

Adelanto Child Nutrition

Mar 1, 2018 thru Mar 31, 2018

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)	Tr-Fat ¹ (g)
Thu - 03/01/2018															
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
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
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	0.00
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
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
CARROTS,BABY,RAW	2 oz	2	30	0	66	2.47	0.76	27.2	11722	2.21	4	0.54	7.0	0.11	0.00
CELERY STICKS, 2.29 OZ	1 EACH	2	11	0	57	1.53	0.14	30.6	306	1.83	2	0.76	2.29	0.0	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	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			487	27	736	15.07	3.68	469.4	12663	16.03	40	22.48	84.39	8.32	0.00
% of Calories											33.0%	18.4%	69.3%	15.4%	0.0%
Nutrient Guideline			550-650		1230										

Fri - 03/02/2018															
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
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
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	0.00
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 CUP	1 EACH	2	40	0	230	1.00	0.36	20.0	200	5.99	5	1.0	7.99	1.0	0.00
CARROTS,BABY,RAW	2 oz	2	30	0	66	2.47	0.76	27.2	11722	2.21	4	0.54	7.0	0.11	0.00
CELERY STICKS, 2.29 OZ	1 EACH	2	11	0	57	1.53	0.14	30.6	306	1.83	2	0.76	2.29	0.0	0.00
RANCH,BUTTERMILK PACKET	1 EACH	2	120	10	250	0.00	0.00	0.0	0	0.0	2	0.0	2.0	12.0	0.00
RED 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	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

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)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			582	35	1152	11.99	2.69	529.5	12878	24.73	48 32.7%	19.36 13.3%	82.32 56.6%	20.62 31.9%	0.00 0.0%
Nutrient Guideline			550-650		1230										

Mon - 03/05/2018															
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
CHICKEN NUGGETS (BATTERED	EACH (5 CHUNKS)	1	260	40	350	1.00	1.44	40.0	100	0.0	1	19.0	12.0	16.0	0.00
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	0.00
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	2	110	0	20	2.00	0.36	0.0	0	4.8	0	2.0	17.0	2.5	0.00
BISCUIT, MINI	1 EACH	2	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	2	65	0	15	2.00	0.72	0.0	20	3.6	3	2.0	15.0	1.0	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	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			633	32	743	6.91	2.34	456.8	701	10.40	30 19.1%	27.97 17.7%	88.51 55.9%	19.52 27.7%	0.00 0.0%
Nutrient Guideline			550-650		1230										

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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)	Tr-Fat ¹ (g)
Tue - 03/06/2018															
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
CHERRY BLOSSOM CHICKEN	(3.92) SERVING	1	160	55	100	*N/A*	0.72	0.0	0	0.0	13	15.0	18.0	3.0	0.00
ASIAN RICE	1 CUP	1	145	0	77	1.80	0.82	60.0	125	0.0	1	3.27	29.39	1.63	0.25
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	0.00
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	2	49	2	28	3.24	0.58	48.6	445	97.2	0	3.24	7.29	0.81	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
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	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	44	558	*7.45	1.87	454.1	13557	98.10	38	24.87	79.02	6.95	0.13
% of Calories											31.5%	20.6%	65.5%	13.0%	0.2%
Nutrient Guideline			550-650		1230										

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Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

ELEM LUNCH OVS

Portion Values - Detailed

Page 4

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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 - 03/07/2018															
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
PANINI, HAM AND CHEESE RECI	1 EACH	1	292	46	894	2.00	1.48	120.8	218	0.0	4	17.41	34.02	13.27	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	0.00
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	2	114	0	140	7.00	1.08	20.0	0	0.0	2	7.0	19.0	0.74	0.00
SHREDDED LETTUCE	1 CUP	2	10	0	0	4.00	0.72	20.0	4000	2.4	1	1.0	1.0	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
ONION RED	1 CUP	2	48	0	3	1.60	0.18	20.0	25	6.6	5	1.06	11.63	0.09	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
MAYONNAISE:individual PC	1 EA	1	70	5	45	0.00	0.00	0.0	0	0.0	0	0.0	0.0	7.0	0.00
MUSTARD: individual PC	1 EA	1	0	0	70	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
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			630	38	956	19.30	3.61	525.6	5831	134.04	41	31.60	97.83	14.62	0.00
% of Calories											26.1%	20.1%	62.1%	20.9%	0.0%
Nutrient Guideline			550-650		1230										

