

Adelanto Child Nutrition

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

BREAKFAST OVS

Portion Values - Detailed

Page 1

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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 - 12/03/2018															
BREAKFAST OVS	Total	2													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
PANCAKE ON A STICK, WG	3.0 OZ	1	188	27	406	1.60	1.10	13.0	3	0.0	11	8.99	23.99	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
CEREAL MARSHMALLOW MATEY WITH	1 EACH	1	220	0	370	3.00	18.00	200.0	1000	12.0	23	4.0	47.0	2.0	0.00
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
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	0.00
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			426	23	560	5.34	9.55	365.8	1353	6.56	58	15.50	82.64	5.25	0.00
% of Calories											54.4%	14.5%	77.6%	11.1%	0.0%
Nutrient Guideline			400-500		540										

	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 - 12/04/2018															
BREAKFAST OVS	Total	2													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
BREAKFAST PIZZA, WG SAUSAG	1 EACH	1	210	15	480	3.00	1.80	150.0	300	0.0	8	10.0	27.0	8.0	0.00
OR	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	0.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
PEACHES, CANNED, IN PEAR JU ICE	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
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	0.00
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	0.00
% of Calories											47.8%	18.7%	67.3%	17.9%	0.0%
Nutrient Guideline			400-500		540										

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

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Adelanto Child Nutrition

Dec 1, 2018 thru Dec 31, 2018

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)	Tr-Fat ¹ (g)
Wed - 12/05/2018															
BREAKFAST OVS	Total	2													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
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	0.00
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
APPLE CINNAMON CHEERIOS	BOWL	1	110	0	110	2.00	3.60	100.0	500	6.0	10	2.0	22.0	1.5	0.00
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	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
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	0.00
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			443	18	424	4.89	2.52	411.2	1400	47.39	56	17.52	78.42	7.53	0.00
% of Calories											50.5%	15.8%	70.8%	15.3%	0.0%
Nutrient Guideline			400-500		540										

	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 - 12/06/2018															
BREAKFAST OVS	Total	2													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
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	0.00
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CEREAL; VARIETY	1 serving	0	179	0	206	3.03	8.06	3.4	792	15.34	17	2.18	42.41	1.0	0.00
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	0.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
PEARS: canned,light syrup	1/2 cup	2	55	0	5	1.83	0.00	0.0	55	0.0	11	0.0	14.63	0.0	0.00
APPLE JUICE 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	0.00
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	0.00
% of Calories											54.4%	17.5%	73.3%	10.2%	0.0%
Nutrient Guideline			400-500		540										

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Adelanto Child Nutrition

Dec 1, 2018 thru Dec 31, 2018

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)	Tr-Fat ¹ (g)
Fri - 12/07/2018															
BREAKFAST OVS	Total	2													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
BREAKFAST SAUSAGE MUFFIN	1 EACH	1	277	129	723	2.10	1.89	191.5	347	0.0	2	17.06	26.2	12.7	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
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	0.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
PEACHES, CANNED, IN PEAR JU	1/2 CUP	2	48	0	5	0.91	0.00	0.0	274	1.1	9	0.91	10.97	0.0	0.00
ICE															
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	0.00
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			484	74	596	4.36	1.66	*395.7	*1496	*5.28	52	21.91	80.99	9.60	0.00
% of Calories											43.3%	18.1%	66.9%	17.9%	0.0%
Nutrient Guideline			400-500		540										

Mon - 12/10/2018															
BREAKFAST OVS	Total	2													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
ZUCHINNI BREAD	1 EACH	1	280	35	280	2.00	4.50	20.0	750	1.2	24	5.0	48.0	7.0	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CEREAL MARSHMALLOW MATEY	1 EACH	1	220	0	370	3.00	18.00	200.0	1000	12.0	23	4.0	47.0	2.0	0.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
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
PEACHES, CANNED, IN PEAR JU	1/2 CUP	2	48	0	5	0.91	0.00	0.0	274	1.1	9	0.91	10.97	0.0	0.00
ICE															
MILK, 1% ROCKVIEW	carton	1	120	15	135	0.00	0.00	300.0	750	0.0	16	10.0	16.0	2.5	0.00
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			465	28	497	4.62	11.25	369.3	1946	8.26	63	14.41	90.99	5.75	0.00
% of Calories											54.0%	12.4%	78.3%	11.1%	0.0%
Nutrient Guideline			400-500		540										

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Adelanto Child Nutrition

Dec 1, 2018 thru Dec 31, 2018

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)	Tr-Fat ¹ (g)
Tue - 12/11/2018															
BREAKFAST OVS	Total	2													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
FIESTA OMELETTE	1 EACH	1	120	175	280	0.00	0.72	100.0	400	0.0	0	8.0	1.0	9.0	0.00
TORTILLAS,RTB/RTF,FLR,6"	1 each	1	88	0	213	0.75	0.98	38.1	0	0.0	1	2.38	15.35	1.76	*N/A*
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CEREAL:COCOA PUFFS	1 EACH	1	110	0	160	2.00	4.50	100.0	500	6.0	8	2.0	25.0	1.5	0.00
CHEESE, STRING RV	1 oz	1	81	15	202	0.00	0.00	202.5	202	0.0	0	8.1	1.01	5.06	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
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	0.00
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			442	105	601	2.77	3.46	480.3	1600	5.39	51	19.71	71.60	9.91	*0.00
% of Calories											46.5%	17.8%	64.8%	20.2%	*0.0%
Nutrient Guideline			400-500		540										

