

Adelanto Child Nutrition

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2019 thru Apr 30, 2019

MIDDLE SCHOOL LUNCH OVS

Generated on: 2/27/2019 1:32:17 PM

	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															
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
CHICKEN POPCORN WG	3.08 OZ	1	207	47	400	2.00	2.00	16.0	112	1.0	1	14.0	13.0	11.0	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
TAQUITO	2 EACH	1	280	30	800	4.00	2.16	119.9	200	4.8	2	15.99	29.99	11.99	3.00
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
YAMI YOGURT 4 OZ	1 EACH	1	110	0	60	0.00	0.00	100.4	0	3.61	15	4.01	20.07	1.0	0.50
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	1.00
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
TATER TOTS; OREIDA	2.52 OZ	3	130	0	310	2.00	0.36	10.0	0	3.6	0	2.0	16.0	6.0	1.00
GREEN BEANS: canned	1/2 cup	3	20	0	140	2.00	0.72	20.0	300	2.4	2	1.0	4.0	0.0	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
KETCHUP: individual	2 EACH	1	20	0	160	0.00	0.00	0.0	10	0.0	2	0.0	4.0	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			815	58	1746	10.87	3.88	524.4	1874	15.35	46	37.42	106.99	26.53	7.02
% of Calories											22.4%	18.4%	52.5%	29.3%	7.7%
Nutrient Guideline			600-650		1230										<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

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)	S-Fat (g)
Tue - 04/02/2019															
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 TACO CRUMBLE (NEW)	(4 OZ) SE	1	213	73	459	0.71	3.02	23.1	709	0.0	1	22.4	3.2	12.09	4.80
	RVING														
TORTILLA CHIPS (NEW)	1 EACH	1	280	0	300	3.00	1.00	2.9	4	0.0	1	3.0	31.0	16.0	2.30
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
SMOOTHIE	(8OZ) SE	1	167	3	63	1.37	0.19	102.6	518	23.61	27	4.28	35.24	1.0	0.57
	RVINGS														
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 4 OZ	1 EACH	1	110	0	60	0.00	0.00	100.4	0	3.61	15	4.01	20.07	1.0	0.50
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
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	1.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
REFRIED BEANS, NO FAT	1/2 cup	3	114	0	140	7.00	1.08	20.0	0	0.0	2	7.0	19.0	0.74	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	1/2 CUP	3	14	0	4	1.00	0.18	5.0	625	9.6	2	0.5	3.0	0.0	0.00
SOUR CREAM	2 TBSP	3	58	19	19	0.00	0.00	38.3	192	0.0	0	0.96	0.96	5.75	2.88
SALSA; LOW SODIUM	2 OZ	3	10	0	70	0.00	0.00	0.0	200	7.2	2	0.0	2.0	0.0	0.00
GRAPES,Fresh	1/2 CUP	3	33	0	1	0.40	0.09	5.0	25	1.8	7	0.3	8.0	1.5	0.05
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			590	52	720	11.27	3.18	293.9	3826	33.21	36	26.36	76.30	20.87	6.99
% of Calories											24.2%	17.9%	51.7%	31.8%	10.7%
Nutrient Guideline			600-650		1230										<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

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2019 thru Apr 30, 2019

MIDDLE SCHOOL LUNCH OVS

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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															
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 RECIPE	1 EACH	1	308	56	689	3.10	3.50	88.0	0	0.0	3	23.9	29.6	11.4	3.90
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
CHEESEBURGER SLIDERS	1 EA	1	274	34	518	2.30	3.02	103.7	86	9.81	2	18.14	28.18	10.22	3.82
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 4 OZ	1 EACH	1	110	0	60	0.00	0.00	100.4	0	3.61	15	4.01	20.07	1.0	0.50
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
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	1.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
FRIES; CRINKLE CUT (ORE-IDA)	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
SHREDDED ROMAINE LETTUCE	1/2 CUP	3	5	0	0	2.00	0.36	10.0	2000	1.2	1	0.5	0.5	0.0	0.00
TOMATOES, FRESH	1/2 CUP	3	14	0	4	1.00	0.18	5.0	625	9.6	2	0.5	3.0	0.0	0.00
PICKLES,DILL	1 oz	3	0	0	380	0.00	0.00	0.0	0	0.0	0	0.0	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
KETCHUP: individual	2 EACH	1	20	0	160	0.00	0.00	0.0	10	0.0	2	0.0	4.0	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	1.00
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			580	40	1105	8.13	3.55	273.2	3274	41.08	35	25.72	80.46	15.23	4.42
% of Calories											24.4%	17.7%	55.5%	23.6%	6.9%
Nutrient Guideline			600-650		1230										<10.00