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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)	Tr-Fat ¹ (g)
Thu - 03/08/2018															
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
BEEF DOUBLE DOGS	1 EACH	1	323	30	420	2.00	2.32	10.0	55	0.2	6	15.0	41.0	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
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	0.00
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
CELERY STICKS, 2.29 OZ	1 EACH	2	11	0	57	1.53	0.14	30.6	306	1.83	2	0.76	2.29	0.0	0.00
CARROTS,BABY,RAW	2 oz	2	30	0	66	2.47	0.76	27.2	11722	2.21	4	0.54	7.0	0.11	0.00
RANCH,BUTTERMILK PACKET	1 EACH	2	120	10	250	0.00	0.00	0.0	0	0.0	2	0.0	2.0	12.0	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
NECTARINES,FRESH	1 EACH	2	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.00
MILK, 1% w/vit A&D	carton	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			568	37	923	7.80	2.61	427.7	12860	12.39	38	21.81	73.68	21.06	0.00
% of Calories											27.0%	15.4%	51.9%	33.4%	0.0%
Nutrient Guideline			550-650		1230										

Fri - 03/09/2018															
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
GALAXY PIZZA (IW)	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	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	0.00
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
CARROTS,BABY,RAW	2 oz	2	30	0	66	2.47	0.76	27.2	11722	2.21	4	0.54	7.0	0.11	0.00
CELERY STICKS, 2.29 OZ	1 EACH	2	11	0	57	1.53	0.14	30.6	306	1.83	2	0.76	2.29	0.0	0.00
RANCH,BUTTERMILK PACKET	1 EACH	2	120	10	250	0.00	0.00	0.0	0	0.0	2	0.0	2.0	12.0	0.00
RED 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	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

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)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			567	37	933	10.99	2.78	559.5	12628	16.94	46 32.2%	20.86 14.7%	74.33 52.5%	21.13 33.6%	0.00 0.0%
Nutrient Guideline			550-650		1230										

Mon - 03/12/2018															
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
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
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	0.00
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
FRIES: THIN CUT	2.38 OZ	1	120	0	180	2.00	0.48	11.5	37	5.56	0	2.0	19.0	4.5	0.00
BISCUIT, MINI	1 EACH	2	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	2	65	0	15	2.00	0.72	0.0	20	3.6	3	2.0	15.0	1.0	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
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	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			638	25	933	7.00	2.76	482.5	752	28.28	41 25.4%	25.06 15.7%	95.09 59.6%	18.77 26.5%	0.00 0.0%
Nutrient Guideline			550-650		1230										

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Adelanto Child Nutrition

Mar 1, 2018 thru Mar 31, 2018

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)	Tr-Fat ¹ (g)
Tue - 03/13/2018															
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
PANCAKE SANDWICH RECIPE	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	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	0.00
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
ROMAINE 3-WAY SALAD	1 CUP	2	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	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	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			582	35	1178	7.38	1.47	437.6	6513	10.60	32	21.50	78.61	21.01	0.00
% of Calories											22.3%	14.8%	54.0%	32.5%	0.0%
Nutrient Guideline			550-650		1230										

Wed - 03/14/2018															
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
PULLED PORK RECIPE	SERVING (4 OZ)	1	379	100	713	2.01	*1.45	*40.2	*0	*9.05	3	27.03	28.15	12.01	2.00
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	0.00
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
BLACK BEANS, CANNED	1 CUP	2	220	0	600	14.00	12.60	120.0	200	0.0	0	16.0	38.0	0.0	0.00
SHREDDED LETTUCE	1 CUP	2	10	0	0	4.00	0.72	20.0	4000	2.4	1	1.0	1.0	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
ONION RED	1 CUP	2	48	0	3	1.60	0.18	20.0	25	6.6	5	1.06	11.63	0.09	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
RED 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	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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Adelanto Child Nutrition

