

Adelanto Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

Page 1

Generated on: 12/21/2018 2:51:30 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 | | | | | | | | | | | | | | | |
| 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 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 | 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 | 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 |
| 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 | 3 | 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 | 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 | 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 | | | 537 | 34 | 960 | 7.25 | 2.47 | 394.5 | 1286 | 11.00 | 30 | 23.95 | 76.00 | 15.85 | 0.00 |
| % of Calories | | | | | | | | | | | 22.5% | 17.8% | 56.6% | 26.6% | 0.0% |
| Nutrient Guideline | | | 600-650 | | 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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Jan 1, 2019 thru Jan 31, 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) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Tue - 01/08/2019 | | | | | | | | | | | | | | | |
| 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 |
| 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 |
| SMOOTHIE | (8OZ) SE | 1 | 164 | 3 | 77 | *0.65 | *0.05 | *105.5 | *557 | *47.78 | *22 | 4.17 | 35.91 | 0.94 | 0.00 |
| 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 | 0.00 |
| 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 | 3 | 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 | 3 | 90 | 0 | 0 | 2.00 | 0.36 | 20.0 | 90 | 66.0 | 18 | 1.0 | 22.0 | 0.0 | 0.00 |
| MILK, 1% ROCKVIEW | 1 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 | 1 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 | | | 670 | 40 | 660 | *9.27 | *2.95 | *557.4 | *1991 | *195.20 | *69 | 33.09 | 112.39 | 11.00 | 0.00 |
| % of Calories | | | | | | | | | | | *40.9% | 19.8% | 67.1% | 14.8% | 0.0% |
| Nutrient Guideline | | | 600-650 | | 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

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | Tr-Fat ¹ (g) |
|----------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Wed - 01/09/2019 | | | | | | | | | | | | | | | |
| 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 |
| 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 |
| SANDWICH/TURKEY & CHEESE | 4.7 oz | 1 | 270 | 50 | 880 | 3.00 | 2.70 | 200.0 | 100 | 0.0 | 2 | 24.0 | 25.0 | 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 |
| 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 | 3 | 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 | 3 | 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 | 3 | 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 | 2 | 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 | 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 | 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 | | | 691 | 44 | 1434 | 10.23 | 4.48 | 435.8 | 1033 | 9.38 | 38 | 33.28 | 98.44 | 17.44 | 0.00 |
| % of Calories | | | | | | | | | | | 22.0% | 19.3% | 57.0% | 22.7% | 0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | |

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MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Thu - 01/10/2019 | | | | | | | | | | | | | | | |
| 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 |
| 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 |
| CHEF'S SALAD (CHICKEN) | 1 EACH | 1 | 521 | 148 | 975 | 6.80 | 3.69 | 1100.1 | 15630 | 32.82 | 6 | 39.79 | 44.92 | 20.52 | 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 | 3 | 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 | 3 | 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 | 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 | 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 | | | 560 | 80 | 918 | 9.05 | 2.56 | 700.7 | 18990 | 71.54 | 38 | 31.91 | 78.92 | 13.75 | 0.00 |
| % of Calories | | | | | | | | | | | 27.5% | 22.8% | 56.4% | 22.1% | 0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | |

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|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Fri - 01/11/2019 | | | | | | | | | | | | | | | |
| 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 |
| 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 | 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 | 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 |
| 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 | 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 | 3 | 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 | 3 | 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 |
| Weighted Daily Average | | | 656 | 61 | 1293 | 5.55 | 1.96 | 494.5 | 1447 | 26.78 | 41 | 25.78 | 75.20 | 27.71 | 0.00 |
| % of Calories | | | | | | | | | | | 25.0% | 15.7% | 45.8% | 38.0% | 0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | |