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Portion Values - Detailed

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Apr 1, 2019 thru Apr 30, 2019

MIDDLE SCHOOL LUNCH OVS

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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)
Thu - 04/04/2019															
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
MAC & CHEESE:Land O Lakes,W	6 oz	1	290	30	1030	1.00	1.08	400.0	750	1.2	6	16.0	33.0	11.0	7.00
TEXAS TOAST;GARLIC	1 EACH	1	100	0	130	2.00	0.72	0.0	300	0.0	1	3.0	15.0	3.0	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
TURKEY HOAGIE SANDWICH	1 EACH	1	325	57	930	2.01	1.87	201.2	291	9.05	4	21.48	30.56	13.45	6.33
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 4 OZ	1 EACH	1	110	0	60	0.00	0.00	100.4	0	3.61	15	4.01	20.07	1.0	0.50
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
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	1.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
COOKED BROCCOLI	1/2 CUP	3	32	2	16	1.94	0.35	29.2	283	58.32	0	1.94	4.37	0.81	0.57
COOKED CARROTS	1/2 CUP	3	41	2	132	2.96	0.50	21.2	12699	0.12	4	1.0	7.87	0.83	0.57
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% 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			551	47	1105	8.30	2.55	525.1	14296	65.44	38	27.94	79.04	14.81	7.59
% of Calories											27.6%	20.3%	57.3%	24.2%	12.4%
Nutrient Guideline			600-650		1230										<10.00

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Fri - 04/05/2019															
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	4.50
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
NACHOS (SALSA, CHEESE, CHIP	1 EACH	1	500	30	1070	3.00	2.08	303.1	604	7.2	14	13.01	52.01	26.01	8.30
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 4 OZ	1 EACH	1	110	0	60	0.00	0.00	100.4	0	3.61	15	4.01	20.07	1.0	0.50
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
GOLDFISH CRACKERS, WHOLE GRAIN	2 EACH	1	200	8	340	2.00	0.72	40.0	0	0.0	0	6.0	28.0	7.0	2.00
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
CELERY STICKS	1/2 cup	3	11	0	53	1.41	0.13	28.2	282	1.69	1	0.71	2.12	0.0	0.00
RANCH DRESSING	2 oz	1	111	26	380	0.00	0.00	29.2	42	0.2	1	0.83	3.69	10.29	0.25
RED APPLE	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% 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			575	36	1216	10.08	2.56	399.9	1298	23.07	39	18.69	80.88	20.45	6.20
% of Calories											27.3%	13.0%	56.3%	32.0%	9.7%
Nutrient Guideline			600-650		1230										<10.00

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Mon - 04/08/2019															
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
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	2.50
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
BEAN AND CHEESE PUPUSA	1 EACH	1	290	15	580	4.00	1.44	250.0	200	1.2	1	13.0	35.0	11.0	3.50
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 4 OZ	1 EACH	1	110	0	60	0.00	0.00	100.4	0	3.61	15	4.01	20.07	1.0	0.50
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
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	1.00
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	2.52 OZ	3	130	0	310	2.00	0.36	10.0	0	3.6	0	2.0	16.0	6.0	1.00
GREEN BEANS: canned	1/2 cup	3	20	0	140	2.00	0.72	20.0	300	2.4	2	1.0	4.0	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
KETCHUP: individual	2 EACH	1	20	0	160	0.00	0.00	0.0	10	0.0	2	0.0	4.0	0.0	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
BARBEQUE SAUCE	2 EACH	1	31	0	175	0.00	0.00	0.0	21	0.0	4	0.0	8.24	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			926	40	1741	11.50	3.96	631.4	1917	42.91	61	36.56	128.66	28.03	7.52
% of Calories											26.2%	15.8%	55.6%	27.2%	7.3%
Nutrient Guideline			600-650		1230										<10.00

