

Adelanto Child Nutrition

Dec 1, 2017 thru Dec 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)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 12/01/2017																
MIDDLE SCHOOL LUNCH																
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	1	290	30	1030	1.00	1.08	400.0	750	1.2	6	16.0	33.0	11.0	7.00	0.00
	OR	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	CHIPOTLE MAC	1	245	41	551	1.75	2.01	201.5	395	3.98	3	16.95	23.35	9.19	4.26	0.17
	WITH	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	BREADSTICKS, WG, GALASSOS	2	120	0	250	3.00	0.72	80.0	0	2.4	1	6.0	24.0	1.0	0.00	0.00
	OR	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	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	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	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	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	3	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	3	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	3	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	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	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	40	1113	9.30	2.55	675.7	13925	101.92	34	30.20	85.93	11.86	6.39	0.06
% of Calories											24.0%	21.3%	60.5%	18.8%	10.1%	0.1%
Nutrient Guideline			600-650		1230										<10.00	

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

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Adelanto Child Nutrition

Dec 1, 2017 thru Dec 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)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/04/2017																
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	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
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	3.03	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	3	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	3	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	2	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	3	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			746	41	1742	12.33	4.69	473.5	820	6.55	33	34.40	107.19	20.58	4.19	0.00
% of Calories											17.9%	18.4%	57.5%	24.8%	5.1%	0.0%
Nutrient Guideline			600-650		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

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)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/05/2017																
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	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
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	8.00	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	3	30	2	135	1.95	0.71	22.0	327	2.41	2	1.04	4.46	0.82	0.57	0.00
ROMAINE 3-WAY SALAD	1/2 CUP	3	7	0	5	1.00	0.36	10.0	3000	3.0	0	0.5	1.5	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	3	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	2	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	2	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			570	46	974	8.39	2.69	876.1	4672	79.85	46	31.62	76.59	15.51	7.29	0.00
% of Calories											32.5%	22.2%	53.8%	24.5%	11.5%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Dec 1, 2017 thru Dec 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)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/06/2017																
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	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	2	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			647	123	1103	8.86	1.40	596.6	1414	21.27	48	25.06	93.86	19.99	5.08	0.00
% of Calories											29.9%	15.5%	58.0%	27.8%	7.1%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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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)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/07/2017																
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	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	2.53	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
CHICKEN PATTY, WG SPICY	1 EA	1	213	56	477	1.02	1.83	20.3	508	0.0	0	15.23	12.19	11.17	2.54	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
HAMBURGER BUN, WHITE WW 4'	1 EACH	2	150	0	270	3.00	1.80	80.0	0	0.0	3	7.0	29.0	2.0	0.00	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
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	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	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	0.00
COOKED CARROTS	1/2 CUP	3	41	2	132	2.81	0.34	18.8	12697	0.0	4	0.94	7.5	0.81	0.57	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	1.00	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
TANGERINE,SATSUMA	1 each	3	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			540	43	1305	9.42	3.40	490.3	16239	35.24	33	27.41	73.77	15.71	4.13	0.00
% of Calories											24.3%	20.3%	54.7%	26.2%	6.9%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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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)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 12/08/2017																
MIDDLE SCHOOL LUNCH																
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	2	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	3	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
FRENCH FRIES;CRINKLE CUT	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
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	3	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	3	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	2	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	2	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			557	47	1169	5.17	1.83	613.4	1446	12.75	42	29.38	72.54	15.37	7.48	0.00
% of Calories											30.0%	21.1%	52.1%	24.8%	12.1%	0.0%
Nutrient Guideline			600-650		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

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)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/11/2017																
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	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
CHICKEN NUGGETS, WG	5 EA	1	206	23	515	2.29	2.06	45.8	6	0.0	1	14.87	16.02	9.15	1.72	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
BISCUIT, MINI	1 EACH	3	100	0	230	1.00	0.36	80.0	5	0.0	1	2.0	13.0	5.0	4.50	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	0.00
BAKED BEANS	1/2 CUP	3	123	0	482	5.74	1.73	60.3	101	0.12	5	6.73	24.1	0.01	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
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
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	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			718	31	1379	11.75	3.86	529.7	828	7.46	32	32.82	100.09	19.89	7.46	0.00
% of Calories											18.0%	18.3%	55.8%	24.9%	9.4%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Adelanto Child Nutrition

Dec 1, 2017 thru Dec 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)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/12/2017																
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	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
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
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	3	30	0	245	1.00	0.54	10.0	250	4.5	2	1.0	4.5	1.0	0.00	0.00
KETCHUP: individual	1/2 CUP	3	104	2	22	3.08	1.22	2.5	72	5.4	4	2.99	22.36	2.29	0.57	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	3	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	2	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
	carton	2	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			632	41	1045	9.51	3.38	773.2	1550	83.54	50	31.41	96.82	15.66	6.12	0.00
% of Calories											31.9%	19.9%	61.2%	22.3%	8.7%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Adelanto Child Nutrition

Dec 1, 2017 thru Dec 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)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/13/2017																
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	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
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
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	2.30	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	2	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	3	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	3	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	3	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	3	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	3	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	3	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			609	68	735	13.35	3.61	545.1	3161	27.34	46	32.46	88.39	14.86	6.48	0.00
% of Calories											30.5%	21.3%	58.1%	22.0%	9.6%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Adelanto Child Nutrition

Dec 1, 2017 thru Dec 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)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/14/2017																
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	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	2	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	2	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			568	40	1128	6.09	3.29	637.9	1502	31.25	44	30.79	89.43	11.30	3.79	0.00
% of Calories											30.8%	21.7%	63.0%	17.9%	6.0%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 12/15/2017																
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	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 cup	1	216	0	10	3.51	0.82	19.5	0	0.0	1	5.03	44.77	1.76	0.35	0.00
COOKED CARROTS	1/2 CUP	2	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

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)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			648	28	745	9.57	1.71	716.3	13407	2.80	39	29.26	105.42	11.45	5.35	0.00
% of Calories											24.0%	18.1%	65.1%	15.9%	7.4%	0.0%
Nutrient Guideline			600-650		1230											<10.00

Mon - 12/18/2017																
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	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	2	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	2	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			646	47	842	19.23	2.90	712.2	13819	3.20	39	36.89	94.49	13.19	5.77	0.00
% of Calories											24.3%	22.8%	58.5%	18.4%	8.0%	0.0%
Nutrient Guideline			600-650		1230											<10.00

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.

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Adelanto Child Nutrition

Dec 1, 2017 thru Dec 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)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/19/2017																
MIDDLE SCHOOL LUNCH	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			600-650		1230										<10.00	

Weighted Average			634	49	1120	10.56	3.01	664.2	5782	33.43	43	31.24	92.55	15.85	6.09	0.00
											60.5%	19.7%	58.4%	22.5%	8.6%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	634		600 - 650	100%				
Cholesterol (mg)	49							
Sodium (mg)	1120		1230					
Fiber (g)	10.56							
Iron (mg)	3.01							
Calcium (mg)	664.2							
Vitamin A (IU)	5782							
Sugars (g)	43	26.90%						
Vitamin C (mg)	33.43							
Protein (g)	31.24	19.72%						
Carbohydrate (g)	92.55	58.41%						
Total Fat (g)	15.85	22.50%						
Saturated Fat (g)	6.09	8.65%	<10.00%					
Trans Fat ¹ (g)	0.00	0.01%						

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