

Adelanto Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

ELEM LUNCH OVS

Portion Values - Detailed

Page 1

Generated on: 12/21/2018 2:51:10 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) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Mon - 01/07/2019 | | | | | | | | | | | | | | | |
| ELEM LUNCH 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 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 | 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 4 OZ | 1 EACH | 1 | 110 | 0 | 60 | 0.00 | 0.00 | 100.4 | 0 | 3.61 | 15 | 4.01 | 20.07 | 1.0 | 0.00 |
| 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 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 |
| 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 | 0.00 |
| 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 |
| 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 |
| 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 | 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 | | | 567 | 43 | 988 | 6.41 | 2.38 | 451.0 | 1523 | 11.36 | 39 | 27.47 | 79.51 | 16.03 | 0.00 |
| % of Calories | | | | | | | | | | | 27.6% | 19.4% | 56.1% | 25.5% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | |

| | | | | | | | | | | | | | | | |
|--------------------------------|-----------|---|-----|----|-----|------|------|-------|-----|------|----|------|-------|------|------|
| Tue - 01/08/2019 | | | | | | | | | | | | | | | |
| ELEM LUNCH 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 |
| ROTINI PASTA/MEAT SAUCE WG | 7.44 OZ | 1 | 226 | 39 | 314 | 5.00 | 3.00 | 68.0 | 665 | 24.0 | 7 | 19.0 | 25.0 | 6.0 | 0.00 |
| 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 | 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 | 0.00 |
| 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 |
| 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 |
| BROCCOLI | 1/2 CUP | 1 | 16 | 0 | 11 | 1.30 | 0.23 | 19.5 | 163 | 39.0 | 0 | 1.3 | 2.93 | 0.0 | 0.00 |
| STRAWBERRY, FROZEN CUP | 1 EACH | 2 | 90 | 0 | 0 | 2.00 | 0.36 | 20.0 | 90 | 66.0 | 18 | 1.0 | 22.0 | 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 |

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

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

ELEM LUNCH OVS

Portion Values - Detailed

Page 2

Generated on: 12/21/2018 2:51:10 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) | Tr-Fat ¹ (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Weighted Daily Average | | | 527 | 39 | 611 | 6.65 | 2.52 | 475.2 | 1505 | 99.31 | 49 | 29.21 | 80.51 | 10.53 | 0.00 |
| % of Calories | | | | | | | | | | | 36.8% | 22.2% | 61.1% | 18.0% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | |

| Wed - 01/09/2019 | | | | | | | | | | | | | | | |
|----------------------------------|-----------|---|---------|----|------|------|------|-------|------|-------|-------|-------|-------|-------|------|
| ELEM LUNCH 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 |
| 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 | 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 | 0.00 |
| 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 |
| 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 |
| FRIES; CRINKLE CUT (MCCAIN) | 2.06 OZ | 1 | 90 | 0 | 115 | 1.00 | 0.36 | 0.0 | 0 | 2.4 | 0 | 1.0 | 14.0 | 3.0 | 0.00 |
| SWEET BBQ 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 |
| 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 | 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 | 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 | | | 612 | 39 | 1009 | 6.41 | 3.09 | 493.4 | 1245 | 10.36 | 44 | 29.96 | 87.10 | 16.15 | 0.00 |
| % of Calories | | | | | | | | | | | 28.4% | 19.6% | 57.0% | 23.8% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | |

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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ELEM LUNCH OVS

Portion Values - Detailed

Page 3

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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 - 01/10/2019 | | | | | | | | | | | | | | | |
| ELEM LUNCH 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 |
| 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 | 0.00 |
| 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 |
| 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 | 0.00 |
| 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 |
| 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 |
| COOKED BROCCOLI | 1/2 CUP | 2 | 32 | 2 | 16 | 1.94 | 0.35 | 29.2 | 283 | 58.32 | 0 | 1.94 | 4.37 | 0.81 | 0.00 |
| COOKED CARROTS | 1/2 CUP | 2 | 41 | 2 | 132 | 2.96 | 0.50 | 21.2 | 12699 | 0.12 | 4 | 1.0 | 7.87 | 0.83 | 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 | | | 519 | 44 | 816 | 7.12 | 1.57 | 471.1 | 14155 | 61.40 | 47 | 26.50 | 83.30 | 9.55 | 0.00 |
| % of Calories | | | | | | | | | | | 36.5% | 20.4% | 64.2% | 16.6% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | |

| | | | | | | | | | | | | | | | |
|--------------------------------|---------|---|-----|----|-----|------|------|-------|-----|------|----|------|-------|-------|------|
| Fri - 01/11/2019 | | | | | | | | | | | | | | | |
| ELEM LUNCH 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 |
| CHEESE STUFFED STICKS | 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 | 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 | 0.00 |
| 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 |
| 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 | 1 | 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 | 2 | 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 | 0.00 |
| MANDARIN ORANGES,CND, | 1/2 CUP | 2 | 90 | 0 | 20 | 1.00 | 0.36 | 20.0 | 300 | 21.0 | 18 | 1.0 | 20.0 | 0.0 | 0.00 |
| MILK, 1% 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 |

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ELEM LUNCH OVS

Portion Values - Detailed

Page 4

Generated on: 12/21/2018 2:51:10 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) | Tr-Fat ¹ (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Weighted Daily Average | | | 642 | 58 | 1204 | 4.91 | 1.84 | 693.8 | 1700 | 26.95 | 50 | 29.60 | 80.10 | 22.32 | 0.00 |
| % of Calories | | | | | | | | | | | 31.4% | 18.4% | 49.9% | 31.3% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | |

| Mon - 01/14/2019 | | | | | | | | | | | | | | | |
|--------------------------------|---------|---|---------|----|------|-------|------|-------|-----|------|-------|-------|-------|-------|------|
| ELEM LUNCH 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 TENDERS, TYSON | 3 EACH | 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 |
| 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 | 0.00 |
| 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 |
| 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 |
| CORN: canned, yellow | 1/2 CUP | 2 | 65 | 0 | 15 | 2.00 | 0.72 | 0.0 | 20 | 3.6 | 3 | 2.0 | 15.0 | 1.0 | 0.00 |
| KIDNEY BEANS | 4 OZ | 2 | 109 | 0 | 140 | 8.20 | 1.61 | 31.0 | 0 | 1.4 | 0 | 6.72 | 19.96 | 0.44 | 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 |
| 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 | 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 | | | 635 | 32 | 818 | 14.03 | 3.41 | 462.4 | 981 | 6.80 | 42 | 32.78 | 96.63 | 14.97 | 0.00 |
| % of Calories | | | | | | | | | | | 26.5% | 20.7% | 60.9% | 21.2% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | |

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|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Tue - 01/15/2019 | | | | | | | | | | | | | | | |
| ELEM LUNCH 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 |
| TACO NADA, TURKEY | 5 oz | 1 | 309 | 30 | 419 | 4.99 | 3.59 | 79.9 | 200 | 1.2 | 1 | 17.97 | 39.93 | 9.98 | 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 | 0.00 |
| 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 |
| 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 |
| 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 |
| SOUR CREAM | 2 TBSP | 2 | 58 | 19 | 19 | 0.00 | 0.00 | 38.3 | 192 | 0.0 | 0 | 0.96 | 0.96 | 5.75 | 0.00 |
| 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 |
| 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 | 0.00 |
| 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 | | | 518 | 46 | 686 | 6.90 | 2.61 | 354.7 | 993 | 11.41 | 30 | 25.30 | 69.46 | 17.39 | 0.00 |
| % of Calories | | | | | | | | | | | 22.9% | 19.5% | 53.6% | 30.2% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | |

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

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

ELEM LUNCH OVS

Portion Values - Detailed

Page 6

Generated on: 12/21/2018 2:51:10 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) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Wed - 01/16/2019 | | | | | | | | | | | | | | | |
| ELEM LUNCH 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 |
| 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 | 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 4 OZ | 1 EACH | 1 | 110 | 0 | 60 | 0.00 | 0.00 | 100.4 | 0 | 3.61 | 15 | 4.01 | 20.07 | 1.0 | 0.00 |
| 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 |
| 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 |
| FRIES; CRINKLE CUT (MCCAIN) | 2.06 OZ | 2 | 90 | 0 | 115 | 1.00 | 0.36 | 0.0 | 0 | 2.4 | 0 | 1.0 | 14.0 | 3.0 | 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 |
| 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 |
| 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 |
| 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 |
| 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 | 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 | | | 586 | 43 | 1260 | 10.55 | 3.10 | 337.9 | 2894 | 22.21 | 40 | 25.26 | 83.84 | 16.98 | 0.00 |
| % of Calories | | | | | | | | | | | 27.0% | 17.2% | 57.2% | 26.1% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | |

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

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

ELEM LUNCH OVS

Portion Values - Detailed

Page 7

Generated on: 12/21/2018 2:51:11 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) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Thu - 01/17/2019 | | | | | | | | | | | | | | | |
| ELEM LUNCH 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 |
| CARNE ASADA FRIES | SERVING | 1 | 453 | 101 | 830 | 1.00 | 2.16 | 1446.4 | 2170 | 2.4 | *1 | 28.18 | 17.02 | 30.23 | 0.00 |
| CORN BREAD, WG | 1.9 OZ | 1 | 154 | 21 | 105 | 2.00 | 0.08 | 19.0 | 116 | 0.15 | *N/A* | 2.3 | 25.0 | 5.0 | 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 | 0.00 |
| 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 |
| 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 |
| SOUR CREAM | 1 TBSP | 2 | 29 | 10 | 10 | 0.00 | 0.00 | 19.2 | 96 | 0.0 | 0 | 0.48 | 0.48 | 2.88 | 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 |
| ONIONS,RAW | 1/4 cup | 1 | 16 | 0 | 2 | 0.68 | 0.05 | 7.5 | 9 | 2.85 | 2 | 0.45 | 3.75 | 0.05 | 0.00 |
| SALSA VERDE:grn | 2 OZ | 1 | 9 | 0 | 354 | 1.77 | 0.00 | 0.0 | 177 | 0.0 | 2 | 0.0 | 1.77 | 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 | 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 | | | 686 | 90 | 1048 | 5.62 | 1.86 | 1172.1 | 3106 | 16.49 | *44 | 33.47 | 80.21 | 26.55 | 0.00 |
| % of Calories | | | | | | | | | | | *25.5% | 19.5% | 46.7% | 34.8% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | |

| | | | | | | | | | | | | | | | |
|--------------------------------|---------|---|-----|----|-----|------|------|-------|-------|------|----|------|-------|-------|------|
| Fri - 01/18/2019 | | | | | | | | | | | | | | | |
| ELEM LUNCH 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 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 | 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 | 0.00 |
| 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 |
| 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 |
| 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 |
| CARROT STICKS | 1/2 cup | 1 | 26 | 0 | 44 | 1.79 | 0.19 | 21.1 | 10692 | 3.78 | 3 | 0.6 | 6.13 | 0.15 | 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 | 0.00 |
| PLUMS,FRESH | 1 EACH | 2 | 30 | 0 | 0 | 0.80 | 0.14 | 4.0 | 220 | 6.24 | 6 | 0.4 | 7.6 | 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 |

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

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

ELEM LUNCH OVS

Portion Values - Detailed

Page 8

Generated on: 12/21/2018 2:51:11 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) | Tr-Fat ¹ (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Weighted Daily Average | | | 513 | 51 | 1225 | 5.12 | 2.24 | 407.1 | 7907 | 20.87 | 32 | 20.01 | 63.03 | 20.65 | 0.00 |
| % of Calories | | | | | | | | | | | 24.6% | 15.6% | 49.1% | 36.2% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | |

| Tue - 01/22/2019 | | | | | | | | | | | | | | | |
|--------------------------------|---------|---|---------|----|------|------|------|-------|------|------|-------|-------|-------|-------|------|
| ELEM LUNCH 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 |
| HOTDOG RECIPE | 1 each | 1 | 318 | 35 | 696 | 1.98 | 1.79 | 39.7 | 0 | 7.15 | 4 | 10.93 | 28.78 | 17.9 | 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 | 0.00 |
| 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 |
| 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 |
| FRIES; CRINKLE CUT (MCCAIN) | 2.06 OZ | 1 | 90 | 0 | 115 | 1.00 | 0.36 | 0.0 | 0 | 2.4 | 0 | 1.0 | 14.0 | 3.0 | 0.00 |
| SWEET BBQ BEANS | 1/2 CUP | 2 | 123 | 0 | 482 | 5.74 | 1.73 | 60.3 | 101 | 0.12 | 5 | 6.73 | 24.1 | 0.01 | 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 |
| 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 | | | 645 | 37 | 1347 | 8.94 | 2.99 | 500.9 | 1001 | 7.26 | 45 | 29.25 | 96.55 | 16.49 | 0.00 |
| % of Calories | | | | | | | | | | | 27.9% | 18.1% | 59.9% | 23.0% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | |

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Adelanto Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

ELEM LUNCH OVS

Portion Values - Detailed

Page 9

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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 - 01/23/2019 | | | | | | | | | | | | | | | |
| ELEM LUNCH 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 |
| 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 | 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 | 0.00 |
| 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 |
| 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 |
| SALAD-3 WAY;ROMAINE | 1/2 CUP | 1 | 11 | 0 | 7 | 1.00 | 0.54 | 190.0 | 4900 | 8.4 | 1 | 1.0 | 2.0 | 0.0 | 0.00 |
| CUCUMBER:RAW | 1/2 cup | 1 | 8 | 0 | 1 | 0.00 | 0.18 | 10.0 | 50 | 1.2 | 1 | 0.0 | 2.0 | 0.0 | 0.00 |
| RANCH CHIPOTLE | 2 OZ | 1 | 137 | 1 | 540 | 0.00 | 0.00 | 30.4 | 228 | 0.24 | *1 | 0.91 | 6.89 | 11.34 | *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% 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 | | | 554 | 36 | 986 | 5.33 | 1.50 | 797.2 | 3796 | 111.67 | *42 | 28.00 | 74.30 | 17.38 | *0.00 |
| % of Calories | | | | | | | | | | | *30.2% | 20.2% | 53.7% | 28.2% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | |

| | | | | | | | | | | | | | | | |
|--------------------------------|---------|---|-----|----|-----|------|------|-------|-------|-------|----|------|-------|-------|------|
| Thu - 01/24/2019 | | | | | | | | | | | | | | | |
| ELEM LUNCH 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, TERIYAKI | 2.6 oz | 1 | 146 | 70 | 634 | 0.00 | 0.87 | 0.0 | 85 | 1.46 | 12 | 16.0 | 13.64 | 3.5 | 0.00 |
| 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 | 0.13 |
| 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 | 0.00 |
| 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 |
| 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 |
| COOKED BROCCOLI | 1/2 CUP | 2 | 32 | 2 | 16 | 1.94 | 0.35 | 29.2 | 283 | 58.32 | 0 | 1.94 | 4.37 | 0.81 | 0.00 |
| CARROT STICKS | 1/2 cup | 2 | 26 | 0 | 44 | 1.79 | 0.19 | 21.1 | 10692 | 3.78 | 3 | 0.6 | 6.13 | 0.15 | 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 | 0.00 |
| 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 | 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 |

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Adelanto Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

ELEM 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) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Weighted Daily Average | | | 559 | 70 | 980 | 5.69 | 2.08 | 491.3 | 11991 | 70.73 | 50 | 28.33 | 80.56 | 14.30 | 0.06 |
| % of Calories | | | | | | | | | | | 36.0% | 20.3% | 57.6% | 23.0% | 0.1% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | |

| Fri - 01/25/2019 | | | | | | | | | | | | | | | |
|--------------------------------|-----------|---|---------|----|------|------|------|-------|-------|-------|-------|-------|-------|-------|------|
| ELEM LUNCH 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, 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 |
| 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 | 0.00 |
| 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 |
| 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 |
| CELERY STICKS | 1/2 cup | 2 | 11 | 0 | 53 | 1.41 | 0.13 | 28.2 | 282 | 1.69 | 1 | 0.71 | 2.12 | 0.0 | 0.00 |
| CARROT STICKS | 1/2 cup | 2 | 26 | 0 | 44 | 1.79 | 0.19 | 21.1 | 10692 | 3.78 | 3 | 0.6 | 6.13 | 0.15 | 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 | 0.00 |
| MANDARIN ORANGES, CND, | 1/2 CUP | 2 | 90 | 0 | 20 | 1.00 | 0.36 | 20.0 | 300 | 21.0 | 18 | 1.0 | 20.0 | 0.0 | 0.00 |
| MILK, 1% 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 | | | 613 | 58 | 1149 | 6.20 | 1.76 | 559.9 | 12167 | 31.48 | 44 | 24.19 | 76.48 | 23.23 | 0.00 |
| % of Calories | | | | | | | | | | | 28.8% | 15.8% | 49.9% | 34.1% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | |

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

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

ELEM 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) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Mon - 01/28/2019 | | | | | | | | | | | | | | | |
| ELEM LUNCH 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 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 |
| 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 | 0.00 |
| 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 |
| 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 |
| CORN: canned, yellow | 1/2 CUP | 2 | 65 | 0 | 15 | 2.00 | 0.72 | 0.0 | 20 | 3.6 | 3 | 2.0 | 15.0 | 1.0 | 0.00 |
| PINTO BEANS | 1/2 CUP | 1 | 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 | 2 | 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 | 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 | 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 | | | 614 | 30 | 875 | 9.70 | 2.96 | 509.9 | 1033 | 110.35 | 48 | 30.34 | 94.82 | 15.17 | 0.00 |
| % of Calories | | | | | | | | | | | 31.5% | 19.8% | 61.8% | 22.2% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | |

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

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Adelanto Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

ELEM 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 - 01/29/2019 | | | | | | | | | | | | | | | |
| ELEM LUNCH 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 | 2 EACH | 1 | 75 | 4 | 200 | 2.00 | 0.72 | 20.0 | 200 | 0.0 | 3 | 1.5 | 15.5 | 1.0 | 0.00 |
| 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 | 0.00 |
| 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 | 0.00 |
| 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 |
| 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 | 2.52 OZ | 2 | 130 | 0 | 310 | 2.00 | 0.36 | 10.0 | 0 | 3.6 | 0 | 2.0 | 16.0 | 6.0 | 0.00 |
| TOMATOES; GRAPE DROP | 2 OZ | 2 | 7 | 0 | 2 | 0.45 | 0.10 | 3.7 | 310 | 5.1 | 1 | 0.33 | 1.45 | 0.07 | *N/A* |
| 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 |
| 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 | 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 | | | 540 | 116 | 966 | 5.34 | 1.72 | 315.1 | 1385 | 12.90 | 38 | 21.10 | 74.66 | 17.36 | *0.00 |
| % of Calories | | | | | | | | | | | 27.9% | 15.6% | 55.3% | 28.9% | *0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | |

| | | | | | | | | | | | | | | | |
|--------------------------------|-----------|---|-----|----|-----|------|------|-------|------|------|----|------|-------|------|------|
| Wed - 01/30/2019 | | | | | | | | | | | | | | | |
| ELEM LUNCH 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 |
| BEEF TACOS | (2) TACOS | 1 | 257 | 44 | 86 | 2.50 | 9.64 | 116.0 | 0 | 0.0 | 0 | 18.5 | 27.8 | 9.0 | 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 | 0.00 |
| 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 |
| 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 |
| 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 |
| SOUR CREAM | 2 TBSP | 2 | 58 | 19 | 19 | 0.00 | 0.00 | 38.3 | 192 | 0.0 | 0 | 0.96 | 0.96 | 5.75 | 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 |
| 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 |
| 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 | 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 |

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Adelanto Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

