

Adelanto Child Nutrition

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

BREAKFAST 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)	S-Fat (g)
Mon - 04/01/2019															
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
PAN DULCE; VARIETY	1 EACH	1	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50
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
CHEESE, STRING RV	1 oz	1	81	15	202	0.00	0.00	202.5	202	0.0	0	8.1	1.01	5.06	3.04
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
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
MILK, 1% ROCKVIEW	carton	1	120	15	135	0.00	0.00	300.0	750	0.0	16	10.0	16.0	2.5	1.50
MILK, NONFAT CHOC ROCKVIEW	carton	1	120	5	200	0.00	0.00	200.0	750	0.0	22	8.0	23.0	0.0	0.00
Weighted Daily Average			390	20	403	3.62	3.60	410.5	1322	3.46	44	16.96	68.99	6.78	3.02
% of Calories											45.4%	17.4%	70.7%	15.6%	7.0%
Nutrient Guideline			400-500		540										<10.00

	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)	S-Fat (g)
Tue - 04/02/2019															
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	2.70
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
CHEESE, STRING RV	1 oz	1	81	15	202	0.00	0.00	202.5	202	0.0	0	8.1	1.01	5.06	3.04
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
VERY BERRY JUICE 4 OZ	1/2 CUP	2	60	0	1	0.00	0.00	10.0	0	0.0	15	0.0	15.0	0.0	0.00
PINEAPPLE TIDBITS	1/2 CUP	2	70	0	10	1.00	0.72	0.0	70	6.0	14	0.0	17.0	0.0	0.00
MILK, 1% ROCKVIEW	carton	1	120	15	135	0.00	0.00	300.0	750	0.0	16	10.0	16.0	2.5	1.50
MILK, NONFAT CHOC ROCKVIEW	carton	1	120	5	200	0.00	0.00	200.0	750	0.0	22	8.0	23.0	0.0	0.00
Weighted Daily Average			424	30	519	2.70	3.07	463.7	1219	9.00	54	18.95	70.56	7.63	3.62
% of Calories											51.2%	17.9%	66.6%	16.2%	7.7%
Nutrient Guideline			400-500		540										<10.00

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Adelanto Child Nutrition

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

BREAKFAST OVS

Portion Values - Detailed

Page 2

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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)	S-Fat (g)
Wed - 04/03/2019															
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
FRENCH TST STKS, WG	2.9 OZ	1	210	125	320	2.00	1.80	60.0	200	0.0	8	8.0	28.0	7.0	2.00
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
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
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
APPLESAUCE ,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
ORANGE JUICE 4 OZ RV	1/2 CUP	2	60	0	10	1.00	0.00	0.0	0	42.0	13	1.0	13.0	0.0	0.00
MILK, 1% ROCKVIEW	carton	1	120	15	135	0.00	0.00	300.0	750	0.0	16	10.0	16.0	2.5	1.50
MILK, NONFAT CHOC ROCKVIEW	carton	1	120	5	200	0.00	0.00	200.0	750	0.0	22	8.0	23.0	0.0	0.00
Weighted Daily Average			387	73	417	4.21	3.15	339.3	1146	45.56	51	15.00	72.01	5.50	1.75
% of Calories											52.8%	15.5%	74.4%	12.8%	4.1%
Nutrient Guideline			400-500		540										<10.00