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Adelanto Child Nutrition

Apr 1, 2019 thru Apr 30, 2019

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)	Prot (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/09/2019															
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
HOTDOG RECIPE	1 each	1	318	35	696	1.98	1.79	39.7	0	7.15	4	10.93	28.78	17.9	7.46
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
PARFAIT (STRWBRRY)	1 EACH	1	487	5	285	6.24	1.62	234.9	1065	67.14	46	12.75	90.95	8.5	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
YAMI YOGURT 4 OZ	1 EACH	1	110	0	60	0.00	0.00	100.4	0	3.61	15	4.01	20.07	1.0	0.50
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
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	1.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
FRIES; CRINKLE CUT (ORE-IDA)	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
SWEET BBQ BEANS	1/2 CUP	3	120	0	474	5.73	1.73	59.5	99	0.08	5	6.7	23.38	0.01	0.00
APPLESAUCE , UNSWEETENED	1/2 CUP	3	47	0	0	1.21	0.00	9.3	46	0.56	11	0.0	13.01	0.0	0.00
KETCHUP: individual	1 EACH	1	10	0	80	0.00	0.00	0.0	5	0.0	1	0.0	2.0	0.0	0.00
MUSTARD: individual PC	1 EA	1	0	0	70	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
MILK, 1% 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			726	26	1127	12.01	3.34	434.6	1070	31.41	51	27.63	118.67	15.33	5.17
% of Calories											27.8%	15.2%	65.4%	19.0%	6.4%
Nutrient Guideline			600-650		1230										<10.00

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Adelanto Child Nutrition

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2019 thru Apr 30, 2019

MIDDLE SCHOOL LUNCH OVS

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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 - 04/10/2019															
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 TACOS	(2) TACOS	1	257	44	86	2.50	9.64	116.0	0	0.0	0	18.5	27.8	9.0	2.60
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
CHEESEBURGER SLIDERS	1 EA	1	274	34	518	2.30	3.02	103.7	86	9.81	2	18.14	28.18	10.22	3.82
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 4 OZ	1 EACH	1	110	0	60	0.00	0.00	100.4	0	3.61	15	4.01	20.07	1.0	0.50
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	1.00
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
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	1/2 CUP	3	14	0	4	1.00	0.18	5.0	625	9.6	2	0.5	3.0	0.0	0.00
SALSA; LOW SODIUM	2 OZ	3	10	0	70	0.00	0.00	0.0	200	7.2	2	0.0	2.0	0.0	0.00
SOUR CREAM	2 TBSP	1	58	19	19	0.00	0.00	38.3	192	0.0	0	0.96	0.96	5.75	2.88
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% 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			464	45	544	5.16	5.18	373.7	3840	29.20	35	24.54	65.43	12.35	5.11
% of Calories											30.5%	21.2%	56.5%	24.0%	9.9%
Nutrient Guideline			600-650		1230										<10.00

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Adelanto Child Nutrition

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2019 thru Apr 30, 2019

MIDDLE SCHOOL LUNCH OVS

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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)
Thu - 04/11/2019															
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
ORANGE CHICKEN WG	3.6 OZ	1	150	40	280	0.00	0.72	0.0	50	1.2	10	11.0	19.0	3.0	0.50
ASIAN RICE	1/2 CUP	1	73	0	39	0.90	0.41	30.0	63	0.0	0	1.63	14.7	0.82	0.46
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	2.54
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
YAMI YOGURT 4 OZ	1 EACH	1	110	0	60	0.00	0.00	100.4	0	3.61	15	4.01	20.07	1.0	0.50
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
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	1.00
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
BROCCOLI	1/2 CUP	3	16	0	11	1.30	0.23	19.5	163	39.0	0	1.3	2.93	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	0.02
RANCH DRESSING	2 OZ	2	111	26	380	0.00	0.00	29.2	42	0.2	1	0.83	3.69	10.29	0.25
APPLESAUCE ,UNSWEETENED	1/2 CUP	3	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	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			496	57	875	6.27	2.13	287.1	11453	45.07	32	21.78	68.85	15.86	2.87
% of Calories											25.6%	17.6%	55.5%	28.8%	5.2%
Nutrient Guideline			600-650		1230										<10.00

