

Adelanto Child Nutrition

Jan 3, 2018 thru Jan 31, 2018

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 ¹ (g)
Wed - 01/03/2018															
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 STICK; WHOLE GRAIN	2 EA	1	260	15	500	2.00	1.80	300.0	200	0.0	*N/A*	18.0	32.0	6.0	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,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	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
String Cheese, mozzarella	1 oz	1	80	15	210	0.00	0.00	200.0	200	0.0	*N/A*	7.0	0.0	6.0	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	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
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
CORN: canned, yellow	1/2 CUP	3	65	0	15	2.00	0.72	0.0	20	3.6	3	2.0	15.0	1.0	0.00
MARINARA SAUCE	1/2 CUP	3	60	0	490	2.00	1.08	20.0	500	9.0	5	2.0	9.0	2.0	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			559	31	1288	8.92	3.84	613.5	1811	19.50	*36	28.92	81.99	14.33	0.00
% of Calories											*25.9%	20.7%	58.6%	23.1%	0.0%
Nutrient Guideline			600-650		1230										

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

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Adelanto Child Nutrition

Jan 3, 2018 thru Jan 31, 2018

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 ¹ (g)
Thu - 01/04/2018															
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
CORNDOG TRKY, WG	1 EACH	1	240	15	670	4.00	1.80	60.0	55	15.0	11	11.0	33.0	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
String Cheese, mozzarella	1 oz	1	80	15	210	0.00	0.00	200.0	200	0.0	*N/A*	7.0	0.0	6.0	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	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
PINTO BEANS: cooked	1/2 CUP	2	137	0	140	5.00	1.62	80.0	0	0.0	10	8.0	24.0	1.0	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	0.00
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	0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	2	63	0	5	1.39	0.36	0.0	298	2.39	13	0.47	15.92	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
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			640	31	1074	13.32	3.69	663.3	13848	60.59	*56	32.53	101.59	11.71	0.00
% of Calories											*35.1%	20.3%	63.5%	16.5%	0.0%
Nutrient Guideline			600-650		1230										

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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 ¹ (g)
Fri - 01/05/2018															
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
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
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
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
String Cheese, mozzarella	1 oz	1	80	15	210	0.00	0.00	200.0	200	0.0	*N/A*	7.0	0.0	6.0	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	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
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
SOUR CREAM	2 TBSP	2	58	19	19	0.00	0.00	38.3	192	0.0	0	0.96	0.96	5.75	0.00
CHEESE, SHREDDED	1 oz	1	71	15	476	0.00	0.00	202.5	405	0.0	1	7.09	2.03	4.56	0.00
SALSA VERDE:grn	2tbs	2	5	0	200	1.00	0.00	0.0	100	0.0	1	0.0	1.0	0.0	0.00
LETTUCE/ROMAINE	1 cup	2	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	1	27	0	7	2.00	0.36	10.0	1250	19.2	4	1.0	6.0	0.0	0.00
GREEN APPLE	1 EACH	2	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			628	77	1002	11.18	2.55	719.0	5992	36.58	*46	30.84	81.42	22.25	0.00
% of Calories											*29.0%	19.6%	51.8%	31.9%	0.0%
Nutrient Guideline			600-650		1230										

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Base Menu Spreadsheet

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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 ¹ (g)
Mon - 01/08/2018															
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 NUGGETS, WG	5 EA	1	206	23	515	2.29	2.06	45.8	6	0.0	1	14.87	16.02	9.15	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
String Cheese, mozzarella	1 oz	1	80	15	210	0.00	0.00	200.0	200	0.0	*N/A*	7.0	0.0	6.0	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	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
CORN: canned, yellow	1/2 CUP	3	65	0	15	2.00	0.72	0.0	20	3.6	3	2.0	15.0	1.0	0.00
CELERY STICKS	1 cup	3	21	0	106	2.82	0.25	56.5	565	3.39	3	1.41	4.23	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
RANCH DRESSING	1 oz	3	55	13	190	0.00	0.00	14.6	21	0.1	1	0.42	1.84	5.14	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
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			657	47	1415	7.59	2.75	506.5	1029	8.49	*38	26.51	86.61	23.92	0.00
% of Calories											*23.1%	16.1%	52.7%	32.8%	0.0%
Nutrient Guideline			600-650		1230										