	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)	S-Fat (g)
Thu - 04/04/2019															
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
PANCAKE SANDWICH RECIPE	1 EACH	1	252	20	628	2.10	0.43	92.5	173	0.0	7	13.06	27.2	11.7	3.86
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
CHEESE, STRING RV	1 oz	1	81	15	202	0.00	0.00	202.5	202	0.0	0	8.1	1.01	5.06	3.04
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
APPLE JUICE 4 OZ	1/2 CUP	2	60	0	0	0.00	0.00	0.0	0	0.0	14	0.0	14.0	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
SYRUP, SIMPLY HEINZ	1 EACH	1	35	0	5	0.00	0.00	0.0	0	0.0	8	0.0	8.0	0.0	0.00
MILK, 1% ROCKVIEW	carton	0	120	15	135	0.00	0.00	300.0	750	0.0	16	10.0	16.0	2.5	1.50
MILK, NONFAT CHOC ROCKVIEW	carton	1	120	5	200	0.00	0.00	200.0	750	0.0	22	8.0	23.0	0.0	0.00
Weighted Daily Average			387	20	607	2.46	2.91	277.5	987	2.90	42	15.99	62.58	8.38	3.45
% of Calories											43.9%	16.5%	64.7%	19.5%	8.0%
Nutrient Guideline			400-500		540										<10.00

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Adelanto Child Nutrition

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

BREAKFAST 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)	S-Fat (g)
Fri - 04/05/2019															
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 BURRITO	1 EACH	1	311	190	648	3.00	1.32	122.0	334	1.8	0	12.0	30.5	15.5	4.50
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
YAMI YOGURT WITH CHEX	1 EACH	1	230	0	115	2.00	0.72	100.0	0	3.6	21	6.0	43.0	4.0	1.50
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
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% ROCKVIEW	carton	1	120	15	135	0.00	0.00	300.0	750	0.0	16	10.0	16.0	2.5	1.50
MILK, NONFAT CHOC ROCKVIEW	carton	1	120	5	200	0.00	0.00	200.0	750	0.0	22	8.0	23.0	0.0	0.00
Weighted Daily Average			508	105	559	5.72	1.38	361.0	1270	5.09	53	18.47	86.80	11.00	3.75
% of Calories											42.0%	14.5%	68.3%	19.5%	6.6%
Nutrient Guideline			400-500		540										<10.00

	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)	S-Fat (g)
Mon - 04/08/2019															
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	1.50
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	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
APPLESAUCE ,UNSWEETENED	1/2 CUP	1	47	0	0	1.21	0.00	9.3	46	0.56	11	0.0	13.01	0.0	0.00
PEARS: canned,light syrup	1/2 cup	1	55	0	5	1.83	0.00	0.0	55	0.0	11	0.0	14.63	0.0	0.00
MILK, 1% ROCKVIEW	carton	1	120	15	135	0.00	0.00	300.0	750	0.0	16	10.0	16.0	2.5	1.50
MILK, NONFAT CHOC ROCKVIEW	carton	1	120	5	200	0.00	0.00	200.0	750	0.0	22	8.0	23.0	0.0	0.00
Weighted Daily Average			431	13	490	4.52	9.54	804.6	3551	6.88	54	13.50	83.82	6.25	1.50
% of Calories											49.7%	12.5%	77.8%	13.0%	3.1%
Nutrient Guideline			400-500		540										<10.00

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Adelanto Child Nutrition

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Base Menu Spreadsheet

BREAKFAST 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)	S-Fat (g)
Tue - 04/09/2019															
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	0	11.65	23.16	5.71	3.01
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 RV	1 oz	1	81	15	202	0.00	0.00	202.5	202	0.0	0	8.1	1.01	5.06	3.04
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
APPLESAUCE ,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
VERY BERRY JUICE 4 OZ	1/2 CUP	2	60	0	1	0.00	0.00	10.0	0	0.0	15	0.0	15.0	0.0	0.00
MILK, 1% ROCKVIEW	carton	1	120	15	135	0.00	0.00	300.0	750	0.0	16	10.0	16.0	2.5	1.50
MILK, NONFAT CHOC ROCKVIEW	carton	1	120	5	200	0.00	0.00	200.0	750	0.0	22	8.0	23.0	0.0	0.00
Weighted Daily Average			419	25	541	2.66	3.05	529.0	1191	5.46	49	19.87	72.10	7.39	3.77
% of Calories											46.9%	19.0%	68.8%	15.9%	8.1%
Nutrient Guideline			400-500		540										<10.00

