

Adelanto Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/01/2017															
MIDDLE SCHOOL LUNCH	Total	3													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
HOT DOG;beef	1 each	1	180	35	480	0.00	0.36	0.0	0	1.2	1	6.0	2.0	16.0	0.00
HOT DOG BUN, WHITE WHOLE WHEAT	1 EACH	1	150	0	270	3.00	1.80	80.0	0	0.0	3	7.0	29.0	2.0	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CORNDOG TRKY, WG	1 EACH	1	240	15	670	4.00	1.80	60.0	55	15.0	11	11.0	33.0	7.0	0.00
OR	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
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
BAKED BEANS	1/2 CUP	1	123	0	482	5.74	1.73	60.3	101	0.12	5	6.73	24.1	0.01	0.00
COOKED CARROTS	1/4 CUP	3	20	1	66	1.41	0.17	9.4	6349	0.0	2	0.47	3.75	0.4	0.00
BROCCOLI SLAW WITH DRESSIN	2 OZ	3	183	31	306	1.00	0.11	239.3	15172	15.79	12	1.73	17.84	12.1	0.00
KETCHUP: individual	1 EACH	1	10	0	80	0.00	0.00	0.0	5	0.0	1	0.0	2.0	0.0	0.00
MUSTARD: individual PC	1 EA	1	0	0	70	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
KIWI	1/2 CUP	3	69	0	3	3.20	0.35	38.4	96	104.94	10	1.28	16.66	0.64	0.00
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			667	60	1309	10.19	2.64	708.4	22071	127.57	47	24.76	90.63	24.32	0.00
Nutrient Guideline			600-650		1230						28.2%	14.8%	54.3%	32.8%	0.0%

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

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Adelanto Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/02/2017															
MIDDLE SCHOOL LUNCH	Total	3													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
BEEF STEAK HAMBURGER	1 EACH	1	158	56	419	0.10	1.70	8.0	0	0.0	0	16.9	0.6	9.4	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CHICKEN PATTY; BREADED WG	3.29 oz	1	243	25	466	3.04	1.83	40.6	0	0.0	1	14.19	15.21	13.18	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
HAMBURGER BUN, WHITE WW 4'	1 EACH	1	150	0	270	3.00	1.80	80.0	0	0.0	3	7.0	29.0	2.0	0.00
OR	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
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
CHEESE SLICE	SLICE	1	52	13	233	0.00	0.03	80.5	146	0.0	0	2.66	0.7	4.2	0.00
TATER TOTS; OREIDA	1/2 CUP	3	150	0	360	2.00	0.36	0.0	0	3.6	0	2.0	19.0	7.0	0.00
LETTUCE/ROMAINE	1/2 cup	3	4	0	2	0.84	0.30	8.4	2056	5.54	0	0.0	0.84	0.0	0.00
TOMATOES, FRESH	1/4 CUP	3	7	0	2	0.50	0.09	2.5	312	4.8	1	0.25	1.5	0.0	0.00
PICKLES,DILL	1 oz	2	0	0	380	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
MAYONNAISE:individual PC	1 EA	1	70	5	45	0.00	0.00	0.0	0	0.0	0	0.0	0.0	7.0	0.00
KETCHUP: individual	1 EACH	1	10	0	80	0.00	0.00	0.0	5	0.0	1	0.0	2.0	0.0	0.00
APPLE Fresh	1 EACH	3	80	0	0	5.00	0.36	20.0	100	12.0	17	0.0	22.0	0.0	0.00
MILK, 1% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00
Weighted Daily Average			629	45	1370	10.72	3.02	455.1	2920	27.34	36	26.87	81.53	21.77	0.00
% of Calories											22.6%	17.1%	51.9%	31.2%	0.0%
Nutrient Guideline			600-650		1230										