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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 ¹ (g)
Tue - 01/09/2018															
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
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	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
String Cheese, mozzarella	1 oz	1	80	15	210	0.00	0.00	200.0	200	0.0	*N/A*	7.0	0.0	6.0	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	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	2	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	2	27	0	7	2.00	0.36	10.0	1250	19.2	4	1.0	6.0	0.0	0.00
RANCH DRESSING	1 oz	2	55	13	190	0.00	0.00	14.6	21	0.1	1	0.42	1.84	5.14	0.00
PEARS,FRESH	1 EACH	2	96	0	2	5.15	0.28	14.9	38	6.97	16	0.63	25.66	0.2	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			607	53	910	10.82	2.33	766.6	6397	42.45	*46	27.55	83.71	19.34	0.00
% of Calories											*30.5%	18.2%	55.1%	28.7%	0.0%
Nutrient Guideline			600-650		1230										

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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 ¹ (g)
Wed - 01/10/2018															
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
HOT DOG;beef	1 each	1	180	35	480	0.00	0.36	0.0	0	1.2	1	6.0	2.0	16.0	0.00
HOT DOG BUN, WHITE WHOLE WHEAT	1 EACH	1	150	0	270	3.00	1.80	80.0	0	0.0	3	7.0	29.0	2.0	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
BEEF TACO FILLING/ADVANCE	2.5 OZ	1	150	30	560	0.00	1.80	20.0	400	0.0	*N/A*	13.0	4.0	10.0	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	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
String Cheese, mozzarella	1 oz	1	80	15	210	0.00	0.00	200.0	200	0.0	*N/A*	7.0	0.0	6.0	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	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
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
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
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
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
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 % of Calories			664	35	1278	11.13	4.25	453.8	934	9.11	*35 *21.2%	29.53 17.8%	98.04 59.0%	16.84 22.8%	0.00 0.0%
Nutrient Guideline			600-650		1230										

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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 ¹ (g)
Thu - 01/11/2018															
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, 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
RICE,BROWN, ASIAN SEASONIN	1/2 CUP	1	115	0	290	1.00	0.36	0.0	500	0.0	2	3.0	23.0	0.75	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
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
RICE,BROWN, ASIAN SEASONIN	1/2 CUP	1	115	0	290	1.00	0.36	0.0	500	0.0	2	3.0	23.0	0.75	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
String Cheese, mozzarella	1 oz	1	80	15	210	0.00	0.00	200.0	200	0.0	*N/A*	7.0	0.0	6.0	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	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 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
CARROT STICKS	1 cup	3	52	0	88	3.58	0.38	42.2	21384	7.55	6	1.19	12.26	0.31	0.00
GREEN APPLE	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			518	52	811	12.82	2.17	451.0	22694	118.55	*46	26.10	88.57	7.78	0.00
% of Calories											*35.9%	20.2%	68.4%	13.5%	0.0%
Nutrient Guideline			600-650		1230										

Fri - 01/12/2018															
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
PANCAKE MCGRIDDLE	1 EACH	1	252	20	628	2.10	0.43	92.5	173	0.0	7	13.06	27.2	11.7	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
String Cheese, mozzarella	1 oz	1	80	15	210	0.00	0.00	200.0	200	0.0	*N/A*	7.0	0.0	6.0	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	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
TATER TOTS; OREIDA	1 CUP	1	300	0	720	4.00	0.72	0.0	0	7.2	0	4.0	38.0	14.0	0.00
MANDARIN ORANGES,CND,	1/2 CUP	1	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	2	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

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

Jan 3, 2018 thru Jan 31, 2018

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 ¹ (g)
Weighted Daily Average % of Calories			631	34	1132	4.05	0.93	741.5	1086	17.40	*43 *27.1%	30.04 19.0%	82.63 52.3%	20.10 28.6%	0.00 0.0%
Nutrient Guideline			600-650		1230										

Tue - 01/16/2018															
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
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
String Cheese, mozzarella	1 oz	1	80	15	210	0.00	0.00	200.0	200	0.0	*N/A*	7.0	0.0	6.0	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	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
CARROT STICKS	1 cup	2	52	0	88	3.58	0.38	42.2	21384	7.55	6	1.19	12.26	0.31	0.00
RANCH DRESSING	1 oz	2	55	13	190	0.00	0.00	14.6	21	0.1	1	0.42	1.84	5.14	0.00
APPLESAUCE ,UNSWEETENED	1/2 CUP	2	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 % of Calories			550	48	911	6.79	1.91	701.4	22201	10.31	*46 *33.3%	25.61 18.6%	74.65 54.2%	17.45 28.5%	0.00 0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

