

# Adelanto Child Nutrition

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

Page 1

Generated on: 2/27/2018 2:53:26 PM

	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 <sup>1</sup> (g)
Thu - 03/01/2018															
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
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			600-650		1230										

Fri - 03/02/2018															
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
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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Adelanto Child Nutrition

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

Page 2

Generated on: 2/27/2018 2:53:26 PM

	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 <sup>1</sup> (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			600-650		1230										

Mon - 03/05/2018															
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 (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
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 AND CHEESE TAQUITO	1 EACH	1	140	15	400	2.00	1.08	60.0	100	2.4	1	8.0	14.99	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
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			469	26	629	5.28	1.92	324.5	500	7.73	20 17.4%	21.31 18.2%	64.00 54.6%	15.01 28.8%	0.00 0.0%
Nutrient Guideline			600-650		1230										

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Adelanto Child Nutrition

Mar 1, 2018 thru Mar 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 <sup>1</sup> (g)
Tue - 03/06/2018															
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
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
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
PARFAIT	1 EACH	1	603	10	389	6.97	1.61	629.8	1347	2.4	57	14.46	110.16	12.95	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			523	33	501	*7.29	1.78	512.7	9487	66.20	44	21.40	89.40	8.95	0.08
% of Calories											33.9%	16.4%	68.4%	15.4%	0.1%
Nutrient Guideline			600-650		1230										

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Adelanto Child Nutrition

Mar 1, 2018 thru Mar 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 <sup>1</sup> (g)
Wed - 03/07/2018															
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
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	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
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
CHEF'S SALAD	1 EACH	1	*436	*184	*9471	*6.04	*4.64	*1134.6	*15141	*27.91	*8	*47.78	*36.54	*11.07	*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			*565	*87	*3795	*14.88	*3.95	*728.6	*8934	*98.67	*30	*36.99	*77.40	*13.44	*0.00
% of Calories											*21.2%	*26.2%	*54.8%	*21.4%	*0.0%
Nutrient Guideline			600-650		1230										

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Adelanto Child Nutrition

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

Page 5

Generated on: 2/27/2018 2:53:26 PM

	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 <sup>1</sup> (g)
Thu - 03/08/2018															
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
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	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			600-650		1230										

Fri - 03/09/2018															
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
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	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

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Adelanto Child Nutrition

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

Page 6

Generated on: 2/27/2018 2:53:26 PM

	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 <sup>1</sup> (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			600-650		1230										

Mon - 03/12/2018															
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 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
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
BEAN AND CHEESE PUPUSA	1 EACH	1	290	15	580	4.00	1.44	250.0	200	1.2	1	13.0	35.0	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
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			522	21	815	6.00	2.32	405.0	568	19.25	27 21.0%	21.04 16.1%	75.06 57.5%	16.18 27.9%	0.00 0.0%
Nutrient Guideline			600-650		1230										

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Adelanto Child Nutrition

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

Page 7

Generated on: 2/27/2018 2:53:26 PM

	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 <sup>1</sup> (g)
Tue - 03/13/2018															
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
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
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
FOOD COURT SMOOTHIE	SERVINGS	1	75	1	44	0.52	0.05	55.5	70	48.38	*8	2.05	17.23	0.38	*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			413	24	800	5.09	1.00	310.2	4365	23.19	*24	15.02	58.15	14.13	*0.00
% of Calories											*23.4%	14.5%	56.3%	30.8%	*0.0%
Nutrient Guideline			600-650		1230										

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Adelanto Child Nutrition

Mar 1, 2018 thru Mar 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 <sup>1</sup> (g)
Wed - 03/14/2018															
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
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
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 CHIPOTLE SALAD	1 EACH	1	*640	*97	*6934	*10.24	*5.92	*1115.7	*20764	*30.36	*6	*50.47	*62.43	*21.27	*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
Weighted Daily Average			*740	*75	*3170	*22.15	*12.06	*749.8	*10872	*40.53	*32	*46.24	*100.30	*15.50	*0.67
% of Calories											*17.3%	*25.0%	*54.2%	*18.8%	*0.8%
Nutrient Guideline			600-650		1230										

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.



# Adelanto Child Nutrition

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

Page 9

Generated on: 2/27/2018 2:53:26 PM

	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 <sup>1</sup> (g)
Thu - 03/15/2018															
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
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
OR	serving	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
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 JU	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
ICE															
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			464	52	866	6.74	1.67	406.0	1877	25.12	*27	23.76	64.01	14.67	0.00
% of Calories											*23.4%	20.5%	55.2%	28.5%	0.0%
Nutrient Guideline			600-650		1230										

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Adelanto Child Nutrition

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

Page 10

Generated on: 2/27/2018 2:53:26 PM

	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 <sup>1</sup> (g)
Fri - 03/16/2018															
MIDDLE SCHOOL LUNCH	Total	4													
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	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
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
CHILI CHEESE NACHOS	1 EACH	1	589	60	1321	7.00	3.00	46.9	882	10.0	3	24.0	48.0	34.01	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
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			465	53	904	7.43	2.33	356.7	11991	48.33	19	20.85	53.05	19.56	0.00
% of Calories											16.6%	17.9%	45.6%	37.8%	0.0%
Nutrient Guideline			600-650		1230										

