

# Adelanto Child Nutrition

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

BREAKFAST OVS

Portion Values - Detailed

Page 1

Generated on: 2/27/2018 2:51:56 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          |              |           |             |             |           |           |           |            |            |            |            |           |          |           |                         |
| BREAKFAST OVS             | Total        | 2         |             |             |           |           |           |            |            |            |            |           |          |           |                         |
| BREAKFAST SAUSAGE BISCUIT | 1 EACH       | 1         | 292         | 14          | 638       | 2.10      | 1.87      | 192.5      | 173        | 0.0        | 6          | 14.06     | 29.2     | 13.7      | 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                    |
| CEREAL: RICE CHEX         | BOWL         | 1         | 70          | 0           | 170       | 1.00      | 5.40      | 60.0       | 300        | 3.6        | 2          | 1.0       | 16.0     | 0.0       | 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: 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                    |
| APPLE JUICE               | 1/2 CUP      | 2         | 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       | 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    |              |           | 411         | 14          | 574       | 3.38      | 3.63      | 451.2      | 866        | 33.90      | 47         | 16.53     | 70.23    | 8.10      | 0.00                    |
| % of Calories             |              |           |             |             |           |           |           |            |            |            | 45.5%      | 16.1%     | 68.3%    | 17.7%     | 0.0%                    |
| Nutrient Guideline        |              |           | 400-500     |             | 540       |           |           |            |            |            |            |           |          |           |                         |

|                                |         |   |         |    |     |       |       |        |       |        |       |       |       |       |      |
|--------------------------------|---------|---|---------|----|-----|-------|-------|--------|-------|--------|-------|-------|-------|-------|------|
| Fri - 03/02/2018               |         |   |         |    |     |       |       |        |       |        |       |       |       |       |      |
| BREAKFAST 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 |
| 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 |
| OR                             | serving | 1 | 0       | 0  | 0   | 0.00  | 0.00  | 0.0    | 0     | 0.0    | 0     | 0.0   | 0.0   | 0.0   | 0.00 |
| TRIX YOGURT WITH CHEX          | 1 EACH  | 1 | 220     | 5  | 105 | *2.00 | *0.72 | *100.0 | *500  | *N/A*  | 19    | 5.0   | 43.0  | 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 |
| 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 |
| 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  | 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         |         |   | 475     | 17 | 306 | *8.29 | *1.72 | *439.6 | *1182 | *16.49 | 63    | 13.75 | 94.83 | 6.12  | 0.00 |
| % of Calories                  |         |   |         |    |     |       |       |        |       |        | 53.1% | 11.6% | 79.8% | 11.6% | 0.0% |
| Nutrient Guideline             |         |   | 400-500 |    | 540 |       |       |        |       |        |       |       |       |       |      |

\*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

BREAKFAST OVS

Portion Values - Detailed

Page 2

Generated on: 2/27/2018 2:51:56 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) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Mon - 03/05/2018               |              |           |             |             |           |           |           |            |            |            |            |           |          |           |                         |
| BREAKFAST 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                    |
| 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                    |
| 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                    |
| CEREAL MARSHMALLOW MATEY WITH  | 1 EACH       | 1         | 220         | 0           | 370       | 3.00      | 18.00     | 200.0      | 1000       | 12.0       | 23         | 4.0       | 47.0     | 2.0       | 0.00                    |
| APPLESAUCE , UNSWEETENED       | 1 each       | 1         | 0           | 0           | 0         | 0.00      | 0.00      | 0.0        | 0          | 0.0        | 0          | 0.0       | 0.0      | 0.0       | 0.00                    |
| FRUIT COCKTAIL:canned,lt syrup | 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             | 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                    |
| MILK, NON FAT CHOC             | carton       | 1         | 120         | 10          | 150       | 0.00      | 0.00      | 350.0      | 500        | 2.4        | 14         | 10.0      | 14.0     | 2.5       | 0.00                    |
| Weighted Daily Average         |              |           | 490         | 10          | 475       | 5.60      | 9.90      | 884.3      | 3595       | 11.65      | 65         | 13.97     | 97.43    | 6.25      | 0.00                    |
| % of Calories                  |              |           |             |             |           |           |           |            |            |            | 52.7%      | 11.4%     | 79.5%    | 11.5%     | 0.0%                    |
| Nutrient Guideline             |              |           | 400-500     |             | 540       |           |           |            |            |            |            |           |          |           |                         |