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

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Adelanto Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/03/2017															
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	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
GRILLED CHEESE/ WHOLE GRAIN	1 EA	1	282	32	651	2.25	1.22	464.3	520	0.0	7	18.41	30.32	10.08	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
SOUP/CAMPBELLS TOMATO	1/2 cup	2	90	0	480	1.00	0.72	0.0	400	6.0	12	2.0	20.0	0.0	0.00
COOKED BROCCOLI	1/2 CUP	3	49	2	28	3.24	0.58	48.6	445	97.2	0	3.24	7.29	0.81	0.00
JELLO SUGAR FREE	1/2 CUP	3	5	0	0	0.00	0.00	0.0	0	0.0	0	1.0	0.0	0.0	0.00
MANDARIN ORANGES,CND,	1/2 CUP	3	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			555	40	1132	6.66	2.44	618.1	1659	123.60	45	29.55	84.43	11.44	0.00
% of Calories											32.7%	21.3%	60.8%	18.5%	0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/06/2017															
MIDDLE SCHOOL LUNCH	Total	3													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CHICKEN TENDERS, TYSON	3 ea	1	260	25	390	3.00	1.80	40.0	100	0.0	1	15.0	16.0	15.0	0.00
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CHICKEN TENDERS SPICY	3 EACH	1	260	25	390	3.00	1.80	40.0	100	0.0	1	15.0	17.0	15.0	0.00
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	0.00
GOLDFISH CRACKERS, WHOLE GRAIN	1 EACH	1	100	4	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	0.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
TATER TOTS; OREIDA	1/2 CUP	3	150	0	360	2.00	0.36	0.0	0	3.6	0	2.0	19.0	7.0	0.00
BAKED BEANS	1/2 CUP	3	123	0	482	5.74	1.73	60.3	101	0.12	5	6.73	24.1	0.01	0.00
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
RANCH MALIBU	1 OZ	1	50	11	187	0.00	0.00	18.8	27	0.13	1	0.54	1.83	4.45	0.00
PEACHES, CANNED, IN PEAR JUICE	1/2 CUP	3	48	0	5	0.91	0.00	0.0	274	1.1	9	0.91	10.97	0.0	0.00
MILK, 1% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00
Weighted Daily Average			676	32	1448	10.99	3.41	447.8	855	6.26	31	30.86	89.42	21.34	0.00
% of Calories											18.5%	18.3%	52.9%	28.4%	0.0%
Nutrient Guideline			600-650		1230										

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Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/07/2017															
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
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
PIZZA, PEPPERONI, GALAXY	1 EACH	1	290	30	520	3.00	2.70	250.0	300	0.0	9	16.0	29.0	12.0	0.00
OR	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 SAUCE	1/4 CUP	2	30	0	245	1.00	0.54	10.0	250	4.5	2	1.0	4.5	1.0	0.00
COOKED BROCCOLI	1/2 CUP	3	49	2	28	3.24	0.58	48.6	445	97.2	0	3.24	7.29	0.81	0.00
LETTUCE/ROMAINE	1/4 cup	3	2	0	1	0.42	0.15	4.2	1028	2.77	0	0.0	0.42	0.0	0.00
CARROTS/FRESH SHREDDED	1/4 CUP	3	11	0	19	0.77	0.08	9.1	4594	1.62	1	0.26	2.63	0.07	0.00
RANCH MALIBU	1 OZ	3	50	11	187	0.00	0.00	18.8	27	0.13	1	0.54	1.83	4.45	0.00
ORANGE	1 EACH	3	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	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			531	43	987	10.53	2.80	625.1	7145	176.92	35	25.94	71.86	16.04	0.00
% of Calories											26.7%	19.6%	54.2%	27.2%	0.0%
Nutrient Guideline			600-650		1230										

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/08/2017															
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 MEATBALLS (5 EACH)	2.80 OZ	1	162	38	234	1.00	2.00	30.0	7	1.0	1	13.0	5.0	10.0	0.60
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
SPAGHETTI SAUCE	2 OZ	1	18	0	64	0.45	0.33	9.1	340	2.72	3	0.45	4.08	0.0	0.00
HOT DOG BUN, WHITE WHOLE WHEAT	1 EACH	1	150	0	270	3.00	1.80	80.0	0	0.0	3	7.0	29.0	2.0	0.00
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
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
SPINACH; RAW	1/2 CUP	2	3	0	12	0.42	0.38	16.9	1373	4.44	0	0.42	0.63	0.0	0.00
TOMATOES, FRESH	1/4 CUP	2	7	0	2	0.50	0.09	2.5	312	4.8	1	0.25	1.5	0.0	0.00
CHEESE SHREDDED MOZZARELLA	1 OZ	2	86	18	193	0.00	0.07	203.0	240	0.0	1	6.7	2.28	5.59	0.20
ITALIAN DRESSING	1 OZ	1	40	0	270	0.00	0.00	0.0	0	0.0	2	0.0	2.0	3.5	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
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			591	54	1003	6.85	3.12	852.1	2797	118.14	40	35.43	74.65	18.24	0.50
% of Calories											26.9%	24.0%	50.5%	27.8%	0.8%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/09/2017															
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 PATTY; BREADED WG	3.29 oz	1	243	25	466	3.04	1.83	40.6	0	0.0	1	14.19	15.21	13.18	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CHICKEN PATTY, WG SPICY	1 EA	1	213	56	477	1.02	1.83	20.3	508	0.0	0	15.23	12.19	11.17	0.00
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
HAMBURGER BUN, WHITE WW 4'	1 EACH	2	150	0	270	3.00	1.80	80.0	0	0.0	3	7.0	29.0	2.0	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	0.00
GOLDFISH CRACKERS, WHOLE GRAIN	1 EACH	1	100	4	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	0.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
FRENCH FRIES;CRINKLE CUT	2.54 OZ	3	110	0	20	2.00	0.36	0.0	0	4.8	0	2.0	17.0	2.5	0.00
COOKED GREENBEANS	1/2 CUP	3	30	2	135	1.95	0.71	22.0	327	2.41	2	1.04	4.46	0.82	0.00
MAYONNAISE:individual PC	1 EA	1	70	5	45	0.00	0.00	0.0	0	0.0	0	0.0	0.0	7.0	0.00
KETCHUP: individual	1 EACH	1	10	0	80	0.00	0.00	0.0	5	0.0	1	0.0	2.0	0.0	0.00
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
FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	3	63	0	5	1.39	0.36	0.0	298	2.39	13	0.47	15.92	0.0	0.00
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			647	43	974	9.03	3.96	450.1	1201	11.00	34	29.02	90.24	17.95	0.00
% of Calories											20.9%	17.9%	55.8%	25.0%	0.0%
Nutrient Guideline			600-650		1230										