Jan 3, 2018 thru Jan 31, 2018

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 ¹ (g)
Wed - 01/17/2018															
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 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	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 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	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
String Cheese, mozzarella	1 oz	1	80	15	210	0.00	0.00	200.0	200	0.0	*N/A*	7.0	0.0	6.0	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	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
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
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
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
RANCH DRESSING	1 oz	3	55	13	190	0.00	0.00	14.6	21	0.1	1	0.42	1.84	5.14	0.00
RED APPLE	1 EACH	3	80	0	0	5.00	0.36	20.0	100	12.0	17	0.0	22.0	0.0	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
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			744	48	1037	15.69	4.27	484.9	4672	29.38	*45	31.14	100.30	23.37	0.00
% of Calories											*24.0%	16.7%	53.9%	28.3%	0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

Jan 3, 2018 thru Jan 31, 2018

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 ¹ (g)
Thu - 01/18/2018															
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
MAC & CHEESE:Land O Lakes,W	6 oz	1	290	30	1030	1.00	1.08	400.0	750	1.2	6	16.0	33.0	11.0	0.00
BREAD STICK, WG	1 EA	1	140	7	212	3.00	0.90	85.0	0	0.0	1	5.84	22.0	2.88	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
COOK'S CHOICE*	1 each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
String Cheese, mozzarella	1 oz	1	80	15	210	0.00	0.00	200.0	200	0.0	*N/A*	7.0	0.0	6.0	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	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 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
ROMAINE 3-WAY SALAD	1 CUP	3	15	0	10	2.00	0.72	20.0	6000	6.0	1	1.0	3.0	0.0	0.00
RANCH DRESSING	1 oz	3	55	13	190	0.00	0.00	14.6	21	0.1	1	0.42	1.84	5.14	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
BROWNIE BITE, WG CHOC CHIP	1 EA	3	100	0	105	1.00	1.08	19.9	50	0.0	10	1.0	17.93	2.99	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	*41	*1000	*9.30	*3.52	*605.0	*7465	*107.48	*42	*24.07	*86.33	*17.57	*0.00
% of Calories											*28.7%	*16.3%	*58.4%	*26.7%	*0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

Jan 3, 2018 thru Jan 31, 2018

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 ¹ (g)
Fri - 01/19/2018															
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
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
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	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
String Cheese, mozzarella	1 oz	1	80	15	210	0.00	0.00	200.0	200	0.0	*N/A*	7.0	0.0	6.0	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	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
FRENCH FRIES, THIN CUT	1 CUP	1	206	0	306	2.69	0.80	19.4	61	9.35	*N/A*	2.8	32.11	7.34	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
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
KIWI	1/2 CUP	3	69	0	3	3.20	0.35	38.4	96	104.94	10	1.28	16.66	0.64	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
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
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			590	52	1267	9.81	3.83	447.8	6060	145.70	*32	27.91	81.21	17.61	0.00
% of Calories											*21.9%	18.9%	55.1%	26.9%	0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

Jan 3, 2018 thru Jan 31, 2018

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 ¹ (g)
Mon - 01/22/2018															
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
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
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
String Cheese, mozzarella	1 oz	1	80	15	210	0.00	0.00	200.0	200	0.0	*N/A*	7.0	0.0	6.0	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	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
MASHED POTATOES	1/2 CUP	2	82	0	255	1.02	0.19	7.3	2	6.51	1	2.04	15.31	1.53	0.00
GRAVY, BROWN	1 CUP	2	86	0	1376	0.00	0.00	172.0	0	0.0	*N/A*	0.0	17.2	0.0	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
COOKED GREENBEANS	1/2 CUP	2	30	2	135	1.95	0.71	22.0	327	2.41	2	1.04	4.46	0.82	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			743	47	2643	6.98	3.42	801.5	979	11.02	*40	33.08	115.50	15.85	0.00
% of Calories											*21.6%	17.8%	62.2%	19.2%	0.0%
Nutrient Guideline			600-650		1230										