|                           |           |   |         |    |     |      |      |       |      |       |        |       |       |       |      |
|---------------------------|-----------|---|---------|----|-----|------|------|-------|------|-------|--------|-------|-------|-------|------|
| Tue - 03/06/2018          |           |   |         |    |     |      |      |       |      |       |        |       |       |       |      |
| BREAKFAST 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 BAGEL               | 3 oz      | 1 | 192     | 15 | 383 | 0.90 | 1.59 | 217.0 | 86   | 3.8   | *N/A*  | 11.65 | 23.16 | 5.71  | 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 |
| CEREAL:COCOA PUFFS        | 1 EACH    | 1 | 110     | 0  | 160 | 2.00 | 4.50 | 100.0 | 500  | 6.0   | 8      | 2.0   | 25.0  | 1.5   | 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 |
| 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: 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 |
| WILDBERRY JUICE           | 1/2 CUP   | 2 | 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    | 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    |           |   | 416     | 20 | 547 | 3.28 | 3.05 | 605.0 | 1024 | 37.00 | *47    | 19.87 | 72.22 | 6.12  | 0.00 |
| % of Calories             |           |   |         |    |     |      |      |       |      |       | *45.1% | 19.1% | 69.4% | 13.2% | 0.0% |
| Nutrient Guideline        |           |   | 400-500 |    | 540 |      |      |       |      |       |        |       |       |       |      |

\*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

BREAKFAST OVS

Portion Values - Detailed

Page 3

Generated on: 2/27/2018 2:51:56 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 - 03/07/2018               |              |           |             |             |           |           |           |            |            |            |            |           |          |           |                         |
| BREAKFAST 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                    |
| BREAKFAST ROUND OAT CHOC CHIP  | 1 EACH       | 1         | 260         | 5           | 190       | 6.25      | 0.10      | 23.4       | 12         | 0.0        | 17         | 5.0       | 43.0     | 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                    |
| APPLE CINNAMON CHEERIOS        | BOWL         | 1         | 110         | 0           | 110       | 2.00      | 3.60      | 100.0      | 500        | 6.0        | 10         | 2.0       | 22.0     | 1.5       | 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                    |
| 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                    |
| ORANGE JUICE (DRIFTWOOD)       | 1/2 CUP      | 2         | 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       | 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         |              |           | 408         | 10          | 319       | 5.04      | 1.85      | 396.7      | 1130       | 36.20      | 54         | 14.41     | 75.47    | 5.50      | 0.00                    |
| % of Calories                  |              |           |             |             |           |           |           |            |            |            | 52.7%      | 14.1%     | 74.1%    | 12.1%     | 0.0%                    |
| Nutrient Guideline             |              |           | 400-500     |             | 540       |           |           |            |            |            |            |           |          |           |                         |

|                                | 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               |              |           |             |             |           |           |           |            |            |            |            |           |          |           |                         |
| BREAKFAST 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                    |
| 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                    |
| 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                    |
| CEREAL: RICE CHEX              | BOWL         | 1         | 70          | 0           | 170       | 1.00      | 5.40      | 60.0       | 300        | 3.6        | 2          | 1.0       | 16.0     | 0.0       | 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                    |
| 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                    |
| APPLE JUICE                    | 1/2 CUP      | 2         | 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       | 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         |              |           | 379         | 20          | 454       | 2.20      | 3.61      | 427.5      | 1073       | 54.90      | 52         | 15.40     | 68.55    | 4.35      | 0.00                    |
| % of Calories                  |              |           |             |             |           |           |           |            |            |            | 55.2%      | 16.3%     | 72.4%    | 10.3%     | 0.0%                    |
| Nutrient Guideline             |              |           | 400-500     |             | 540       |           |           |            |            |            |            |           |          |           |                         |

