

Adelanto Child Nutrition

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

Breakfast in the Classroom 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 - 03/01/2018															
Breakfast in the Classroom	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
PANCAKES:CIN 2 PK	2 PK	1	150	5	290	4.00	1.44	80.0	12	0.0	6	4.0	30.0	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
APPLE JUICE	1/2 CUP	1	55	0	15	0.00	0.00	0.0	75	30.0	15	0.0	15.0	0.0	0.00
STRAWBERRY, FROZEN CUP	1 EACH	1	90	0	0	2.00	0.36	20.0	90	66.0	18	1.0	22.0	0.0	0.00
MILK, 1% w/vit A&D	carton	0	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			415	10	455	6.00	1.80	400.0	677	97.80	59	13.00	89.00	2.50	0.00
% of Calories											56.9%	12.5%	85.8%	5.4%	0.0%
Nutrient Guideline			400-500		540										

Fri - 03/02/2018															
Breakfast in the Classroom	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
BREAKFAST BAR, HONEY WHEA	2.5 oz	1	205	13	196	1.79	1.29	89.3	67	0.0	13	3.57	34.82	6.25	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
APPLESAUCE CUP	1 CUP	1	102	0	4	2.00	0.60	10.0	70	2.4	24	0.4	28.0	0.2	0.00
MILK, 1% w/vit A&D	carton	0	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			427	18	350	3.79	1.89	399.3	637	4.20	57	11.97	84.82	6.45	0.00
% of Calories											53.7%	11.2%	79.4%	13.6%	0.0%
Nutrient Guideline			400-500		540										

Mon - 03/05/2018															
Breakfast in the Classroom	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
CINNAMON ROLL	1 EACH	1	300	5	270	3.00	1.08	900.0	4500	1.2	24	5.0	54.0	8.0	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
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
MILK, 1% w/vit A&D	carton	0	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			500	10	420	8.00	1.44	1220.0	5100	15.00	61	13.00	98.00	8.00	0.00
% of Calories											48.8%	10.4%	78.4%	14.4%	0.0%
Nutrient Guideline			400-500		540										

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

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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)
Tue - 03/06/2018															
Breakfast in the Classroom	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
EGG AND CHEESE BURRITO	1 EACH	1	212	70	319	3.25	1.80	150.0	300	3.6	1	11.25	21.7	9.28	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
ORANGE	1 EACH	1	62	0	0	3.10	0.00	50.0	250	69.6	12	1.2	15.0	0.2	0.00
MILK, 1% w/vit A&D	carton	0	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			394	75	469	6.35	1.80	500.0	1050	75.00	33	20.45	58.70	9.48	0.00
% of Calories											33.2%	20.8%	59.6%	21.7%	0.0%
Nutrient Guideline			400-500		540										

Wed - 03/07/2018															
Breakfast in the Classroom	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
MINI FRENCH TOAST	1 EACH	1	220	5	380	2.00	1.08	60.0	*N/A*	*N/A*	11	3.0	37.0	7.0	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
ORANGE JUICE (DRIFTWOOD)	1/2 CUP	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00
PLUMS,FRESH	1 EACH	1	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	0	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			425	10	544	2.80	1.22	374.0	*820	*38.04	51	12.40	80.60	7.00	0.00
% of Calories											48.3%	11.7%	75.8%	14.8%	0.0%
Nutrient Guideline			400-500		540										

Thu - 03/08/2018															
Breakfast in the Classroom	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
BREAKFAST SANDWICH; SAU & CHEE	1 EA	1	157	25	368	1.40	1.10	105.0	96	0.0	3	9.8	15.1	6.2	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
BANANA	1 EACH	1	110	0	1	4.00	0.00	0.0	40	9.0	21	1.0	29.0	0.0	0.00
APPLE JUICE	1/2 CUP	1	55	0	15	0.00	0.00	0.0	75	30.0	15	0.0	15.0	0.0	0.00
MILK, 1% w/vit A&D	carton	0	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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Base Menu Spreadsheet