	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)	S-Fat (g)
Wed - 04/10/2019															
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 CHOC CHIP	1 EA	1	249	26	110	2.60	1.00	6.0	49	0.1	19	2.8	41.5	7.9	1.00
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
CHEESE, STRING RV	1 oz	1	81	15	202	0.00	0.00	202.5	202	0.0	0	8.1	1.01	5.06	3.04
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
ORANGE JUICE 4 OZ RV	1/2 CUP	2	60	0	10	1.00	0.00	0.0	0	42.0	13	1.0	13.0	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
MILK, 1% ROCKVIEW	carton	1	120	15	135	0.00	0.00	300.0	750	0.0	16	10.0	16.0	2.5	1.50
MILK, NONFAT CHOC ROCKVIEW	carton	1	120	5	200	0.00	0.00	200.0	750	0.0	22	8.0	23.0	0.0	0.00
Weighted Daily Average			463	31	394	4.69	2.66	404.2	1424	47.44	59	16.92	80.67	8.48	2.77
% of Calories											51.4%	14.6%	69.7%	16.5%	5.4%
Nutrient Guideline			400-500		540										<10.00

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BREAKFAST 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)	S-Fat (g)
Thu - 04/11/2019															
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	1.20
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
CHEESE, STRING RV	1 oz	1	81	15	202	0.00	0.00	202.5	202	0.0	0	8.1	1.01	5.06	3.04
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
APPLE JUICE 4 OZ	1/2 CUP	2	60	0	0	0.00	0.00	0.0	0	0.0	14	0.0	14.0	0.0	0.00
MILK, 1% ROCKVIEW	carton	1	120	15	135	0.00	0.00	300.0	750	0.0	16	10.0	16.0	2.5	1.50
MILK, NONFAT CHOC ROCKVIEW	carton	1	120	5	200	0.00	0.00	200.0	750	0.0	22	8.0	23.0	0.0	0.00
Weighted Daily Average			507	34	462	6.00	3.30	389.2	1041	10.81	67	16.25	94.51	8.28	2.87
% of Calories											52.9%	12.8%	74.6%	14.7%	5.1%
Nutrient Guideline			400-500		540										<10.00

	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)	S-Fat (g)
Fri - 04/12/2019															
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	277	129	723	2.10	1.89	191.5	347	0.0	2	17.06	26.2	12.7	4.86
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YAMI YOGURT WITH CHEX	1 EACH	1	230	0	115	2.00	0.72	100.0	0	3.6	21	6.0	43.0	4.0	1.50
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
STRAWBERRIES,FRESH	1/2 CUP	1	37	0	0	2.24	0.54	14.9	0	67.14	5	0.75	8.95	0.0	0.00
PEACHES, CANNED, IN PEAR JU	1/2 CUP	1	48	0	5	0.91	0.00	0.0	274	1.1	9	0.91	10.97	0.0	0.00
ICE															
MILK, 1% ROCKVIEW	carton	1	120	15	135	0.00	0.00	300.0	750	0.0	16	10.0	16.0	2.5	1.50
MILK, NONFAT CHOC ROCKVIEW	carton	1	120	5	200	0.00	0.00	200.0	750	0.0	22	8.0	23.0	0.0	0.00
Weighted Daily Average			416	74	589	3.63	1.57	403.2	1060	35.92	37	21.36	64.06	9.60	3.93
% of Calories											36.0%	20.5%	61.6%	20.8%	8.5%
Nutrient Guideline			400-500		540										<10.00

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Adelanto Child Nutrition

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

BREAKFAST 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)	S-Fat (g)
Mon - 04/15/2019															
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
PAN DULCE;VARIETY	1 EACH	1	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50
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
CHEESE, STRING RV	1 oz	1	81	15	202	0.00	0.00	202.5	202	0.0	0	8.1	1.01	5.06	3.04
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
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% ROCKVIEW	carton	1	120	15	135	0.00	0.00	300.0	750	0.0	16	10.0	16.0	2.5	1.50
MILK, NONFAT CHOC ROCKVIEW	carton	1	120	5	200	0.00	0.00	200.0	750	0.0	22	8.0	23.0	0.0	0.00
Weighted Daily Average			398	20	408	4.24	3.60	401.2	1330	2.90	44	16.96	70.61	6.78	3.02
% of Calories											44.3%	17.1%	71.0%	15.3%	6.8%
Nutrient Guideline			400-500		540										<10.00