\*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

BREAKFAST OVS

Portion Values - Detailed

Page 4

Generated on: 2/27/2018 2:51:56 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 - 03/09/2018                     |                |           |             |             |           |           |           |            |            |            |            |           |          |           |                         |
| BREAKFAST 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                    |
| FRENCH TOAST BAKE                    | SERVING (2 EA) | 1         | 215         | 113         | 389       | 1.80      | 3.50      | 118.3      | 92         | 0.29       | *7         | 8.57      | 33.6     | 5.16      | *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 DRIFTWOOD                     | 4 OZ           | 1         | 105         | 5           | 60        | 0.00      | 0.00      | 300.0      | 625        | 1.2        | 17         | 3.5       | 20.5     | 1.0       | 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                    |
| CEREAL; VARIETY WITH                 | 1 serving      | 1         | 179         | 0           | 206       | 3.03      | 8.06      | 3.4        | 792        | 15.34      | 17         | 2.18      | 42.41    | 1.0       | 0.00                    |
| GRANOLA BULK                         | 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 CHEX                      | 1/2 CUP        | 2         | 250         | 0           | 180       | 4.00      | 1.08      | 20.0       | 65         | 0.0        | 13         | 5.0       | 43.0     | 7.0       | 0.00                    |
| APPLES, SLICED CANNED                | 1 EACH         | 1         | 120         | 0           | 55        | 2.00      | 0.72      | *N/A*      | *N/A*      | *N/A*      | 6          | 2.0       | 23.0     | 3.0       | 0.00                    |
| STRAWBERRIES,FRESH                   | 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                    |
| BLUEBERRIES;6OZ                      | 1/2 CUP        | 2         | 37          | 0           | 0         | 2.24      | 0.54      | 14.9       | 0          | 67.14      | 5          | 0.75      | 8.95     | 0.0       | 0.00                    |
| MILK, 1% w/vit A&D                   | 1 EACH         | 1         | 98          | 0           | 1         | 4.14      | 0.41      | 0.0        | 57         | 16.55      | 17         | 1.26      | 24.14    | 0.57      | 0.00                    |
| MILK, NON FAT CHOC                   | carton         | 1         | 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 |                |           | 542         | 44          | 464       | 8.44      | 5.54      | *393.1     | *927       | *57.29     | *51        | 15.67     | 102.08   | 9.08      | *0.00                   |
|                                      |                |           |             |             |           |           |           |            |            |            | *37.5%     | 11.6%     | 75.3%    | 15.1%     | *0.0%                   |
| Nutrient Guideline                   |                |           | 400-500     |             | 540       |           |           |            |            |            |            |           |          |           |                         |

|                                      |           |   |         |    |     |      |       |       |      |       |       |       |        |       |      |
|--------------------------------------|-----------|---|---------|----|-----|------|-------|-------|------|-------|-------|-------|--------|-------|------|
| Mon - 03/12/2018                     |           |   |         |    |     |      |       |       |      |       |       |       |        |       |      |
| BREAKFAST 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 |
| 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 |
| 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 |
| CEREAL MARSHMALLOW MATEY WITH        | 1 EACH    | 1 | 220     | 0  | 370 | 3.00 | 18.00 | 200.0 | 1000 | 12.0  | 23    | 4.0   | 47.0   | 2.0   | 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 |
| 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 |
| 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 % of Calories |           |   | 516     | 19 | 452 | 6.51 | 10.35 | 494.3 | 1471 | 30.26 | 69    | 14.35 | 100.36 | 6.90  | 0.00 |
|                                      |           |   |         |    |     |      |       |       |      |       | 53.7% | 11.1% | 77.9%  | 12.0% | 0.0% |
| Nutrient Guideline                   |           |   | 400-500 |    | 540 |      |       |       |      |       |       |       |        |       |      |

\*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

BREAKFAST OVS

Portion Values - Detailed

Page 5

Generated on: 2/27/2018 2:51:56 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            |              |           |             |             |           |           |           |            |            |            |            |           |          |           |                         |
| BREAKFAST 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                    |
| BREAKFAST PIZZA, WG SAUSAG  | 1 EACH       | 1         | 210         | 15          | 480       | 3.00      | 1.80      | 150.0      | 300        | 0.0        | 8          | 10.0      | 27.0     | 8.0       | 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                    |
| APPLE CINNAMON CHEERIOS     | BOWL         | 1         | 110         | 0           | 110       | 2.00      | 3.60      | 100.0      | 500        | 6.0        | 10         | 2.0       | 22.0     | 1.5       | 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                    |
| 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                         |              |           |             |             |           |           |           |            |            |            |            |           |          |           |                         |
| WILDBERRY JUICE             | 1/2 CUP      | 2         | 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       | 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      |              |           | 388         | 15          | 465       | 3.41      | 2.70      | 450.0      | 1249       | 36.20      | 50         | 15.91     | 68.47    | 6.00      | 0.00                    |
| % of Calories               |              |           |             |             |           |           |           |            |            |            | 51.8%      | 16.4%     | 70.7%    | 13.9%     | 0.0%                    |
| Nutrient Guideline          |              |           | 400-500     |             | 540       |           |           |            |            |            |            |           |          |           |                         |