ELEM 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) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Weighted Daily Average | | | 483 | 53 | 460 | 5.25 | 6.17 | 370.3 | 3250 | 21.01 | 36 | 22.51 | 64.90 | 15.03 | 0.00 |
| % of Calories | | | | | | | | | | | 29.8% | 18.6% | 53.7% | 28.0% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | |

| Thu - 01/31/2019 | | | | | | | | | | | | | | | |
|--------------------------------|-----------|---|---------|----|------|------|------|-------|------|-------|--------|-------|-------|-------|------|
| ELEM LUNCH 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 |
| CHILI CON CARNE & BEANS | 5.64 OZ | 1 | 179 | 30 | 471 | 4.00 | 2.00 | 44.0 | 878 | 10.0 | 3 | 13.0 | 13.0 | 9.0 | 0.00 |
| CORN BREAD, WG | 1.9 OZ | 1 | 154 | 21 | 105 | 2.00 | 0.08 | 19.0 | 116 | 0.15 | *N/A* | 2.3 | 25.0 | 5.0 | 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 4 OZ | 1 EACH | 1 | 110 | 0 | 60 | 0.00 | 0.00 | 100.4 | 0 | 3.61 | 15 | 4.01 | 20.07 | 1.0 | 0.00 |
| 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 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 |
| BROCCOLI | 1/2 CUP | 1 | 16 | 0 | 11 | 1.30 | 0.23 | 19.5 | 163 | 39.0 | 0 | 1.3 | 2.93 | 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 | 0.00 |
| ONIONS, RAW | 1/4 cup | 1 | 16 | 0 | 2 | 0.68 | 0.05 | 7.5 | 9 | 2.85 | 2 | 0.45 | 3.75 | 0.05 | 0.00 |
| TOMATOES, FRESH | 1/4 CUP | 1 | 7 | 0 | 2 | 0.50 | 0.09 | 2.5 | 312 | 4.8 | 1 | 0.25 | 1.5 | 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 |
| 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 | | | 500 | 47 | 621 | 9.74 | 1.77 | 346.8 | 1411 | 42.21 | *38 | 20.69 | 74.61 | 14.68 | 0.00 |
| % of Calories | | | | | | | | | | | *30.7% | 16.5% | 59.6% | 26.4% | 0.0% |
| Nutrient Guideline | | | 550-650 | | 1230 | | | | | | | | | | |

| | | | | | | | | | | | | | | | |
|------------------|--|--|-----|----|-----|------|------|-------|------|-------|--------|-------|-------|-------|-------|
| Weighted Average | | | 573 | 52 | 947 | 7.22 | 2.53 | 511.7 | 4002 | 38.60 | *42 | 26.89 | 80.03 | 16.93 | *0.00 |
| | | | | | | | | | | | *66.1% | 18.8% | 55.9% | 26.6% | *0.0% |

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Adelanto Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

ELEM LUNCH OVS

Portion Values - Detailed

Page 14

Generated on: 12/21/2018 2:51:11 PM

| 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) | Error Messages (if any) |
|----------------------------|----------|--------------|---------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-------------------------|-------------------------|
| | | % of Cals | Weekly Target | | % of Target | Miss Data | Shortfall | | Overage | | | | | | | | |
| Calories | 573 | | 550 - 650 | | 100% | | | | | | | | | | | | |
| Cholesterol (mg) | 52 | | | | | | | | | | | | | | | | |
| Sodium (mg) | 947 | | 1230 | | | | | | | | | | | | | | |
| Fiber (g) | 7.22 | | | | | | | | | | | | | | | | |
| Iron (mg) | 2.53 | | | | | | | | | | | | | | | | |
| Calcium (mg) | 511.7 | | | | | | | | | | | | | | | | |
| Vitamin A (IU) | 4002 | | | | | | | | | | | | | | | | |
| Sugars (g) | 42 | 29.37% | | | | Missing | | | | | | | | | | | |
| Vitamin C (mg) | 38.60 | | | | | | | | | | | | | | | | |
| Protein (g) | 26.89 | 18.77% | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 80.03 | 55.86% | | | | | | | | | | | | | | | |
| Total Fat (g) | 16.93 | 26.59% | | | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.00 | 0.01% | | | | Missing | | | | | | | | | | | |

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