	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)	S-Fat (g)
Tue - 04/16/2019															
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
PANCAKE SANDWICH RECIPE	1 EACH	1	252	20	628	2.10	0.43	92.5	173	0.0	7	13.06	27.2	11.7	3.86
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
CHEESE, STRING RV	1 oz	1	81	15	202	0.00	0.00	202.5	202	0.0	0	8.1	1.01	5.06	3.04
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
VERY BERRY JUICE 4 OZ	1/2 CUP	2	60	0	1	0.00	0.00	10.0	0	0.0	15	0.0	15.0	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
SYRUP, SIMPLY HEINZ	1 EACH	1	35	0	5	0.00	0.00	0.0	0	0.0	8	0.0	8.0	0.0	0.00
MILK, 1% ROCKVIEW	carton	1	120	15	135	0.00	0.00	300.0	750	0.0	16	10.0	16.0	2.5	1.50
MILK, NONFAT CHOC ROCKVIEW	carton	1	120	5	200	0.00	0.00	200.0	750	0.0	22	8.0	23.0	0.0	0.00
Weighted Daily Average			447	27	676	2.46	2.91	437.5	1362	2.90	51	20.99	71.58	9.63	4.20
% of Calories											46.1%	18.8%	64.1%	19.4%	8.5%
Nutrient Guideline			400-500		540										<10.00

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Adelanto Child Nutrition

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

BREAKFAST 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)	S-Fat (g)
Wed - 04/17/2019															
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
WAFFLES;MINI;BLUEBERRY SPL	1 EACH	1	210	0	170	3.00	0.72	20.0	0	0.0	12	4.0	37.0	6.0	1.00
ASH															
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
CHEESE, STRING RV	1 oz	1	81	15	202	0.00	0.00	202.5	202	0.0	0	8.1	1.01	5.06	3.04
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
ORANGE JUICE 4 OZ RV	1/2 CUP	2	60	0	10	1.00	0.00	0.0	0	42.0	13	1.0	13.0	0.0	0.00
SYRUP, SIMPLY HEINZ	1 EACH	1	35	0	5	0.00	0.00	0.0	0	0.0	8	0.0	8.0	0.0	0.00
MILK, 1% ROCKVIEW	carton	1	120	15	135	0.00	0.00	300.0	750	0.0	16	10.0	16.0	2.5	1.50
MILK, NONFAT CHOC ROCKVIEW	carton	1	120	5	200	0.00	0.00	200.0	750	0.0	22	8.0	23.0	0.0	0.00
Weighted Daily Average			461	18	426	4.89	2.52	411.2	1400	47.39	60	17.52	82.42	7.53	2.77
% of Calories											52.0%	15.2%	71.6%	14.7%	5.4%
Nutrient Guideline			400-500		540										<10.00

	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)	S-Fat (g)
Thu - 04/18/2019															
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
HAWAIIAN BREAKFAST SANDWI	1 EACH	1	209	37	642	2.00	1.91	121.9	133	4.74	4	11.75	28.18	5.22	1.52
CH															
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	1 serving	0	179	0	206	3.03	8.06	3.4	792	15.34	17	2.18	42.41	1.0	0.44
CHEESE, STRING RV	1 oz	0	81	15	202	0.00	0.00	202.5	202	0.0	0	8.1	1.01	5.06	3.04
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 4 OZ	1/2 CUP	2	60	0	0	0.00	0.00	0.0	0	0.0	14	0.0	14.0	0.0	0.00
MILK, 1% ROCKVIEW	carton	1	120	15	135	0.00	0.00	300.0	750	0.0	16	10.0	16.0	2.5	1.50
MILK, NONFAT CHOC ROCKVIEW	carton	1	120	5	200	0.00	0.00	200.0	750	0.0	22	8.0	23.0	0.0	0.00
Weighted Daily Average			340	28	493	2.83	0.96	311.0	871	2.37	46	14.87	62.22	3.86	1.51
% of Calories											54.4%	17.5%	73.3%	10.2%	4.0%
Nutrient Guideline			400-500		540										<10.00