|                            | 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           |              |           |             |             |           |           |           |            |            |            |            |           |          |           |                         |
| BREAKFAST 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                    |
| YOGURT DRIFTWOOD           | 8 OZ         | 1         | 210         | 10          | 120       | 0.00      | 0.00      | 600.0      | 1250       | 2.4        | 34         | 7.0       | 41.0     | 2.0       | 0.00                    |
| MINI MUFFIN,BLUEBERRY, BUE | 1 EACH       | 1         | 140         | 15          | 140       | 0.00      | 1.00      | 9.0        | 0          | 0.0        | 10         | 2.0       | 23.01    | 4.0       | 0.00                    |
| NA V                       |              |           |             |             |           |           |           |            |            |            |            |           |          |           |                         |
| OR                         | serving      | 1         | 0           | 0           | 0         | 0.00      | 0.00      | 0.0        | 0          | 0.0        | 0          | 0.0       | 0.0      | 0.0       | 0.00                    |
| CEREAL:COCOA PUFFS         | 1 EACH       | 1         | 110         | 0           | 160       | 2.00      | 4.50      | 100.0      | 500        | 6.0        | 8          | 2.0       | 25.0     | 1.5       | 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                    |
| 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       | 2         | 110         | 0           | 1         | 4.00      | 0.00      | 0.0        | 40         | 9.0        | 21         | 1.0       | 29.0     | 0.0       | 0.00                    |
| ORANGE JUICE (DRIFTWOOD)   | 1/2 CUP      | 2         | 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       | 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     |              |           | 545         | 25          | 481       | 5.00      | 2.75      | 811.0      | 1616       | 45.30      | 78         | 20.55     | 106.01   | 6.27      | 0.00                    |
| % of Calories              |              |           |             |             |           |           |           |            |            |            | 57.2%      | 15.1%     | 77.7%    | 10.3%     | 0.0%                    |
| Nutrient Guideline         |              |           | 400-500     |             | 540       |           |           |            |            |            |            |           |          |           |                         |

\*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

BREAKFAST OVS

Portion Values - Detailed

Page 6

Generated on: 2/27/2018 2:51:56 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         |              |           |             |             |           |           |           |            |            |            |            |           |          |           |                         |
| BREAKFAST 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                    |
| BREAKFAST SAUSAGE MUFFIN | 1 EACH       | 1         | 232         | 14          | 608       | 2.10      | 1.51      | 172.5      | 173        | 0.0        | 2          | 14.06     | 25.2     | 9.2       | 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                    |
| CEREAL: RICE CHEX        | BOWL         | 1         | 70          | 0           | 170       | 1.00      | 5.40      | 60.0       | 300        | 3.6        | 2          | 1.0       | 16.0     | 0.0       | 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       | 2         | 62          | 0           | 0         | 3.10      | 0.00      | 50.0       | 250        | 69.6       | 12         | 1.2       | 15.0     | 0.2       | 0.00                    |
| APPLE JUICE              | 1/2 CUP      | 2         | 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       | 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   |              |           | 388         | 14          | 554       | 4.65      | 3.45      | 491.2      | 1061       | 103.50     | 46         | 17.73     | 68.60    | 6.05      | 0.00                    |
| % of Calories            |              |           |             |             |           |           |           |            |            |            | 47.2%      | 18.3%     | 70.7%    | 14.0%     | 0.0%                    |
| Nutrient Guideline       |              |           | 400-500     |             | 540       |           |           |            |            |            |            |           |          |           |                         |

|                                |           |   |         |    |     |      |      |       |      |      |       |       |       |       |      |
|--------------------------------|-----------|---|---------|----|-----|------|------|-------|------|------|-------|-------|-------|-------|------|
| Fri - 03/16/2018               |           |   |         |    |     |      |      |       |      |      |       |       |       |       |      |
| BREAKFAST 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 |
| 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 |
| 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 |
| APPLE CINNAMON CHEERIOS        | BOWL      | 1 | 110     | 0  | 110 | 2.00 | 3.60 | 100.0 | 500  | 6.0  | 10    | 2.0   | 22.0  | 1.5   | 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 |
| 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 |
| 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 |
| 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         |           |   | 426     | 24 | 327 | 4.84 | 3.10 | 401.9 | 1091 | 7.49 | 55    | 12.17 | 79.75 | 6.50  | 0.00 |
| % of Calories                  |           |   |         |    |     |      |      |       |      |      | 52.0% | 11.4% | 74.8% | 13.7% | 0.0% |
| Nutrient Guideline             |           |   | 400-500 |    | 540 |      |      |       |      |      |       |       |       |       |      |

