97	0.0	0.00	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	1.50	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	0.00
Weighted Daily Average			611	41	1218	7.79	3.13	609.9	989	5.56	39	31.83	90.12	14.27	3.76	0.00
% of Calories											25.3%	20.9%	59.0%	21.0%	5.5%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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

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Adelanto Child Nutrition

Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

ELEM 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)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/05/2017																
ELEM LUNCH OVS	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	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	6.00	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	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	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	2.03	0.00
GOLDFISH CRACKERS, WHOLE GRAIN	1 EACH	1	100	4	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	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	0.00
COOKED GREENBEANS	1/2 CUP	1	30	2	135	1.95	0.71	22.0	327	2.41	2	1.04	4.46	0.82	0.57	0.00
CORN: canned, yellow	1/2 CUP	1	65	0	15	2.00	0.72	0.0	20	3.6	3	2.0	15.0	1.0	0.00	0.00
ROMAINE 3-WAY SALAD	1 CUP	1	15	0	10	2.00	0.72	20.0	6000	6.0	1	1.0	3.0	0.0	0.00	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	0.00
RANCH MALIBU	1 OZ	1	50	11	187	0.00	0.00	18.8	27	0.13	1	0.54	1.83	4.45	0.13	0.00
ORANGE	1 EACH	2	62	0	0	3.10	0.00	50.0	250	69.6	12	1.2	15.0	0.2	0.00	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	1.50	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	0.00
Weighted Daily Average			532	39	847	8.08	2.60	737.1	4191	77.77	44	28.04	76.18	13.60	5.61	0.00
% of Calories											33.0%	21.1%	57.2%	23.0%	9.5%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Base Menu Spreadsheet

ELEM 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)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/06/2017																
ELEM LUNCH OVS	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	0.00
PANCAKE, USDA	2 EACH	1	140	6	270	2.00	0.00	0.0	0	0.0	6	4.0	26.0	4.0	0.00	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	0.00
EggStravaganza, bacon\cheese	2 oz	1	120	195	270	0.00	0.72	60.0	400	0.0	0	8.0	1.0	9.0	3.50	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	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	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	2.03	0.00
GOLDFISH CRACKERS, WHOLE GRAIN	1 EACH	1	100	4	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	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	0.00
TATER TOTS; OREIDA	1/2 CUP	1	150	0	360	2.00	0.36	0.0	0	3.6	0	2.0	19.0	7.0	1.00	0.00
SPINACH; RAW	1/4 CUP	1	2	0	6	0.21	0.19	8.5	687	2.22	0	0.21	0.32	0.0	0.00	0.00
TOMATOES, FRESH	1/4 CUP	1	7	0	2	0.50	0.09	2.5	312	4.8	1	0.25	1.5	0.0	0.00	0.00
RANCH MALIBU	1 OZ	1	50	11	187	0.00	0.00	18.8	27	0.13	1	0.54	1.83	4.45	0.13	0.00
SYRUP, SIMPLY HEINZ	1 EACH	1	35	0	5	0.00	0.00	0.0	0	0.0	8	0.0	8.0	0.0	0.00	0.00
APPLE Fresh	1 EACH	2	80	0	0	5.00	0.36	20.0	100	12.0	17	0.0	22.0	0.0	0.00	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	1.50	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	0.00
Weighted Daily Average			572	123	923	7.86	1.22	596.6	1414	19.47	48	24.05	84.36	16.49	4.58	0.00
% of Calories											33.8%	16.8%	59.0%	25.9%	7.2%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Base Menu Spreadsheet