Fri - 11/10/2017															
MIDDLE SCHOOL LUNCH	Total	1													
VETERAN'S DAY	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/13/2017															
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 BREADED DRUMSTICK	1 EACH	1	190	50	450	1.00	1.08	20.0	100	0.0	0	16.0	5.0	11.0	0.00
OR	serving	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
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
BISCUIT, MINI	1 EACH	3	100	0	230	1.00	0.36	80.0	5	0.0	1	2.0	13.0	5.0	0.00
BAKED BEANS	1/2 CUP	3	123	0	482	5.74	1.73	60.3	101	0.12	5	6.73	24.1	0.01	0.00
COOKED GREENBEANS	1/4 CUP	3	15	1	67	0.98	0.35	11.0	163	1.2	1	0.52	2.23	0.41	0.00
PEACHES, CANNED, IN PEAR JU	1/2 CUP	3	48	0	5	0.91	0.00	0.0	274	1.1	9	0.91	10.97	0.0	0.00
ICE															
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			562	36	1257	9.97	3.41	519.2	1011	3.82	32	30.53	75.00	15.76	0.00
% of Calories											22.8%	21.7%	53.3%	25.2%	0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/14/2017															
MIDDLE SCHOOL LUNCH	Total	3													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CHEESE STUFFED STICKS (2 EACH)	2 EACH	1	300	25	490	3.00	1.80	400.0	200	0.0	4	20.0	30.0	11.0	0.00
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
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
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	1/4 CUP	3	30	0	245	1.00	0.54	10.0	250	4.5	2	1.0	4.5	1.0	0.00
COOKED BROCCOLI	1/2 CUP	3	49	2	28	3.24	0.58	48.6	445	97.2	0	3.24	7.29	0.81	0.00
LETTUCE/ROMAINE	1/2 cup	3	4	0	2	0.84	0.30	8.4	2056	5.54	0	0.0	0.84	0.0	0.00
CARROTS/FRESH SHREDDED	1/4 CUP	3	11	0	19	0.77	0.08	9.1	4594	1.62	1	0.26	2.63	0.07	0.00
RANCH MALIBU	1 OZ	3	50	11	187	0.00	0.00	18.8	27	0.13	1	0.54	1.83	4.45	0.00
ORANGE	1 EACH	3	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	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			579	47	1116	11.28	2.83	766.0	8340	181.99	35	30.27	74.78	18.37	0.00
% of Calories											24.1%	20.9%	51.6%	28.5%	0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/15/2017															
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
GRILLED CHEESE/ WHOLE GRAIN	1 EA	1	282	32	651	2.25	1.22	464.3	520	0.0	7	18.41	30.32	10.08	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
SANDWICH,turkey&cheese	4.7 oz	1	282	49	814	2.17	1.95	217.1	109	3.91	3	21.71	28.22	9.77	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
SOUP/CAMPBELLS TOMATO	1/2 cup	2	90	0	480	1.00	0.72	0.0	400	6.0	12	2.0	20.0	0.0	0.00
COOKED GREENBEANS	1/2 CUP	3	30	2	135	1.95	0.71	22.0	327	2.41	2	1.04	4.46	0.82	0.00
LETTUCE/ROMAINE	1/2 cup	3	4	0	2	0.84	0.30	8.4	2056	5.54	0	0.0	0.84	0.0	0.00
CARROTS/FRESH SHREDDED	1/4 CUP	3	11	0	19	0.77	0.08	9.1	4594	1.62	1	0.26	2.63	0.07	0.00
RANCH MALIBU	1 OZ	3	50	11	187	0.00	0.00	18.8	27	0.13	1	0.54	1.83	4.45	0.00
KIWI	1/2 CUP	3	69	0	3	3.20	0.35	38.4	96	104.94	10	1.28	16.66	0.64	0.00
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			573	52	1402	9.24	3.10	678.3	7977	121.34	41	28.85	81.63	15.44	0.00
% of Calories											28.8%	20.1%	57.0%	24.3%	0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/16/2017															
MIDDLE SCHOOL LUNCH	Total	2													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
TURKEY GRAVY, JENNIE-O	4 OUNCES	1	120	55	460	0.00	0.72	20.0	0	0.0	0	15.0	2.0	6.0	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
MASHED POTATOES	1/2 CUP	2	82	0	255	1.02	0.19	7.3	2	6.51	1	2.04	15.31	1.53	0.00
CARROTS, CINNAMON-GLAZED	1/4 CUP	2	57	4	80	1.96	0.33	22.9	9856	1.33	7	0.34	9.86	1.87	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
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			602	49	1174	5.87	1.78	651.9	10763	12.33	45	28.91	88.62	15.66	0.00
% of Calories											29.6%	19.2%	58.9%	23.4%	0.0%
Nutrient Guideline			600-650		1230										