Mar 1, 2018 thru Mar 31, 2018

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)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			790	65	1288	28.10	*15.12	*566.9	*5926	*45.62	45 22.8%	44.13 22.3%	119.24 60.4%	12.61 14.4%	1.00 1.1%
Nutrient Guideline			550-650		1230										

Thu - 03/15/2018															
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
CHILI CON CARNE & BEANS	5.64 OZ	1	179	30	471	4.00	2.00	44.0	878	10.0	3	13.0	13.0	9.0	0.00
CORN BREAD, WG	1.9 OZ	1	154	21	105	2.00	0.08	19.0	116	0.15	*N/A*	2.3	25.0	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
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	0.00
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
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
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
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
ONIONS, RAW	1 cup	2	64	0	6	2.70	0.18	30.0	35	11.4	7	1.8	15.0	0.2	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	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			550	55	852	9.11	1.76	548.7	2706	37.67	*39 *28.1%	26.94 19.6%	79.00 57.5%	15.37 25.2%	0.00 0.0%
Nutrient Guideline			550-650		1230										

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Adelanto Child Nutrition

Mar 1, 2018 thru Mar 31, 2018

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)	Tr-Fat ¹ (g)
Fri - 03/16/2018															
ELEM LUNCH OVS	Total	3													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
PIZZA,PEPPERONI,BELLA ROSA	1 EACH	1	340	40	670	3.00	1.80	400.0	750	6.0	4	19.0	31.0	16.0	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	0.00
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
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
SHRIMP POPPERS	SERVING (20 PC)	1	230	60	490	3.00	2.30	31.0	110	1.0	1	12.0	22.0	11.0	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
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
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
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
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			424	50	766	7.57	2.11	460.0	15694	61.11	25	19.80	54.73	14.75	0.00
% of Calories											23.1%	18.7%	51.6%	31.3%	0.0%
Nutrient Guideline			550-650		1230										

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Adelanto Child Nutrition

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

ELEM 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)
Mon - 03/19/2018															
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
CRISPY 8 PC CHICKEN	1 EACH	1	215	41	*N/A*	1.00	1.00	12.0	78	1.0	0	12.0	11.0	13.0	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
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
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	0.00
	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	1	82	0	255	1.02	0.19	7.3	2	6.51	1	2.04	15.31	1.53	0.00
CHICKEN GRAVY	2 OZ	1	20	0	270	0.00	0.00	0.0	0	0.0	0	0.0	4.0	1.0	0.00
BISCUIT, MINI	1 EACH	2	100	0	230	1.00	0.36	80.0	5	0.0	1	2.0	13.0	5.0	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
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	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			539	33	*931	9.51	2.22	486.4	796	19.06	37	21.58	80.69	15.78	0.00
% of Calories											27.4%	16.0%	59.9%	26.4%	0.0%
Nutrient Guideline			550-650		1230										

Tue - 03/20/2018															
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
SOUP;CHICKEN TORTILLA SOUP	6 OUNCES	1	167	34	698	1.44	1.41	71.2	3812	21.06	*4	12.61	19.38	3.94	*0.00
TORTILLA CHIPS (NEW)	1 EACH	1	280	0	300	3.00	1.00	2.9	4	0.0	1	3.0	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
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
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	0.00
	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
ONIONS,RAW	1 cup	1	64	0	6	2.70	0.18	30.0	35	11.4	7	1.8	15.0	0.2	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
CHEESE SHREDDED MOZZARE LLA	1 OZ	1	86	18	193	0.00	0.07	203.0	240	0.0	1	6.7	2.28	5.59	0.20
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	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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Adelanto Child Nutrition

Mar 1, 2018 thru Mar 31, 2018

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)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			583	38	921	6.07	2.05	535.3	3321	47.73	*42 *29.1%	25.11 17.2%	83.37 57.2%	15.88 24.5%	*0.10 *0.2%
Nutrient Guideline			550-650		1230										