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Adelanto Child Nutrition

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

BREAKFAST 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)	S-Fat (g)
Tue - 04/23/2019															
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	2.00
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
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 RV	1 oz	1	81	15	202	0.00	0.00	202.5	202	0.0	0	8.1	1.01	5.06	3.04
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															
VERY BERRY JUICE 4 OZ	1/2 CUP	2	60	0	1	0.00	0.00	10.0	0	0.0	15	0.0	15.0	0.0	0.00
MILK, 1% ROCKVIEW	carton	1	120	15	135	0.00	0.00	300.0	750	0.0	16	10.0	16.0	2.5	1.50
MILK, NONFAT CHOC ROCKVIEW	carton	1	120	5	200	0.00	0.00	200.0	750	0.0	22	8.0	23.0	0.0	0.00
Weighted Daily Average			428	25	594	3.41	3.15	486.2	1526	4.10	51	19.96	71.98	8.53	3.27
% of Calories											47.8%	18.7%	67.3%	17.9%	6.9%
Nutrient Guideline			400-500		540										<10.00

	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)	S-Fat (g)
Wed - 04/24/2019															
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
FRENCH TST STKS, WG	2.9 OZ	1	210	125	320	2.00	1.80	60.0	200	0.0	8	8.0	28.0	7.0	2.00
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
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
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
APPLESAUCE ,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
ORANGE JUICE 4 OZ RV	1/2 CUP	2	60	0	10	1.00	0.00	0.0	0	42.0	13	1.0	13.0	0.0	0.00
MILK, 1% ROCKVIEW	carton	1	120	15	135	0.00	0.00	300.0	750	0.0	16	10.0	16.0	2.5	1.50
MILK, NONFAT CHOC ROCKVIEW	carton	1	120	5	200	0.00	0.00	200.0	750	0.0	22	8.0	23.0	0.0	0.00
Weighted Daily Average			387	73	417	4.21	3.15	339.3	1146	45.56	51	15.00	72.01	5.50	1.75
% of Calories											52.8%	15.5%	74.4%	12.8%	4.1%
Nutrient Guideline			400-500		540										<10.00

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Adelanto Child Nutrition

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

BREAKFAST 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)	S-Fat (g)
Thu - 04/25/2019															
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	2.70
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	1	70	0	170	1.00	5.40	60.0	300	3.6	2	1.0	16.0	0.0	0.00
CHEESE, STRING RV	1 oz	1	81	15	202	0.00	0.00	202.5	202	0.0	0	8.1	1.01	5.06	3.04
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
ORANGE JUICE 4 OZ RV	1/2 CUP	2	60	0	10	1.00	0.00	0.0	0	42.0	13	1.0	13.0	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
MILK, 1% ROCKVIEW	carton	1	120	15	135	0.00	0.00	300.0	750	0.0	16	10.0	16.0	2.5	1.50
MILK, NONFAT CHOC ROCKVIEW	carton	1	120	5	200	0.00	0.00	200.0	750	0.0	22	8.0	23.0	0.0	0.00
Weighted Daily Average			444	30	549	6.20	3.25	433.7	1089	52.80	55	20.45	77.56	6.88	3.62
% of Calories											49.8%	18.4%	69.9%	13.9%	7.3%
Nutrient Guideline			400-500		540										<10.00