Tue - 01/23/2018															
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
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	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
String Cheese, mozzarella	1 oz	1	80	15	210	0.00	0.00	200.0	200	0.0	*N/A*	7.0	0.0	6.0	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	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	1/2 CUP	1	60	0	490	2.00	1.08	20.0	500	9.0	5	2.0	9.0	2.0	0.00
LETTUCE/ROMAINE	1 cup	2	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	2	27	0	7	2.00	0.36	10.0	1250	19.2	4	1.0	6.0	0.0	0.00
CELERY STICKS	1 cup	2	21	0	106	2.82	0.25	56.5	565	3.39	3	1.41	4.23	0.0	0.00
RANCH DRESSING	1 oz	2	55	13	190	0.00	0.00	14.6	21	0.1	1	0.42	1.84	5.14	0.00
PINEAPPLE TIDBITS	1/2 CUP	2	70	0	10	1.00	0.72	0.0	70	6.0	14	0.0	17.0	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

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

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Adelanto Child Nutrition

Jan 3, 2018 thru Jan 31, 2018

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 ¹ (g)
Weighted Daily Average % of Calories			582	45	1184	10.50	3.56	693.1	7068	48.17	*49 *33.6%	25.33 17.4%	82.78 56.9%	16.64 25.7%	0.00 0.0%
Nutrient Guideline			600-650		1230										

Wed - 01/24/2018															
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
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
TOSTADA BOWL	1 each	1	100	0	0	0.00	0.36	20.0	0	0.0	0	1.0	13.0	5.0	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
String Cheese, mozzarella	1 oz	1	80	15	210	0.00	0.00	200.0	200	0.0	*N/A*	7.0	0.0	6.0	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	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
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
LETTUCE/ROMAINE	1 cup	2	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	2	27	0	7	2.00	0.36	10.0	1250	19.2	4	1.0	6.0	0.0	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	0.00
SALSA VERDE:grn	2tbs	1	5	0	200	1.00	0.00	0.0	100	0.0	1	0.0	1.0	0.0	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
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
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 % of Calories			552	60	829	9.22	2.49	593.6	6383	33.48	*38 *27.8%	30.33 22.0%	70.76 51.3%	16.97 27.7%	0.00 0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

Jan 3, 2018 thru Jan 31, 2018

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 ¹ (g)
Thu - 01/25/2018															
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
CHEESEBURGER SLIDERS	1 EA	1	274	34	518	2.30	3.02	103.7	86	9.81	2	18.14	28.18	10.22	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
String Cheese, mozzarella	1 oz	1	80	15	210	0.00	0.00	200.0	200	0.0	*N/A*	7.0	0.0	6.0	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	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
POTATO WEDGES, LOW SODIU	1/2 CUP	2	84	0	100	2.00	0.00	0.0	0	0.0	1	2.0	19.0	0.0	0.00
BAKED BEANS	1/2 CUP	2	123	0	482	5.74	1.73	60.3	101	0.12	5	6.73	24.1	0.01	0.00
LETTUCE/ROMAINE	1 cup	2	8	0	3	1.68	0.60	16.8	4113	11.08	0	0.0	1.68	0.0	0.00
PICKLES,DILL	1 oz	1	0	0	380	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
RED APPLE	1 EACH	1	80	0	0	5.00	0.36	20.0	100	12.0	17	0.0	22.0	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
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
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			682	39	1470	13.57	4.21	649.2	4908	24.20	*40	33.80	103.90	14.62	0.00
% of Calories											*23.2%	19.8%	60.9%	19.3%	0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

Jan 3, 2018 thru Jan 31, 2018

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 ¹ (g)
Fri - 01/26/2018															
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
BURRITO, BEAN & CHEESE, EXT	1 EACH	1	309	10	578	8.97	2.69	199.3	399	3.59	4	15.95	39.87	8.97	0.00
REM	OR	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
String Cheese, mozzarella	1 oz	1	80	15	210	0.00	0.00	200.0	200	0.0	*N/A*	7.0	0.0	6.0	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	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 CUP	2	7	0	23	0.85	0.76	33.8	2746	8.87	0	0.85	1.27	0.0	0.00
CARROTS/FRESH SHREDDED	1 CUP	2	45	0	76	3.08	0.33	36.3	18376	6.49	5	1.02	10.54	0.26	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
JICAMA	1/2 cup	1	23	0	2	3.00	0.36	*N/A*	5	12.0	1	0.0	5.0	0.0	0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	2	63	0	5	1.39	0.36	0.0	298	2.39	13	0.47	15.92	0.0	0.00
COOKIES; MINI CHOC CHIP	1 EACH	1	130	20	75	2.00	0.72	20.0	200	0.0	11	2.0	19.0	6.0	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			598	34	822	12.80	3.51	*690.0	22373	29.44	*50	27.32	93.18	13.75	0.00
% of Calories											*33.5%	18.3%	62.3%	20.7%	0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