\*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

BREAKFAST OVS

Portion Values - Detailed

Page 7

Generated on: 2/27/2018 2:51:56 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) |
|-----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Mon - 03/19/2018            |              |           |             |             |           |           |           |            |            |            |            |           |          |           |                         |
| BREAKFAST 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                    |
| 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                    |
| OR                          | serving      | 1         | 0           | 0           | 0         | 0.00      | 0.00      | 0.0        | 0          | 0.0        | 0          | 0.0       | 0.0      | 0.0       | 0.00                    |
| CEREAL MARSHMALLOW MATEY    | 1 EACH       | 1         | 220         | 0           | 370       | 3.00      | 18.00     | 200.0      | 1000       | 12.0       | 23         | 4.0       | 47.0     | 2.0       | 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                    |
| 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                         |              |           |             |             |           |           |           |            |            |            |            |           |          |           |                         |
| 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      |              |           | 472         | 25          | 484       | 5.24      | 11.25     | 435.0      | 1704       | 9.80       | 61         | 14.41     | 91.11    | 5.75      | 0.00                    |
| % of Calories               |              |           |             |             |           |           |           |            |            |            | 51.3%      | 12.2%     | 77.1%    | 11.0%     | 0.0%                    |
| Nutrient Guideline          |              |           | 400-500     |             | 540       |           |           |            |            |            |            |           |          |           |                         |

|                                | 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               |              |           |             |             |           |           |           |            |            |            |            |           |          |           |                         |
| BREAKFAST 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                    |
| FIESTA OMELETTE                | 1 EACH       | 1         | 120         | 175         | 280       | 0.00      | 0.72      | 100.0      | 400        | 0.0        | 0          | 8.0       | 1.0      | 9.0       | 0.00                    |
| TORTILLAS,RTB/RTF,FLR,6"       | 1 each       | 1         | 88          | 0           | 213       | 0.75      | 0.98      | 38.1       | 0          | 0.0        | 1          | 2.38      | 15.35    | 1.76      | *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                    |
| CEREAL:COCOA PUFFS             | 1 EACH       | 1         | 110         | 0           | 160       | 2.00      | 4.50      | 100.0      | 500        | 6.0        | 8          | 2.0       | 25.0     | 1.5       | 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                    |
| 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                    |
| 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                    |
| WILDBERRY JUICE                | 1/2 CUP      | 2         | 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       | 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         |              |           | 432         | 100         | 603       | 2.77      | 3.46      | 565.5      | 1425       | 37.49      | 49         | 19.71     | 70.10    | 8.65      | *0.00                   |
| % of Calories                  |              |           |             |             |           |           |           |            |            |            | 45.8%      | 18.2%     | 64.9%    | 18.0%     | *0.0%                   |
| Nutrient Guideline             |              |           | 400-500     |             | 540       |           |           |            |            |            |            |           |          |           |                         |

\*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

BREAKFAST OVS

Portion Values - Detailed

Page 8

Generated on: 2/27/2018 2:51:56 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         |              |           |             |             |           |           |           |            |            |            |            |           |          |           |                         |
| BREAKFAST 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                    |
| 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                    |
| 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                    |
| APPLE CINNAMON CHEERIOS  | BOWL         | 1         | 110         | 0           | 110       | 2.00      | 3.60      | 100.0      | 500        | 6.0        | 10         | 2.0       | 22.0     | 1.5       | 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                    |
| BANANA                   | 1 EACH       | 2         | 110         | 0           | 1         | 4.00      | 0.00      | 0.0        | 40         | 9.0        | 21         | 1.0       | 29.0     | 0.0       | 0.00                    |
| ORANGE JUICE (DRIFTWOOD) | 1/2 CUP      | 2         | 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       | 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   |              |           | 463         | 20          | 277       | 6.29      | 2.39      | 389.9      | 915        | 44.69      | 66         | 13.53     | 92.27    | 5.91      | 0.00                    |
| % of Calories            |              |           |             |             |           |           |           |            |            |            | 57.4%      | 11.7%     | 79.8%    | 11.5%     | 0.0%                    |
| Nutrient Guideline       |              |           | 400-500     |             | 540       |           |           |            |            |            |            |           |          |           |                         |