Breakfast in the Classroom 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			442	30	534	5.40	1.10	405.0	711	40.80	58	18.80	81.10	6.20	0.00
% of Calories											52.9%	17.0%	73.4%	12.6%	0.0%
Nutrient Guideline			400-500		540										

Fri - 03/09/2018															
Breakfast in the Classroom	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
PANCAKE ON A STICK, WG	3.0 OZ	1	188	27	406	1.60	1.10	13.0	3	0.0	11	8.99	23.99	6.0	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
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
MILK, 1% w/vit A&D	carton	0	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			388	32	556	6.60	1.46	333.0	603	13.80	48	16.99	67.99	6.00	0.00
% of Calories											49.1%	17.5%	70.1%	13.9%	0.0%
Nutrient Guideline			400-500		540										

Mon - 03/12/2018															
Breakfast in the Classroom	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
STRAWBERRY OAT CHEWIE BA	1 EACH	1	296	22	194	5.60	1.98	80.0	250	1.2	23	4.7	51.7	9.3	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
ORANGE	1 EACH	1	62	0	0	3.10	0.00	50.0	250	69.6	12	1.2	15.0	0.2	0.00
MILK, 1% w/vit A&D	carton	0	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			478	28	344	8.70	1.98	430.0	1000	72.60	55	13.90	88.70	9.50	0.00
% of Calories											46.0%	11.6%	74.2%	17.9%	0.0%
Nutrient Guideline			400-500		540										

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Base Menu Spreadsheet

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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)
Tue - 03/13/2018															
Breakfast in the Classroom	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
BREAKFAST PIZZA (IW)	1 EACH	1	240	15	490	3.00	1.80	150.0	200	2.4	5	11.0	31.0	7.0	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
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
WILDBERRY JUICE	1/2 CUP	1	60	0	15	0.00	0.00	0.0	75	30.0	15	0.0	15.0	0.0	0.00
MILK, 1% w/vit A&D	carton	0	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			500	20	655	8.00	2.16	470.0	875	46.20	57	19.00	90.00	7.00	0.00
% of Calories											45.6%	15.2%	72.0%	12.6%	0.0%
Nutrient Guideline			400-500		540										

Wed - 03/14/2018															
Breakfast in the Classroom	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
PANCAKE ON A STICK, WG	3.0 OZ	1	188	27	406	1.60	1.10	13.0	3	0.0	11	8.99	23.99	6.0	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
APPLESAUCE CUP	1/2 CUP	1	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.00
ORANGE JUICE (DRIFTWOOD)	1/2 CUP	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00
MILK, 1% w/vit A&D	carton	0	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			414	32	572	2.60	1.40	328.0	638	33.00	57	18.19	73.98	6.10	0.00
% of Calories											54.7%	17.6%	71.5%	13.3%	0.0%
Nutrient Guideline			400-500		540										

Thu - 03/15/2018															
Breakfast in the Classroom	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
EGG AND CHEESE SANDWICH	1 EACH	1	240	115	350	3.00	1.80	100.0	200	12.0	6	9.0	31.0	9.0	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
BANANA	1 EACH	1	110	0	1	4.00	0.00	0.0	40	9.0	21	1.0	29.0	0.0	0.00
APPLE JUICE	1/2 CUP	1	55	0	15	0.00	0.00	0.0	75	30.0	15	0.0	15.0	0.0	0.00
MILK, 1% w/vit A&D	carton	0	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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	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			525	120	516	7.00	1.80	400.0	815	52.80	62	18.00	97.00	9.00	0.00
% of Calories											47.2%	13.7%	73.9%	15.4%	0.0%
Nutrient Guideline			400-500		540										

Fri - 03/16/2018															
Breakfast in the Classroom	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
CRUMB SQUARE, WG	3.6 OZ	1	283	32	215	3.00	1.20	16.0	0	0.01	24	3.4	47.0	9.0	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
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
MILK, 1% w/vit A&D	carton	0	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			483	37	365	8.00	1.56	336.0	600	13.81	61	11.40	91.00	9.00	0.00
% of Calories											50.5%	9.4%	75.4%	16.8%	0.0%
Nutrient Guideline			400-500		540										