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Adelanto Child Nutrition

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2019 thru Apr 30, 2019

MIDDLE SCHOOL LUNCH OVS

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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 - 04/12/2019															
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	8.00
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CHILI CHEESE NACHOS	1 EACH	1	474	41	1017	4.42	1.71	18.5	315	3.55	2	15.61	39.61	28.2	9.44
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 4 OZ	1 EACH	1	110	0	60	0.00	0.00	100.4	0	3.61	15	4.01	20.07	1.0	0.50
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
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	1.00
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
SALAD-3 WAY;ROMAINE	1/2 CUP	3	11	0	7	1.00	0.54	190.0	4900	8.4	1	1.0	2.0	0.0	0.00
CELERY STICKS	1/2 cup	3	11	0	53	1.41	0.13	28.2	282	1.69	1	0.71	2.12	0.0	0.00
RANCH DRESSING	2 OZ	2	111	26	380	0.00	0.00	29.2	42	0.2	1	0.83	3.69	10.29	0.25
TANGERINE,SATSUMA	1 each	3	47	0	2	1.58	0.13	32.6	599	23.5	9	0.71	11.74	0.27	0.03
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			550	52	1088	6.80	2.09	584.0	6482	38.11	27	22.22	61.21	25.05	7.52
% of Calories											19.4%	16.1%	44.5%	41.0%	12.3%
Nutrient Guideline			600-650		1230										<10.00

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Adelanto Child Nutrition

Apr 1, 2019 thru Apr 30, 2019

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)	S-Fat (g)
Mon - 04/15/2019															
MIDDLE SCHOOL LUNCH	Total	3													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CHICKEN NUGGETS, WG	5 EA	1	206	23	515	2.29	2.06	45.8	6	0.0	1	14.87	16.02	9.15	1.72
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
TAQUITO	2 EACH	1	280	30	800	4.00	2.16	119.9	200	4.8	2	15.99	29.99	11.99	3.00
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
YAMI YOGURT 4 OZ	1 EACH	1	110	0	60	0.00	0.00	100.4	0	3.61	15	4.01	20.07	1.0	0.50
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
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	1.00
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	4.50
GREEN BEANS: canned	1/2 cup	3	20	0	140	2.00	0.72	20.0	300	2.4	2	1.0	4.0	0.0	0.00
PINTO BEANS	1/2 CUP	3	137	0	140	5.00	1.62	80.0	0	0.0	10	8.0	24.0	1.0	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
KETCHUP: individual	2 EACH	1	20	0	160	0.00	0.00	0.0	10	0.0	2	0.0	4.0	0.0	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
BARBEQUE SAUCE	2 EACH	1	31	0	175	0.00	0.00	0.0	21	0.0	4	0.0	8.24	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			682	31	1319	13.63	4.57	548.0	1047	110.14	44	33.61	101.76	17.71	8.08
% of Calories											25.8%	19.7%	59.7%	23.4%	10.7%
Nutrient Guideline			600-650		1230										<10.00

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Adelanto Child Nutrition

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2019 thru Apr 30, 2019

MIDDLE SCHOOL LUNCH OVS

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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 - 04/16/2019															
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
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	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
SMOOTHIE	(8OZ) SE RVINGS	1	167	3	63	1.37	0.19	102.6	518	23.61	27	4.28	35.24	1.0	0.57
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 4 OZ	1 EACH	1	110	0	60	0.00	0.00	100.4	0	3.61	15	4.01	20.07	1.0	0.50
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
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	1.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
FRIES; CRINKLE CUT (ORE-IDA)	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
SWEET BBQ BEANS	1/2 CUP	3	120	0	474	5.73	1.73	59.5	99	0.08	5	6.7	23.38	0.01	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
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
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			609	19	1049	11.25	3.23	388.0	1158	21.34	48	25.30	104.41	9.19	2.70
% of Calories											31.8%	16.6%	68.6%	13.6%	4.0%
Nutrient Guideline			600-650		1230										<10.00