Jan 3, 2018 thru Jan 31, 2018

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 ¹ (g)
Mon - 01/29/2018															
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
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	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
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
String Cheese, mozzarella	1 oz	1	80	15	210	0.00	0.00	200.0	200	0.0	*N/A*	7.0	0.0	6.0	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	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
TATER TOTS; OREIDA	1 CUP	1	300	0	720	4.00	0.72	0.0	0	7.2	0	4.0	38.0	14.0	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
COOKED PEAS	1/2 CUP	2	100	2	129	5.29	1.56	5.4	552	7.88	5	6.51	16.3	0.84	0.00
KIWI	1/2 CUP	2	69	0	3	3.20	0.35	38.4	96	104.94	10	1.28	16.66	0.64	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
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
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			844	34	1519	16.87	5.11	644.3	1356	118.58	*45	39.67	122.60	22.98	0.00
% of Calories											*21.3%	18.8%	58.1%	24.5%	0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

Jan 3, 2018 thru Jan 31, 2018

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 ¹ (g)
Tue - 01/30/2018															
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
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	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
String Cheese, mozzarella	1 oz	1	80	15	210	0.00	0.00	200.0	200	0.0	*N/A*	7.0	0.0	6.0	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	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	2	8	0	3	1.68	0.60	16.8	4113	11.08	0	0.0	1.68	0.0	0.00
CARROTS/FRESH SHREDDED	1 CUP	2	45	0	76	3.08	0.33	36.3	18376	6.49	5	1.02	10.54	0.26	0.00
CELERY STICKS	1 cup	2	21	0	106	2.82	0.25	56.5	565	3.39	3	1.41	4.23	0.0	0.00
RANCH DRESSING	1 oz	2	55	13	190	0.00	0.00	14.6	21	0.1	1	0.42	1.84	5.14	0.00
PEARS: canned,light syrup	1/2 cup	2	55	0	5	1.83	0.00	0.0	55	0.0	11	0.0	14.63	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	53	1087	11.41	2.27	834.4	24104	26.16	*45	28.36	81.45	19.41	0.00
% of Calories											*29.8%	18.7%	53.8%	28.9%	0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

Jan 3, 2018 thru Jan 31, 2018

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 ¹ (g)
Wed - 01/31/2018															
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
TACO NADA, TURKEY	5 oz	1	309	30	419	4.99	3.59	79.9	200	1.2	1	17.97	39.93	9.98	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
String Cheese, mozzarella	1 oz	1	80	15	210	0.00	0.00	200.0	200	0.0	*N/A*	7.0	0.0	6.0	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	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
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
COOKED GREENBEANS	1/2 CUP	2	30	2	135	1.95	0.71	22.0	327	2.41	2	1.04	4.46	0.82	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	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
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
LETTUCE/ROMAINE	1 cup	1	8	0	3	1.68	0.60	16.8	4113	11.08	0	0.0	1.68	0.0	0.00
MANDARIN ORANGES,CND,	1/2 CUP	2	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			628	46	912	8.92	4.07	619.7	3549	37.05	*47	29.60	94.63	15.68	0.00
% of Calories											*30.2%	18.9%	60.3%	22.5%	0.0%
Nutrient Guideline			600-650		1230										

Weighted Average			*631	*45	*1179	*10.59	*3.23	*634.0	*8245	*46.68	*43	*29.41	*90.59	*17.41	*0.00
											*61.8%	*18.7%	*57.5%	*24.8%	*0.0%

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Adelanto Child Nutrition

Jan 3, 2018 thru Jan 31, 2018

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 ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	631		600 - 650	100%	Missing											
Cholesterol (mg)	45				Missing											
Sodium (mg)	1179		1230		Missing											
Fiber (g)	10.59				Missing											
Iron (mg)	3.23				Missing											
Calcium (mg)	634.0				Missing											
Vitamin A (IU)	8245				Missing											
Sugars (g)	43	27.47%			Missing											
Vitamin C (mg)	46.68				Missing											
Protein (g)	29.41	18.65%			Missing											
Carbohydrate (g)	90.59	57.45%			Missing											
Total Fat (g)	17.41	24.84%			Missing											
Trans Fat ¹ (g)	0.00	0.00%			Missing											

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