Mon - 03/19/2018															
Breakfast in the Classroom	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
ZUCHINNI BREAD	1 EACH	1	280	35	280	2.00	4.50	20.0	750	1.2	24	5.0	48.0	7.0	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
GREEN 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
MILK, 1% w/vit A&D	carton	0	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			480	40	430	7.00	4.86	340.0	1350	15.00	61	13.00	92.00	7.00	0.00
% of Calories											50.8%	10.8%	76.7%	13.1%	0.0%
Nutrient Guideline			400-500		540										

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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 - 03/20/2018															
Breakfast in the Classroom	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
TAC-GO, WG	3.2 oz	1	180	200	400	2.00	0.72	100.0	400	0.0	1	10.0	14.0	9.0	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
ORANGE	1 EACH	1	62	0	0	3.10	0.00	50.0	250	69.6	12	1.2	15.0	0.2	0.00
WILDBERRY JUICE	1/2 CUP	1	60	0	15	0.00	0.00	0.0	75	30.0	15	0.0	15.0	0.0	0.00
MILK, 1% w/vit A&D	carton	0	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			422	205	565	5.10	0.72	450.0	1225	101.40	48	19.20	66.00	9.20	0.00
% of Calories											45.5%	18.2%	62.6%	19.6%	0.0%
Nutrient Guideline			400-500		540										

Wed - 03/21/2018															
Breakfast in the Classroom	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
MUFFIN, WG BLUEBERRY	1 EA	1	245	25	114	2.57	1.19	9.9	49	1.19	19	3.07	40.55	7.81	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
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
MILK, 1% w/vit A&D	carton	0	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			445	30	264	7.57	1.55	329.9	649	14.99	56	11.07	84.55	7.81	0.00
% of Calories											50.1%	9.9%	76.0%	15.8%	0.0%
Nutrient Guideline			400-500		540										

Thu - 03/22/2018															
Breakfast in the Classroom	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
TEXAS TOAST, WG	1 EA	1	201	0	262	2.01	1.45	20.1	101	3.62	7	4.02	26.15	10.06	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
STRAWBERRY, FROZEN CUP	1 EACH	1	90	0	0	2.00	0.36	20.0	90	66.0	18	1.0	22.0	0.0	0.00
APPLE JUICE	1/2 CUP	1	55	0	15	0.00	0.00	0.0	75	30.0	15	0.0	15.0	0.0	0.00
MILK, 1% w/vit A&D	carton	0	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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Adelanto Child Nutrition

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

Breakfast in the Classroom 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			466	5	427	4.01	1.81	340.1	766	101.42	60 51.5%	13.02 11.2%	85.15 73.1%	10.06 19.4%	0.00 0.0%
Nutrient Guideline			400-500		540										

Fri - 03/23/2018															
Breakfast in the Classroom	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
BREAKFAST BITES;GLAZED	1 EACH	1	260	0	190	3.00	1.44	80.0	0	1.2	14	5.0	38.0	10.0	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
PEARS,FRESH	1 EACH	1	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	0	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			476	5	342	8.15	1.72	394.9	538	9.97	50 42.1%	13.63 11.4%	85.66 71.9%	10.20 19.3%	0.00 0.0%
Nutrient Guideline			400-500		540										

Weighted Average			452	42	459	6.18	1.78	438.2	*1062	*43.87	55 109.4%	15.12 13.4%	83.19 73.6%	7.68 15.3%	0.00 0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	452		400 - 500	100%				
Cholesterol (mg)	42							
Sodium (mg)	459		540					
Fiber (g)	6.18							
Iron (mg)	1.78							
Calcium (mg)	438.2							
Vitamin A (IU)	1062				Missing			
Sugars (g)	55	48.64%						
Vitamin C (mg)	43.87				Missing			
Protein (g)	15.12	13.38%						
Carbohydrate (g)	83.19	73.64%						
Total Fat (g)	7.68	15.29%						
Trans Fat ¹ (g)	0.00	0.00%						

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