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Adelanto Child Nutrition

Apr 1, 2019 thru Apr 30, 2019

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)	S-Fat (g)
Wed - 04/17/2019															
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
CHICKEN SANDWICH W/BUN	1 EACH	1	393	25	736	6.04	3.63	120.6	0	0.0	4	21.19	44.21	15.18	2.53
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
CHEESEBURGER SLIDERS	1 EA	1	274	34	518	2.30	3.02	103.7	86	9.81	2	18.14	28.18	10.22	3.82
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 4 OZ	1 EACH	1	110	0	60	0.00	0.00	100.4	0	3.61	15	4.01	20.07	1.0	0.50
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
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	1.00
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
SHREDDED ROMAINE LETTUCE	1/2 CUP	3	5	0	0	2.00	0.36	10.0	2000	1.2	1	0.5	0.5	0.0	0.00
TOMATOES, FRESH	1/2 CUP	3	14	0	4	1.00	0.18	5.0	625	9.6	2	0.5	3.0	0.0	0.00
PICKLES,DILL	1 oz	3	0	0	380	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
APPLESAUCE ,UNSWEETENED	1/2 CUP	3	47	0	0	1.21	0.00	9.3	46	0.56	11	0.0	13.01	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
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	1.00
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			673	44	1576	10.98	4.31	410.0	4526	23.75	42	32.72	90.00	20.98	5.95
% of Calories											25.0%	19.4%	53.5%	28.1%	8.0%
Nutrient Guideline			600-650		1230										<10.00

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Adelanto Child Nutrition

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2019 thru Apr 30, 2019

MIDDLE SCHOOL LUNCH OVS

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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)
Thu - 04/18/2019															
MIDDLE SCHOOL LUNCH	Total	3													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CHILI CHEESE NACHOS	1 EACH	1	474	41	1017	4.42	1.71	18.5	315	3.55	2	15.61	39.61	28.2	9.44
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
TURKEY HOAGIE SANDWICH	1 EACH	1	325	57	930	2.01	1.87	201.2	291	9.05	4	21.48	30.56	13.45	6.33
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 4 OZ	1 EACH	1	110	0	60	0.00	0.00	100.4	0	3.61	15	4.01	20.07	1.0	0.50
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
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	1.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
COOKED BROCCOLI	1/2 CUP	3	32	2	16	1.94	0.35	29.2	283	58.32	0	1.94	4.37	0.81	0.57
TOMATOES, FRESH	1/2 CUP	3	14	0	4	1.00	0.18	5.0	625	9.6	2	0.5	3.0	0.0	0.00
ONIONS, RAW	1/4 cup	3	16	0	2	0.68	0.05	7.5	9	2.85	2	0.45	3.75	0.05	0.00
SOUR CREAM	2 TBSP	3	58	19	19	0.00	0.00	38.3	192	0.0	0	0.96	0.96	5.75	2.88
PINEAPPLE TIDBITS	1/2 CUP	3	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	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			593	62	910	7.09	2.61	327.5	1699	82.17	32	23.92	71.83	23.68	10.21
% of Calories											21.5%	16.1%	48.5%	36.0%	15.5%
Nutrient Guideline			600-650		1230										<10.00

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Adelanto Child Nutrition

Apr 1, 2019 thru Apr 30, 2019

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)	S-Fat (g)
Tue - 04/23/2019															
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
PANCAKE;KRUSTEAZ	2 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
TURKEY BACON	(2) SLICES	1	40	10	190	0.00	0.00	0.0	0	0.0	0	4.0	0.0	3.0	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
YAMI YOGURT 4 OZ	1 EACH	1	110	0	60	0.00	0.00	100.4	0	3.61	15	4.01	20.07	1.0	0.50
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
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	1.00
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	2.52 OZ	2	130	0	310	2.00	0.36	10.0	0	3.6	0	2.0	16.0	6.0	1.00
TOMATOES; GRAPE DROP	2 OZ	2	10	0	3	0.76	0.14	3.8	476	7.31	2	0.38	2.28	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
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			589	124	1034	5.18	1.40	465.2	1901	13.81	42	26.60	78.55	18.53	5.89
% of Calories											28.8%	18.1%	53.4%	28.3%	9.0%
Nutrient Guideline			600-650		1230										<10.00