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Adelanto Child Nutrition

Mar 1, 2018 thru Mar 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 <sup>1</sup> (g)
Mon - 03/19/2018															
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
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	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	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
WET BURRITO	1 EACH	1	455	40	1527	5.94	1.44	547.4	507	4.6	6	27.94	48.81	16.42	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	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			511	35	*1130	8.32	1.96	506.7	700	14.24	27	23.70	70.06	15.99	0.00
% of Calories											20.8%	18.6%	54.9%	28.2%	0.0%
Nutrient Guideline			600-650		1230										

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Adelanto Child Nutrition

Base Menu Spreadsheet

Portion Values - Detailed

Page 12

Mar 1, 2018 thru Mar 31, 2018

MIDDLE SCHOOL LUNCH OVS

Generated on: 2/27/2018 2:53:26 PM

	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 <sup>1</sup> (g)
Tue - 03/20/2018															
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
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	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	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
PARFAIT	1 EACH	1	603	10	389	6.97	1.61	629.8	1347	2.4	57	14.46	110.16	12.95	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
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 MOZZARELLA	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
Weighted Daily Average			589	29	744	6.37	1.90	566.8	2663	32.62	*47	21.56	92.30	14.90	*0.07
% of Calories											*32.1%	14.6%	62.6%	22.8%	*0.1%
Nutrient Guideline			600-650		1230										

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Adelanto Child Nutrition

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

Page 13

Generated on: 2/27/2018 2:53:27 PM

	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 <sup>1</sup> (g)
Wed - 03/21/2018															
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 RECI PE	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	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
CHEF'S SALAD	1 EACH	1	*436	*184	*9471	*6.04	*4.64	*1134.6	*15141	*27.91	*8	*47.78	*36.54	*11.07	*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
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
SHREDDED LETTUCE	1 CUP	1	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	1	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	1	0	0	380	0.00	0.00	0.0	0	0.0	0	0.0	0.0	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
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			*595	*90	*3923	*10.05	*4.28	*708.7	*7033	*17.11	*31	*38.93	*80.74	*12.50	*0.00
% of Calories											*21.0%	*26.2%	*54.3%	*18.9%	*0.0%
Nutrient Guideline			600-650		1230										

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Adelanto Child Nutrition

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

Page 14

Generated on: 2/27/2018 2:53:27 PM

	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 <sup>1</sup> (g)
Thu - 03/22/2018															
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
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	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	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
TURKEY HAM & CHEESE SAND WICH	1 EACH	1	289	50	877	2.99	1.79	348.8	299	0.0	4	19.93	26.91	11.96	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
APPLES, SLICED CANNED	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, 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			405	53	859	*6.60	2.31	438.3	9166	65.40	22	24.56	55.88	9.62	0.08
% of Calories											21.4%	24.3%	55.2%	21.4%	0.2%
Nutrient Guideline			600-650		1230										

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Adelanto Child Nutrition

Mar 1, 2018 thru Mar 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 <sup>1</sup> (g)
Fri - 03/23/2018															
MIDDLE SCHOOL LUNCH	Total	4													
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	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	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
NACHOS (SALSA, CHEESE, CHIP	1 EACH	1	500	30	1070	3.00	2.08	303.1	604	7.2	14	13.01	52.01	26.01	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
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	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			450	36	895	5.00	2.32	420.3	2494	27.33	24	20.64	58.23	15.17	0.00
% of Calories											21.4%	18.4%	51.8%	30.4%	0.0%
Nutrient Guideline			600-650		1230										

Weighted Average			*524	*44	*1340	*9.24	*3.03	*495.3	*7158	*32.69	*32	*24.74	*73.72	*15.10	*0.05
											*55.2%	*18.9%	*56.2%	*25.9%	*0.1%

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Adelanto Child Nutrition

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

Page 16

Generated on: 2/27/2018 2:53:27 PM

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 <sup>1</sup> (g)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	524		600 - 650	87%	Missing	76											Correction Required - Calories are Low
Cholesterol (mg)	44				Missing												
Sodium (mg)	1340		1230		Missing				110								Correction Required - Sodium too High
Fiber (g)	9.24				Missing												
Iron (mg)	3.03				Missing												
Calcium (mg)	495.3				Missing												
Vitamin A (IU)	7158				Missing												
Sugars (g)	32	24.55%			Missing												
Vitamin C (mg)	32.69				Missing												
Protein (g)	24.74	18.87%			Missing												
Carbohydrate (g)	73.72	56.24%			Missing												
Total Fat (g)	15.10	25.92%			Missing												
Trans Fat <sup>1</sup> (g)	0.05	0.09%			Missing												

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.