Fri - 11/17/2017															
MIDDLE SCHOOL LUNCH	Total	1													
NO SCHOOL	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-650		1230										

Mon - 11/20/2017															
MIDDLE SCHOOL LUNCH	Total	1													
THANKSGIVING HOLIDAY	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/21/2017															
MIDDLE SCHOOL LUNCH	Total	1													
THANKSGIVING HOLIDAY	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-650		1230										

Wed - 11/22/2017															
MIDDLE SCHOOL LUNCH	Total	1													
THANKSGIVING HOLIDAY	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-650		1230										

Thu - 11/23/2017															
MIDDLE SCHOOL LUNCH	Total	1													
THANKSGIVING HOLIDAY	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-650		1230										

Fri - 11/24/2017															
MIDDLE SCHOOL LUNCH	Total	1													
THANKSGIVING HOLIDAY	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/27/2017															
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 CHUNKS (5 EACH)	SERVING	1	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	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
CHICKEN STICKS/ TYSON	8 EA	1	260	25	390	3.00	1.80	40.0	100	0.0	1	15.0	16.0	15.0	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	0.00
GOLDFISH CRACKERS, WHOLE GRAIN	1 EACH	1	100	4	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	0.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
MASHED POTATOES	1/2 CUP	3	82	0	255	1.02	0.19	7.3	2	6.51	1	2.04	15.31	1.53	0.00
BISCUIT, MINI	1 EACH	3	100	0	230	1.00	0.36	80.0	5	0.0	1	2.0	13.0	5.0	0.00
CHICKEN GRAVY	2 OZ	3	20	0	270	0.00	0.00	0.0	0	0.0	0	0.0	4.0	1.0	0.00
COOKED CARROTS	1/4 CUP	3	20	1	66	1.41	0.17	9.4	6349	0.0	2	0.47	3.75	0.4	0.00
PEACHES, CANNED, IN PEAR JUICE	1/2 CUP	3	48	0	5	0.91	0.00	0.0	274	1.1	9	0.91	10.97	0.0	0.00
MILK, 1% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00
Weighted Daily Average			597	28	1362	6.67	2.04	477.8	7097	9.01	29	25.79	80.05	20.45	0.00
% of Calories											19.5%	17.3%	53.7%	30.8%	0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/28/2017															
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
PIZZA,PEPPERONI,BELLA ROSA	1 EACH	1	340	40	670	3.00	1.80	400.0	750	6.0	4	19.0	31.0	16.0	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
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
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	1/4 CUP	1	30	0	245	1.00	0.54	10.0	250	4.5	2	1.0	4.5	1.0	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
CARROT STICKS	1/2 cup	3	26	0	44	1.79	0.19	21.1	10692	3.78	3	0.6	6.13	0.15	0.00
CELERY STICKS	1/4 cup	3	5	0	26	0.71	0.06	14.1	141	0.85	1	0.35	1.06	0.0	0.00
COOKED GREENBEANS	1/4 CUP	3	15	1	67	0.98	0.35	11.0	163	1.2	1	0.52	2.23	0.41	0.00
RANCH MALIBU	1 OZ	3	50	11	187	0.00	0.00	18.8	27	0.13	1	0.54	1.83	4.45	0.00
ORANGE	1 EACH	3	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	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			522	46	1045	9.24	2.11	656.2	12141	81.66	36	24.57	70.11	16.73	0.00
% of Calories											27.8%	18.8%	53.7%	28.9%	0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/29/2017															
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
BURRITO;BEAN AND CHEESE;FI	1 EACH	1	350	25	560	8.00	3.60	200.0	100	4.8	1	16.0	47.0	12.0	0.00