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Adelanto Child Nutrition

Base Menu Spreadsheet

Portion Values - Detailed

Page 16

Apr 1, 2019 thru Apr 30, 2019

MIDDLE SCHOOL LUNCH OVS

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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 - 04/24/2019															
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
CHEESEBURGER SLIDERS	1 EA	1	274	34	518	2.30	3.02	103.7	86	9.81	2	18.14	28.18	10.22	3.82
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 4 OZ	1 EACH	1	110	0	60	0.00	0.00	100.4	0	3.61	15	4.01	20.07	1.0	0.50
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
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	1.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
FRIES; CRINKLE CUT (ORE-IDA)	2.54 OZ	2	110	0	20	2.00	0.36	0.0	0	4.8	0	2.0	17.0	2.5	0.00
SWEET BBQ BEANS	1/2 CUP	2	120	0	474	5.73	1.73	59.5	99	0.08	5	6.7	23.38	0.01	0.00
SHREDDED ROMAINE LETTUCE	1/2 CUP	2	5	0	0	2.00	0.36	10.0	2000	1.2	1	0.5	0.5	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
GRAPES,Fresh	1/2 CUP	2	33	0	1	0.40	0.09	5.0	25	1.8	7	0.3	8.0	1.5	0.05
KETCHUP: individual	1 EACH	1	10	0	80	0.00	0.00	0.0	5	0.0	1	0.0	2.0	0.0	0.00
MAYONNAISE:individual PC	1 EA	1	70	5	45	0.00	0.00	0.0	0	0.0	0	0.0	0.0	7.0	1.00
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			711	39	1581	11.78	4.23	537.8	3021	14.60	41	35.13	101.01	18.65	5.48
% of Calories											22.9%	19.8%	56.8%	23.6%	6.9%
Nutrient Guideline			600-650		1230										<10.00

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Adelanto Child Nutrition

Base Menu Spreadsheet

Portion Values - Detailed

Page 17

Apr 1, 2019 thru Apr 30, 2019

MIDDLE SCHOOL LUNCH OVS

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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)
Thu - 04/25/2019															
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, TERIYAKI	2.6 oz	1	146	70	634	0.00	0.87	0.0	85	1.46	12	16.0	13.64	3.5	1.00
RICE,BROWN, ASIAN SEASONIN	1/2 CUP	1	115	0	290	1.00	0.36	0.0	500	0.0	2	3.0	23.0	0.75	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	2.54
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
YAMI YOGURT 4 OZ	1 EACH	1	110	0	60	0.00	0.00	100.4	0	3.61	15	4.01	20.07	1.0	0.50
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
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	1.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
COOKED CARROTS	1/2 CUP	3	41	2	132	2.96	0.50	21.2	12699	0.12	4	1.0	7.87	0.83	0.57
CELERY STICKS	1/2 cup	3	11	0	53	1.41	0.13	28.2	282	1.69	1	0.71	2.12	0.0	0.00
RANCH DRESSING	2 OZ	1	111	26	380	0.00	0.00	29.2	42	0.2	1	0.83	3.69	10.29	0.25
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% 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			537	66	1129	7.77	2.72	366.9	14226	5.96	42	27.23	77.77	14.09	3.84
% of Calories											31.2%	20.3%	58.0%	23.6%	6.4%
Nutrient Guideline			600-650		1230										<10.00

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Adelanto Child Nutrition

Base Menu Spreadsheet

Portion Values - Detailed

Page 18

Apr 1, 2019 thru Apr 30, 2019

MIDDLE SCHOOL LUNCH OVS

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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 - 04/26/2019															
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	340	20	560	8.00	3.60	149.9	0	0.0	1	14.99	46.98	11.0	5.00
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
CHILI CHEESE NACHOS	1 EACH	1	474	41	1017	4.42	1.71	18.5	315	3.55	2	15.61	39.61	28.2	9.44
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 4 OZ	1 EACH	1	110	0	60	0.00	0.00	100.4	0	3.61	15	4.01	20.07	1.0	0.50
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
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	1.00
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
SALAD-3 WAY;ROMAINE	1/2 CUP	3	11	0	7	1.00	0.54	190.0	4900	8.4	1	1.0	2.0	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	0.02
RANCH DRESSING	2 OZ	1	111	26	380	0.00	0.00	29.2	42	0.2	1	0.83	3.69	10.29	0.25
SALSA; LOW SODIUM	2 OZ	3	10	0	70	0.00	0.00	0.0	200	7.2	2	0.0	2.0	0.0	0.00
SOUR CREAM	2 TBSP	1	58	19	19	0.00	0.00	38.3	192	0.0	0	0.96	0.96	5.75	2.88
STRAWBERRIES,FRESH	1/2 CUP	3	37	0	0	2.24	0.54	14.9	0	67.14	5	0.75	8.95	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			589	48	1036	9.50	3.16	579.0	16542	88.97	30	24.18	74.19	22.59	7.89
% of Calories											20.5%	16.4%	50.4%	34.5%	12.1%
Nutrient Guideline			600-650		1230										<10.00