	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 - 12/12/2018															
BREAKFAST OVS	Total	2													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
MUFFIN, WG BLUEBERRY	1 EA	1	245	25	114	2.57	1.19	9.9	49	1.19	19	3.07	40.55	7.81	0.00
OR	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	0.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
PEARS: canned,light syrup	1/2 cup	2	55	0	5	1.83	0.00	0.0	55	0.0	11	0.0	14.63	0.0	0.00
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	0.00
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			453	30	395	5.11	2.39	406.2	1181	45.59	57	16.58	78.91	8.44	0.00
% of Calories											50.7%	14.6%	69.7%	16.8%	0.0%
Nutrient Guideline			400-500		540										

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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)	Tr-Fat ¹ (g)
Thu - 12/13/2018															
BREAKFAST OVS	Total	2													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CHICKEN&WAFFLE SANDWICH RECIPE	1 EACH	1	270	15	480	3.00	2.16	60.0	0	0.0	6	11.0	36.0	10.5	0.00
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CEREAL: RICE CHEX BOWL	1	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	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
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	0.00
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			453	25	599	3.39	4.14	411.2	1300	4.19	50	19.52	75.92	9.03	0.00
% of Calories											44.1%	17.2%	67.0%	17.9%	0.0%
Nutrient Guideline			400-500		540										

	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 - 12/14/2018															
BREAKFAST OVS	Total	2													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
BREAKFAST BITES;GLAZED	1 EACH	1	260	0	190	3.00	1.44	80.0	0	1.2	14	5.0	38.0	10.0	0.00
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
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	0.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
APPLE Fresh	1 EACH	2	80	0	0	5.00	0.36	20.0	100	12.0	17	0.0	22.0	0.0	0.00
PEACHES, CANNED, IN PEAR JUICE	1/2 CUP	2	48	0	5	0.91	0.00	0.0	274	1.1	9	0.91	10.97	0.0	0.00
MILK, 1% ROCKVIEW	carton	1	120	15	135	0.00	0.00	300.0	750	0.0	16	10.0	16.0	2.5	0.00
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			493	10	325	8.41	1.44	*360.0	*1124	*15.50	63	15.41	92.97	8.25	0.00
% of Calories											50.9%	12.5%	75.5%	15.1%	0.0%
Nutrient Guideline			400-500		540										

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Adelanto Child Nutrition

Dec 1, 2018 thru Dec 31, 2018

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)	Tr-Fat ¹ (g)
Mon - 12/17/2018															
BREAKFAST OVS	Total	2													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
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	0.00
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CEREAL: RICE CHEX	BOWL	1	70	0	170	1.00	5.40	60.0	300	3.6	2	1.0	16.0	0.0	0.00
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	0.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
PEACHES, CANNED, IN PEAR JUICE	1/2 CUP	1	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	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	0.00
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			347	20	403	2.87	3.60	401.2	1166	2.35	34	16.51	57.81	6.78	0.00
% of Calories											39.3%	19.0%	66.7%	17.6%	0.0%
Nutrient Guideline			400-500		540										

	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 - 12/18/2018															
BREAKFAST OVS	Total	2													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CHICKEN 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
COUNTRY GRAVY	1 OZ	1	20	0	120	0.00	0.00	15.0	0	0.0	1	0.5	2.5	1.0	0.00
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
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	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
VERY BERRY JUICE 4 OZ	1/2 CUP	1	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	1	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	0.00
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			412	30	622	3.02	3.07	434.0	1136	6.00	39	21.40	55.86	11.62	0.00
% of Calories											38.1%	20.8%	54.2%	25.4%	0.0%
Nutrient Guideline			400-500		540										

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Adelanto Child Nutrition

Dec 1, 2018 thru Dec 31, 2018

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)	Tr-Fat ¹ (g)
Wed - 12/19/2018															
BREAKFAST OVS	Total	2													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
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	0.00
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CEREAL:COCOA PUFFS	1 EACH	1	110	0	160	2.00	4.50	100.0	500	6.0	8	2.0	25.0	1.5	0.00
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	0.00
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	0.00
% of Calories											52.8%	15.5%	74.4%	12.8%	0.0%
Nutrient Guideline			400-500		540										

	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 - 12/20/2018															
BREAKFAST OVS	Total	2													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
PANCAKE SANDWICH RECIPE	1 EACH	1	252	20	628	2.10	0.43	92.5	173	0.0	7	13.06	27.2	11.7	0.00
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
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	0.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
APPLE 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	0.00
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	0.00
% of Calories											43.9%	16.5%	64.7%	19.5%	0.0%
Nutrient Guideline			400-500		540										

Weighted Average			426	36	510	4.12	3.80	*389.2	*1302	*14.39	51	17.45	73.92	7.74	*0.00
											107.9%	16.4%	69.5%	16.4%	*0.0%

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Adelanto Child Nutrition

Dec 1, 2018 thru Dec 31, 2018

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)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall		Overage	Error Messages (if any)						
Calories	426		400 - 500		100%											
Cholesterol (mg)	36															
Sodium (mg)	510		540													
Fiber (g)	4.12															
Iron (mg)	3.80															
Calcium (mg)	389.2					Missing										
Vitamin A (IU)	1302					Missing										
Sugars (g)	51	47.97%														
Vitamin C (mg)	14.39					Missing										
Protein (g)	17.45	16.40%														
Carbohydrate (g)	73.92	69.46%														
Total Fat (g)	7.74	16.37%														
Trans Fat ¹ (g)	0.00	0.00%				Missing										

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