	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)	S-Fat (g)
Fri - 04/26/2019															
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 CHORIZO QUESADILLA	1 EACH	1	271	41	447	2.22	1.45	388.0	440	0.26	0	17.47	22.16	12.77	6.69
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
YAMI YOGURT WITH CHEX	1 EACH	1	230	0	115	2.00	0.72	100.0	0	3.6	21	6.0	43.0	4.0	1.50
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
RED APPLE	1 EACH	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% ROCKVIEW	carton	1	120	15	135	0.00	0.00	300.0	750	0.0	16	10.0	16.0	2.5	1.50
MILK, NONFAT CHOC ROCKVIEW	carton	1	120	5	200	0.00	0.00	200.0	750	0.0	22	8.0	23.0	0.0	0.00
Weighted Daily Average			498	31	453	8.02	1.44	514.0	1345	15.03	56	21.65	85.06	9.64	4.84
% of Calories											44.7%	17.4%	68.3%	17.4%	8.7%
Nutrient Guideline			400-500		540										<10.00

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Adelanto Child Nutrition

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

BREAKFAST 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)	S-Fat (g)
Mon - 04/29/2019															
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 BANANA CHOC	1 EA	1	280	15	220	2.99	1.80	20.0	115	0.0	23	4.99	47.91	7.99	2.99
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	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
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
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% ROCKVIEW	carton	1	120	15	135	0.00	0.00	300.0	750	0.0	16	10.0	16.0	2.5	1.50
MILK, NONFAT CHOC ROCKVIEW	carton	1	120	5	200	0.00	0.00	200.0	750	0.0	22	8.0	23.0	0.0	0.00
Weighted Daily Average			480	17	472	5.30	10.26	360.0	1880	9.48	64	14.88	93.85	6.24	2.25
% of Calories											53.4%	12.4%	78.2%	11.7%	4.2%
Nutrient Guideline			400-500		540										<10.00

Tue - 04/30/2019															
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
PANCAKE;KRUSTEAZ	1 EACH	1	75	4	200	2.00	0.72	20.0	200	0.0	3	1.5	15.5	1.0	0.25
EggStravaganza, bacon\cheese	2 oz	1	120	195	270	0.00	0.72	60.0	400	0.0	0	8.0	1.0	9.0	3.50
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 RV	1 oz	1	81	15	202	0.00	0.00	202.5	202	0.0	0	8.1	1.01	5.06	3.04
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
VERY BERRY JUICE 4 OZ	1/2 CUP	2	60	0	1	0.00	0.00	10.0	0	0.0	15	0.0	15.0	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
MILK, 1% ROCKVIEW	carton	1	120	15	135	0.00	0.00	300.0	750	0.0	16	10.0	16.0	2.5	1.50
MILK, NONFAT CHOC ROCKVIEW	carton	1	120	5	200	0.00	0.00	200.0	750	0.0	22	8.0	23.0	0.0	0.00
Weighted Daily Average			420	117	585	3.21	2.97	460.5	1448	3.56	50	18.80	68.77	9.53	4.14
% of Calories											48.0%	17.9%	65.4%	20.4%	8.9%
Nutrient Guideline			400-500		540										<10.00

Weighted Average			432	41	503	4.25	3.42	426.9	1380	17.93	52	17.72	75.61	7.67	3.09
											108.6%	16.4%	70.0%	16.0%	6.4%

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

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Adelanto Child Nutrition

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

BREAKFAST 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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall		Overage	Error Messages (if any)						
Calories	432		400 - 500		100%											
Cholesterol (mg)	41															
Sodium (mg)	503		540													
Fiber (g)	4.25															
Iron (mg)	3.42															
Calcium (mg)	426.9															
Vitamin A (IU)	1380															
Sugars (g)	52	48.25%														
Vitamin C (mg)	17.93															
Protein (g)	17.72	16.41%														
Carbohydrate (g)	75.61	70.04%														
Total Fat (g)	7.67	15.99%														
Saturated Fat (g)	3.09	6.44%	<10.00%													

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

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