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Adelanto Child Nutrition

Apr 1, 2019 thru Apr 30, 2019

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)	S-Fat (g)
Mon - 04/29/2019															
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
CHICKEN POPCORN WG	3.08 OZ	1	207	47	400	2.00	2.00	16.0	112	1.0	1	14.0	13.0	11.0	2.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
TAQUITO	2 EACH	1	280	30	800	4.00	2.16	119.9	200	4.8	2	15.99	29.99	11.99	3.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YAMI YOGURT 4 OZ	1 EACH	1	110	0	60	0.00	0.00	100.4	0	3.61	15	4.01	20.07	1.0	0.50
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	1.00
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
FRIES: THIN CUT	2.38 OZ	2	120	0	180	2.00	0.48	11.5	37	5.56	0	2.0	19.0	4.5	0.50
GREEN BEANS: canned	1/2 cup	2	20	0	140	2.00	0.72	20.0	300	2.4	2	1.0	4.0	0.0	0.00
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
KETCHUP: individual	2 EACH	1	20	0	160	0.00	0.00	0.0	10	0.0	2	0.0	4.0	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			707	58	1384	8.71	3.46	520.2	1395	13.22	42	34.55	96.55	22.03	6.02
% of Calories											23.9%	19.6%	54.7%	28.1%	7.7%
Nutrient Guideline			600-650		1230										<10.00

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Adelanto Child Nutrition

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2019 thru Apr 30, 2019

MIDDLE SCHOOL LUNCH OVS

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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 - 04/30/2019															
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 TACO CRUMBLE (NEW)	(4 OZ) SE	1	213	73	459	0.71	3.02	23.1	709	0.0	1	22.4	3.2	12.09	4.80
	RVING														
TORTILLA CHIPS (NEW)	1 EACH	1	280	0	300	3.00	1.00	2.9	4	0.0	1	3.0	31.0	16.0	2.30
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
SMOOTHIE	(8OZ) SE	1	167	3	63	1.37	0.19	102.6	518	23.61	27	4.28	35.24	1.0	0.57
	RVINGS														
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 4 OZ	1 EACH	1	110	0	60	0.00	0.00	100.4	0	3.61	15	4.01	20.07	1.0	0.50
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
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	1.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
REFRIED BEANS, NO FAT	1/2 cup	1	114	0	140	7.00	1.08	20.0	0	0.0	2	7.0	19.0	0.74	0.00
LETTUCE/ROMAINE	1/2 cup	2	4	0	2	0.84	0.30	8.4	2056	5.54	0	0.0	0.84	0.0	0.00
TOMATOES, FRESH	1/2 CUP	2	14	0	4	1.00	0.18	5.0	625	9.6	2	0.5	3.0	0.0	0.00
SOUR CREAM	2 TBSP	2	58	19	19	0.00	0.00	38.3	192	0.0	0	0.96	0.96	5.75	2.88
SALSA; LOW SODIUM	2 OZ	2	10	0	70	0.00	0.00	0.0	200	7.2	2	0.0	2.0	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
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			733	69	896	10.21	3.31	387.4	4220	35.95	49	31.35	94.69	25.45	8.98
% of Calories											26.7%	17.1%	51.7%	31.2%	11.0%
Nutrient Guideline			600-650		1230										<10.00
Weighted Average			635	51	1159	9.33	3.27	442.9	4953	38.74	41	28.17	87.86	19.37	6.27
											57.5%	17.8%	55.4%	27.5%	8.9%

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Adelanto Child Nutrition

Apr 1, 2019 thru Apr 30, 2019

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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Error Messages (if any)
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall		Overage								
Calories	635		600 - 650		100%												
Cholesterol (mg)	51																
Sodium (mg)	1159		1230														
Fiber (g)	9.33																
Iron (mg)	3.27																
Calcium (mg)	442.9																
Vitamin A (IU)	4953																
Sugars (g)	41	25.57%															
Vitamin C (mg)	38.74																
Protein (g)	28.17	17.75%															
Carbohydrate (g)	87.86	55.37%															
Total Fat (g)	19.37	27.46%															
Saturated Fat (g)	6.27	8.89%	<10.00%														

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