Wed - 03/21/2018															
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
BEEF STEAK HAMBURGER RECIPE	1 EACH	1	308	56	689	3.10	3.50	88.0	0	0.0	3	23.9	29.6	11.4	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
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
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	0.00
PINTO BEANS: cooked	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 SODIUM	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
SHREDDED LETTUCE	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
TOMATOES, FRESH	1 CUP	1	10	0	0	4.00	0.72	20.0	4000	2.4	1	1.0	1.0	0.0	0.00
PICKLES, DILL	1 CUP	1	27	0	7	2.00	0.36	10.0	1250	19.2	4	1.0	6.0	0.0	0.00
KETCHUP: individual	1 oz	1	0	0	380	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
MAYONNAISE: individual PC	1 EACH	1	10	0	80	0.00	0.00	0.0	5	0.0	1	0.0	2.0	0.0	0.00
APRICOTS, DICED	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	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, NON FAT CHOC	carton	0	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	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
Weighted Daily Average % of Calories			674	43	1149	12.05	4.09	495.8	2979	11.70	43 25.6%	34.51 20.5%	102.83 61.0%	13.22 17.6%	0.00 0.0%
Nutrient Guideline			550-650		1230										

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Adelanto Child Nutrition

Mar 1, 2018 thru Mar 31, 2018

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)	Tr-Fat ¹ (g)
Thu - 03/22/2018															
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
KUNG PAO CHICKEN	EACH (2.8) OZ	1	145	75	685	*N/A*	1.44	20.0	0	0.0	3	19.0	6.0	6.0	0.00
ASIAN RICE	1 CUP	1	145	0	77	1.80	0.82	60.0	125	0.0	1	3.27	29.39	1.63	0.25
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
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
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	0.00
COOKED BROCCOLI	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 CARROTS	1/2 CUP	2	49	2	28	3.24	0.58	48.6	445	97.2	0	3.24	7.29	0.81	0.00
APPLES, SLICED CANNED	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
MILK, 1% w/vit A&D	1/2 CUP	2	47	0	9	0.94	0.34	18.9	43	0.0	9	0.0	11.34	0.0	0.00
MILK, NON FAT CHOC	carton	0	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	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
Weighted Daily Average			463	54	850	*8.40	2.57	483.0	13599	98.10	31	26.87	70.36	8.45	0.13
% of Calories											26.4%	23.2%	60.8%	16.4%	0.2%
Nutrient Guideline			550-650		1230										

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Adelanto Child Nutrition

Mar 1, 2018 thru Mar 31, 2018

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)	Tr-Fat ¹ (g)
Fri - 03/23/2018															
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
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
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
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	0.00
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
FISH SANDWICH W/BUN	1 EACH	1	330	40	550	5.00	2.88	100.0	0	0.0	3	21.01	43.01	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
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
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
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
RANCH DRESSING	1 oz	1	55	13	190	0.00	0.00	14.6	21	0.1	1	0.42	1.84	5.14	0.00
HAPPY BIRTHDAY APPLESAUCE	1 EACH	1	90	0	15	2.00	0.00	0.0	0	60.0	19	0.0	22.0	0.0	0.00
MILK, 1% w/vit A&D	1 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	1 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			1299	112	2510	17.00	7.20	1378.1	9373	102.10	83	69.54	180.92	34.68	0.00
% of Calories											25.5%	21.4%	55.7%	24.0%	0.0%
Nutrient Guideline			550-650		1230										

Weighted Average			617	45	*1022	*11.28	*3.58	*546.9	*7810	*45.57	*41	28.47	89.70	16.63	*0.08
											*59.9%	18.5%	58.1%	24.3%	*0.1%

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Adelanto Child Nutrition

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

ELEM 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	617		550 - 650	100%												
Cholesterol (mg)	45															
Sodium (mg)	1022		1230		Missing											
Fiber (g)	11.28				Missing											
Iron (mg)	3.58				Missing											
Calcium (mg)	546.9				Missing											
Vitamin A (IU)	7810				Missing											
Sugars (g)	41	26.61%			Missing											
Vitamin C (mg)	45.57				Missing											
Protein (g)	28.47	18.45%														
Carbohydrate (g)	89.70	58.15%														
Total Fat (g)	16.63	24.26%														
Trans Fat ¹ (g)	0.08	0.12%			Missing											

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