|                         | 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        |              |           |             |             |           |           |           |            |            |            |            |           |          |           |                         |
| BREAKFAST 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&WAFFLE SANDWICH | 1 EACH       | 1         | 270         | 15          | 480       | 3.00      | 2.16      | 60.0       | 0          | 0.0        | 6          | 11.0      | 36.0     | 10.5      | 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                    |
| CEREAL: RICE CHEX       | BOWL         | 1         | 70          | 0           | 170       | 1.00      | 5.40      | 60.0       | 300        | 3.6        | 2          | 1.0       | 16.0     | 0.0       | 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       | 2         | 62          | 0           | 0         | 3.10      | 0.00      | 50.0       | 250        | 69.6       | 12         | 1.2       | 15.0     | 0.2       | 0.00                    |
| APPLE JUICE             | 1/2 CUP      | 2         | 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       | 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  |              |           | 407         | 15          | 490       | 5.10      | 3.78      | 435.0      | 975        | 103.50     | 48         | 16.20     | 74.00    | 6.70      | 0.00                    |
| % of Calories           |              |           |             |             |           |           |           |            |            |            | 47.2%      | 15.9%     | 72.7%    | 14.8%     | 0.0%                    |
| Nutrient Guideline      |              |           | 400-500     |             | 540       |           |           |            |            |            |            |           |          |           |                         |

\*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

BREAKFAST OVS

Portion Values - Detailed

Page 9

Generated on: 2/27/2018 2:51:57 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 - 03/23/2018               |              |           |             |             |           |           |           |            |            |            |            |           |          |           |                         |
| BREAKFAST 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                    |
| 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                    |
| 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                    |
| TRIX YOGURT WITH CHEX          | 1 EACH       | 1         | 220         | 5           | 105       | *2.00     | *0.72     | *100.0     | *500       | *N/A*      | 19         | 5.0       | 43.0     | 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                    |
| APPLE Fresh                    | 1 EACH       | 2         | 80          | 0           | 0         | 5.00      | 0.36      | 20.0       | 100        | 12.0       | 17         | 0.0       | 22.0     | 0.0       | 0.00                    |
| 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         |              |           | 488         | 10          | 302       | *8.41     | *1.44     | *435.0     | *1124      | *15.80     | 60         | 14.91     | 91.47    | 8.00      | 0.00                    |
| % of Calories                  |              |           |             |             |           |           |           |            |            |            | 48.9%      | 12.2%     | 75.0%    | 14.8%     | 0.0%                    |
| Nutrient Guideline             |              |           | 400-500     |             | 540       |           |           |            |            |            |            |           |          |           |                         |

|                  |  |  |     |    |     |       |       |        |       |        |        |       |       |       |       |
|------------------|--|--|-----|----|-----|-------|-------|--------|-------|--------|--------|-------|-------|-------|-------|
| Weighted Average |  |  | 450 | 24 | 445 | *5.20 | *4.35 | *500.4 | *1319 | *40.08 | *57    | 15.83 | 83.70 | 6.60  | *0.00 |
|                  |  |  |     |    |     |       |       |        |       |        | *113.1 | 14.1% | 74.4% | 13.2% | *0.0% |

| Nutrient                   | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories                   | 450      |           | 400 - 500     | 100%        |           |           |         |                         |
| Cholesterol (mg)           | 24       |           |               |             |           |           |         |                         |
| Sodium (mg)                | 445      |           | 540           |             |           |           |         |                         |
| Fiber (g)                  | 5.20     |           |               |             | Missing   |           |         |                         |
| Iron (mg)                  | 4.35     |           |               |             | Missing   |           |         |                         |
| Calcium (mg)               | 500.4    |           |               |             | Missing   |           |         |                         |
| Vitamin A (IU)             | 1319     |           |               |             | Missing   |           |         |                         |
| Sugars (g)                 | 57       | 50.27%    |               |             | Missing   |           |         |                         |
| Vitamin C (mg)             | 40.08    |           |               |             | Missing   |           |         |                         |
| Protein (g)                | 15.83    | 14.08%    |               |             |           |           |         |                         |
| Carbohydrate (g)           | 83.70    | 74.45%    |               |             |           |           |         |                         |
| Total Fat (g)              | 6.60     | 13.21%    |               |             |           |           |         |                         |
| Trans Fat <sup>1</sup> (g) | 0.00     | 0.00%     |               |             | 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.