ELEM 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)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/07/2017																
ELEM LUNCH OVS	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	0.00
CHICKEN PATTY; BREADED WG WITH	3.29 oz	1	243	25	466	3.04	1.83	40.6	0	0.0	1	14.19	15.21	13.18	2.53	0.00
HAMBURGER BUN, WHITE WW 4' OR	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
YOGURT DANNON 4 OZ	1 EACH	1	150	0	270	3.00	1.80	80.0	0	0.0	3	7.0	29.0	2.0	0.00	0.00
CHEESE, STRING	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
GOLDFISH CRACKERS, WHOLE GRAIN	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00	0.00
WITH	1 each	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	2.03	0.00
LETTUCE/ROMAINE	1 EACH	1	100	4	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
TOMATOES, FRESH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
PICKLES,DILL	1/2 cup	1	4	0	2	0.84	0.30	8.4	2056	5.54	0	0.0	0.84	0.0	0.00	0.00
COOKED CARROTS	1/4 CUP	1	7	0	2	0.50	0.09	2.5	312	4.8	1	0.25	1.5	0.0	0.00	0.00
MAYONNAISE:individual PC	1 oz	1	0	0	380	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BARBEQUE SAUCE	1/2 CUP	1	41	2	132	2.81	0.34	18.8	12697	0.0	4	0.94	7.5	0.81	0.57	0.00
TANGERINE,SATSUMA	1 EA	1	70	5	45	0.00	0.00	0.0	0	0.0	0	0.0	0.0	7.0	1.00	0.00
MILK, 1% w/vit A&D	1 EACH	1	15	0	88	0.00	0.00	0.0	10	0.0	2	0.0	4.12	0.0	0.00	0.00
MILK, NON FAT CHOC	1 each	2	47	0	2	1.58	0.13	32.6	599	23.5	9	0.71	11.74	0.27	0.03	0.00
Weighted Daily Average	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
% of Calories	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Nutrient Guideline			552	33	1068	7.18	2.49	639.4	8739	30.77	38	28.46	74.36	16.03	4.34	0.00
			550-650		1230						27.7%	20.6%	53.8%	26.1%	7.1%	0.0%

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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)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 12/08/2017																
ELEM LUNCH OVS	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	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	6.00	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	0.00
CHILI CON CARNE & BEANS	2 OZ	1	63	11	167	1.42	0.71	15.6	311	3.55	1	4.61	4.61	3.19	1.13	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	1.00	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	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	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	2.03	0.00
GOLDFISH CRACKERS, WHOLE GRAIN	1 EACH	1	100	4	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	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	0.00
GREEN BEANS: canned	1/2 cup	1	20	0	140	2.00	0.72	20.0	300	2.4	2	1.0	4.0	0.0	0.00	0.00
SALSA; LOW SODIUM	2 OZ	1	10	0	70	0.00	0.00	0.0	200	7.2	2	0.0	2.0	0.0	0.00	0.00
JALAPENOS	3 TBSP	1	5	0	262	0.26	0.00	0.0	0	0.0	0	0.19	0.72	0.0	0.00	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	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	1.50	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	0.00
Weighted Daily Average			482	37	1006	3.34	1.13	559.6	1057	8.67	37	24.46	64.70	12.86	6.33	0.00
% of Calories											30.7%	20.3%	53.7%	24.0%	11.8%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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

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Adelanto Child Nutrition

Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

ELEM 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)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/11/2017																
ELEM LUNCH OVS	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	0.00
CHICKEN STICKS/ TYSON	8 EA	1	260	25	390	3.00	1.80	40.0	100	0.0	1	15.0	16.0	15.0	2.50	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	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	0.00
GOLDFISH CRACKERS, WHOLE GRAIN	1 EACH	1	100	4	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
CHEESE, STRING WITH	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	2.03	0.00
BISCUIT, MINI	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRENCH FRIES;CRINKLE CUT	1 EACH	1	100	0	230	1.00	0.36	80.0	5	0.0	1	2.0	13.0	5.0	4.50	0.00
BAKED BEANS	2.54 OZ	1	110	0	20	2.00	0.36	0.0	0	4.8	0	2.0	17.0	2.5	0.00	0.00
RANCH MALIBU	1/2 CUP	1	123	0	482	5.74	1.73	60.3	101	0.12	5	6.73	24.1	0.01	0.00	0.00
BARBEQUE SAUCE	1 OZ	1	50	11	187	0.00	0.00	18.8	27	0.13	1	0.54	1.83	4.45	0.13	0.00
PEACHES, CANNED, IN PEAR JUICE	1 EACH	1	15	0	88	0.00	0.00	0.0	10	0.0	2	0.0	4.12	0.0	0.00	0.00
MILK, 1% w/vit A&D	1/2 CUP	2	48	0	5	0.91	0.00	0.0	274	1.1	9	0.91	10.97	0.0	0.00	0.00
MILK, NON FAT CHOC	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Weighted Daily Average	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
% of Calories			617	35	1077	7.28	2.31	631.3	997	5.72	38	30.60	82.53	17.75	5.83	0.00
Nutrient Guideline			550-650		1230						24.3%	19.8%	53.5%	25.9%	8.5%	0.0%