ESTA															
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
GRILLED CHEESE/ WHOLE GRAI	1 EA	1	282	32	651	2.25	1.22	464.3	520	0.0	7	18.41	30.32	10.08	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	1 EACH	1	100	4	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	0.00
GRAIN															
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
COOKED BROCCOLI	1/2 CUP	3	49	2	28	3.24	0.58	48.6	445	97.2	0	3.24	7.29	0.81	0.00
LETTUCE/ROMAINE	1/4 cup	3	2	0	1	0.42	0.15	4.2	1028	2.77	0	0.0	0.42	0.0	0.00
CARROTS/FRESH SHREDDED	1/4 CUP	3	11	0	19	0.77	0.08	9.1	4594	1.62	1	0.26	2.63	0.07	0.00
CHEESE, SHREDDED	1 oz	1	71	15	476	0.00	0.00	202.5	405	0.0	1	7.09	2.03	4.56	0.00
SALSA; LOW SODIUM	1 OZ	3	5	0	35	0.00	0.00	0.0	100	3.6	1	0.0	1.0	0.0	0.00
RANCH MALIBU	1 OZ	3	50	11	187	0.00	0.00	18.8	27	0.13	1	0.54	1.83	4.45	0.00
KIWI	1/2 CUP	3	69	0	3	3.20	0.35	38.4	96	104.94	10	1.28	16.66	0.64	0.00
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			581	49	1084	11.38	2.89	762.5	7033	213.26	32	30.18	78.64	17.69	0.00
% of Calories											22.0%	20.8%	54.2%	27.4%	0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/30/2017															
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
CHEESEBURGER SLIDERS	1 EA	1	274	34	518	2.30	3.02	103.7	86	9.81	2	18.14	28.18	10.22	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CORNDOG TRKY, WG	1 EACH	1	240	15	670	4.00	1.80	60.0	55	15.0	11	11.0	33.0	7.0	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	0.00
GOLDFISH CRACKERS, WHOLE GRAIN	1 EACH	1	100	4	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	0.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
TATER TOTS; OREIDA	1/2 CUP	3	150	0	360	2.00	0.36	0.0	0	3.6	0	2.0	19.0	7.0	0.00
BAKED BEANS	1/2 CUP	1	123	0	482	5.74	1.73	60.3	101	0.12	5	6.73	24.1	0.01	0.00
LETTUCE/ROMAINE	1/4 cup	3	2	0	1	0.42	0.15	4.2	1028	2.77	0	0.0	0.42	0.0	0.00
TOMATOES, FRESH	1/4 CUP	3	7	0	2	0.50	0.09	2.5	312	4.8	1	0.25	1.5	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
MAYONNAISE:individual PC	1 EA	3	70	5	45	0.00	0.00	0.0	0	0.0	0	0.0	0.0	7.0	0.00
KETCHUP: individual	1 EACH	3	10	0	80	0.00	0.00	0.0	5	0.0	1	0.0	2.0	0.0	0.00
APPLE Fresh	1 EACH	3	80	0	0	5.00	0.36	20.0	100	12.0	17	0.0	22.0	0.0	0.00
MILK, 1% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00
Weighted Daily Average			691	33	1420	12.27	3.27	455.9	1927	32.88	41	25.24	95.70	22.59	0.00
% of Calories											23.6%	14.6%	55.4%	29.4%	0.0%
Nutrient Guideline			600-650		1230										

Weighted Average			600	44	1206	9.39	2.85	608.3	6329	83.14	37	28.45	81.82	18.25	0.03
											55.9%	19.0%	54.5%	27.4%	0.1%

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Adelanto Child Nutrition

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	600		600 - 650	100%													
Cholesterol (mg)	44																
Sodium (mg)	1206		1230														
Fiber (g)	9.39																
Iron (mg)	2.85																
Calcium (mg)	608.3																
Vitamin A (IU)	6329																
Sugars (g)	37	24.84%															
Vitamin C (mg)	83.14																
Protein (g)	28.45	18.96%															
Carbohydrate (g)	81.82	54.53%															
Total Fat (g)	18.25	27.37%															
Trans Fat ¹ (g)	0.03	0.05%															

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