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Adelanto Child Nutrition

Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

ELEM 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)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/12/2017																
ELEM LUNCH OVS	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	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	4.50	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	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	0.00
GOLDFISH CRACKERS, WHOLE GRAIN	1 EACH	1	100	4	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
CHEESE, STRING WITH	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	2.03	0.00
MARINARA SAUCE	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
COOKED CORN	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	0.00
ROMAINE 3-WAY SALAD	1/2 CUP	1	104	2	22	3.08	1.22	2.5	72	5.4	4	2.99	22.36	2.29	0.57	0.00
KETCHUP: individual	1 CUP	1	15	0	10	2.00	0.72	20.0	6000	6.0	1	1.0	3.0	0.0	0.00	0.00
RANCH MALIBU	1 EACH	1	10	0	80	0.00	0.00	0.0	5	0.0	1	0.0	2.0	0.0	0.00	0.00
ORANGE	1 OZ	1	50	11	187	0.00	0.00	18.8	27	0.13	1	0.54	1.83	4.45	0.13	0.00
MILK, 1% w/vit A&D	1 EACH	2	62	0	0	3.10	0.00	50.0	250	69.6	12	1.2	15.0	0.2	0.00	0.00
MILK, NON FAT CHOC	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average			527	36	896	8.14	2.32	682.4	4228	81.51	42	26.02	79.88	12.84	4.86	0.00
% of Calories											31.8%	19.8%	60.7%	21.9%	8.3%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Adelanto Child Nutrition

Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

ELEM 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)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/13/2017																
ELEM LUNCH OVS	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	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	2.00	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	0.00
BELLPEPPER/ONION BLEND	1/2 CUP	1	21	0	8	1.04	0.00	0.0	0	0.0	3	1.04	5.22	0.0	0.00	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	0.00
TORTILLA;ULTRA GRAIN 8'	1 EACH	1	116	0	108	2.00	1.08	60.0	0	0.0	0	3.0	20.0	3.0	1.00	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	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	0.00
GOLDFISH CRACKERS, WHOLE GRAIN	1 EACH	1	100	4	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	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	2.03	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	0.00
PINTO BEANS: cooked	1/2 CUP	1	137	0	140	5.00	1.62	80.0	0	0.0	10	8.0	24.0	1.0	0.00	0.00
SALSA; LOW SODIUM	1 OZ	1	5	0	35	0.00	0.00	0.0	100	3.6	1	0.0	1.0	0.0	0.00	0.00
SOUR CREAM	2 TBSP	1	58	19	19	0.00	0.00	38.3	192	0.0	0	0.96	0.96	5.75	2.88	0.00
LETTUCE/ROMAINE	1/2 cup	1	4	0	2	0.84	0.30	8.4	2056	5.54	0	0.0	0.84	0.0	0.00	0.00
TOMATOES, FRESH	1/4 CUP	1	7	0	2	0.50	0.09	2.5	312	4.8	1	0.25	1.5	0.0	0.00	0.00
APPLE Fresh	1 EACH	2	80	0	0	5.00	0.36	20.0	100	12.0	17	0.0	22.0	0.0	0.00	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	1.50	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	0.00
Weighted Daily Average % of Calories			555	64	834	10.19	2.09	646.4	2031	21.07	49 35.4%	32.18 23.2%	83.29 60.0%	11.14 18.1%	5.20 8.4%	0.00 0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Adelanto Child Nutrition

Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

ELEM 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)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/14/2017																
ELEM LUNCH OVS	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	0.00
TURKEY GRAVY	4 oz	1	120	35	580	0.00	1.08	20.0	0	0.0	0	15.0	6.0	4.0	1.00	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	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	0.00
GOLDFISH CRACKERS, WHOLE GRAIN	1 EACH	1	100	4	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	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	2.03	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	0.00
MASHED POTATOES	1/2 CUP	1	82	0	255	1.02	0.19	7.3	2	6.51	1	2.04	15.31	1.53	0.00	0.00
GREEN BEANS: canned	1/2 cup	1	20	0	140	2.00	0.72	20.0	300	2.4	2	1.0	4.0	0.0	0.00	0.00
ROLL, DINNER, GALASSOS	1 each	1	140	0	270	3.00	1.80	80.0	0	0.0	3	6.0	29.0	2.0	0.00	0.00
COOKIE,GINGERBREAD COOKIE	1 EACH	1	90	5	60	0.00	0.72	0.0	0	0.0	7	1.0	15.0	3.0	1.00	0.00
TANGERINE,SATSUMA	1 each	2	47	0	2	1.58	0.13	32.6	599	23.5	9	0.71	11.74	0.27	0.03	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	1.50	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	0.00
Weighted Daily Average			513	37	1028	5.09	2.57	627.9	1352	30.05	39	29.79	79.93	9.80	3.29	0.00
% of Calories											30.5%	23.2%	62.3%	17.2%	5.8%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 12/15/2017																
ELEM LUNCH OVS	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	0.00
BEAN & CHEESE BURRITO	1 EA	1	397	16	447	9.00	1.57	312.0	216	1.4	1	18.5	56.0	11.0	4.70	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	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	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	2.03	0.00
GOLDFISH CRACKERS, WHOLE GRAIN	1 EACH	1	100	4	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	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	0.00
RICE BROWN, Cooked	1/2 CUP	1	108	0	5	1.76	0.41	9.8	0	0.0	0	2.52	22.39	0.88	0.18	0.00
COOKED CARROTS	1/2 CUP	1	41	2	132	2.81	0.34	18.8	12697	0.0	4	0.94	7.5	0.81	0.57	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	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	1.50	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	0.00

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Adelanto Child Nutrition

Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

ELEM 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)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			574	26	676	7.28	1.34	702.0	7058	2.80	37	27.53	90.48	10.61	4.98	0.00
% of Calories											25.7%	19.2%	63.1%	16.6%	7.8%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 12/18/2017																
ELEM LUNCH OVS	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	0.00
TAMALE, CHICKEN/CHEESE	1 EACH	1	343	36	164	15.00	2.61	245.0	200	0.0	0	22.0	45.0	9.0	3.00	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	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	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	2.03	0.00
GOLDFISH CRACKERS, WHOLE GRAIN	1 EACH	1	100	4	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	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	0.00
REFRIED BEANS, NO FAT	1/2 cup	1	114	0	140	7.00	1.08	20.0	0	0.0	2	7.0	19.0	0.74	0.00	0.00
SALSA VERDE:gm	2tbs	1	5	0	200	1.00	0.00	0.0	100	0.0	1	0.0	1.0	0.0	0.00	0.00
SOUR CREAM	2 TBSP	1	58	19	19	0.00	0.00	38.3	192	0.0	0	0.96	0.96	5.75	2.88	0.00
COOKED CARROTS	1/2 CUP	1	41	2	132	2.81	0.34	18.8	12697	0.0	4	0.94	7.5	0.81	0.57	0.00
PEACHES, CANNED, IN PEAR JUICE	1/2 CUP	2	48	0	5	0.91	0.00	0.0	274	1.1	9	0.91	10.97	0.0	0.00	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	1.50	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	0.00
Weighted Daily Average			568	46	706	14.32	2.19	692.8	7470	3.20	36	32.92	81.24	12.41	5.48	0.00
% of Calories											25.5%	23.2%	57.2%	19.7%	8.7%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Adelanto Child Nutrition

Dec 1, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

ELEM 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)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/19/2017																
ELEM LUNCH OVS	Total	1														
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	0.00
CHEESE CUP;JALAPENO CHE	1 EACH	1	190	30	560	0.00	0.00	300.2	300	0.0	10	10.01	15.01	10.01	6.00	0.00
DDAR																
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	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	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	1.00	0.00
COOKED GREENBEANS	1/2 CUP	1	30	2	135	1.95	0.71	22.0	327	2.41	2	1.04	4.46	0.82	0.57	0.00
COOKED CORN	1/2 CUP	1	104	2	22	3.08	1.22	2.5	72	5.4	4	2.99	22.36	2.29	0.57	0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	1	63	0	5	1.39	0.36	0.0	298	2.39	13	0.47	15.92	0.0	0.00	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	1.50	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	0.00
Weighted Daily Average			791	50	1282	14.30	3.82	994.6	2390	21.43	66	34.50	118.61	20.62	9.64	0.00
% of Calories											33.5%	17.5%	60.0%	23.5%	11.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			573	46	974	8.18	2.21	686.6	3805	27.73	43	29.23	83.78	13.81	5.40	0.00
											66.9%	20.4%	58.5%	21.7%	8.5%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	573		550 - 650	100%				
Cholesterol (mg)	46							
Sodium (mg)	974		1230					
Fiber (g)	8.18							
Iron (mg)	2.21							
Calcium (mg)	686.6							
Vitamin A (IU)	3805							
Sugars (g)	43	29.71%						
Vitamin C (mg)	27.73							
Protein (g)	29.23	20.42%						
Carbohydrate (g)	83.78	58.52%						
Total Fat (g)	13.81	21.70%						
Saturated Fat (g)	5.40	8.49%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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

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.