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|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Mon - 01/14/2019 | | | | | | | | | | | | | | | |
| 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 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 | 1 serving | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| BEEF BEAN AND CHEESE BURRITO | 1 EACH | 1 | 360 | 25 | 460 | 5.00 | 1.44 | 100.0 | 400 | 1.2 | 3 | 16.0 | 40.0 | 15.0 | 0.00 |
| OR | 1 serving | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| 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 | 3 | 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 | 3 | 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 | 3 | 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 | 1 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 | 1 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 | | | 619 | 30 | 752 | 15.03 | 3.53 | 352.0 | 812 | 6.60 | 34 | 30.09 | 94.28 | 15.46 | 0.00 |
| % of Calories | | | | | | | | | | | 21.7% | 19.4% | 60.9% | 22.5% | 0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | |

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

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Adelanto Child Nutrition

Jan 1, 2019 thru Jan 31, 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) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Tue - 01/15/2019 | | | | | | | | | | | | | | | |
| 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 |
| 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 | 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 | 1 EACH | 1 | 487 | 5 | 285 | *6.24 | *1.62 | 234.9 | 1065 | *67.14 | 46 | 12.75 | 90.95 | 8.5 | 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 |
| 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 | 3 | 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 | 3 | 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 | 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 | 0.00 |
| 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 | | | 658 | 44 | 721 | *11.48 | *3.03 | 442.5 | 1406 | *32.98 | 45 | 29.53 | 98.28 | 18.17 | 0.00 |
| % of Calories | | | | | | | | | | | 27.5% | 18.0% | 59.8% | 24.9% | 0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | |

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

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Adelanto Child Nutrition

Jan 1, 2019 thru Jan 31, 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) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Wed - 01/16/2019 | | | | | | | | | | | | | | | |
| 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 |
| 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 | serving | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| SANDWICH/TURKEY & CHEESE | 4.7 oz | 1 | 270 | 50 | 880 | 3.00 | 2.70 | 200.0 | 100 | 0.0 | 2 | 24.0 | 25.0 | 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 |
| 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 | 3 | 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 | 3 | 5 | 0 | 0 | 2.00 | 0.36 | 10.0 | 2000 | 1.2 | 1 | 0.5 | 0.5 | 0.0 | 0.00 |
| TOMATOES, FRESH | 1/4 CUP | 3 | 7 | 0 | 2 | 0.50 | 0.09 | 2.5 | 312 | 4.8 | 1 | 0.25 | 1.5 | 0.0 | 0.00 |
| PICKLES,DILL | 1 oz | 3 | 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 | 3 | 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 | | | 542 | 45 | 1299 | 10.87 | 3.36 | 302.8 | 2767 | 21.60 | 33 | 25.42 | 76.89 | 14.66 | 0.00 |
| % of Calories | | | | | | | | | | | 24.6% | 18.8% | 56.8% | 24.4% | 0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | |

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Adelanto Child Nutrition

Jan 1, 2019 thru Jan 31, 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) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Thu - 01/17/2019 | | | | | | | | | | | | | | | |
| 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 |
| 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 | 1 | 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 | 2 | 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 | | | 680 | 85 | 1044 | 5.95 | 1.88 | 1166.2 | 3063 | 17.92 | *45 | 33.45 | 81.84 | 25.13 | 0.00 |
| % of Calories | | | | | | | | | | | *26.2% | 19.7% | 48.1% | 33.3% | 0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | |

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Adelanto Child Nutrition

Jan 1, 2019 thru Jan 31, 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) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Fri - 01/18/2019 | | | | | | | | | | | | | | | |
| 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 |
| 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 |
| 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 | 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 |
| SPINACH; RAW | 1/2 CUP | 3 | 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 | 3 | 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 | 3 | 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 | 3 | 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 | 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 | | | 605 | 57 | 1297 | 5.68 | 2.31 | 499.8 | 13312 | 20.96 | 35 | 21.62 | 71.25 | 26.47 | 0.00 |
| % of Calories | | | | | | | | | | | 22.9% | 14.3% | 47.1% | 39.4% | 0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | |

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Adelanto Child Nutrition

Jan 1, 2019 thru Jan 31, 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) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Tue - 01/22/2019 | | | | | | | | | | | | | | | |
| 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 | 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 |
| SMOOTHIE | (8OZ) SE RVINGS | 1 | 164 | 3 | 77 | *0.65 | *0.05 | *105.5 | *557 | *47.78 | *22 | 4.17 | 35.91 | 0.94 | 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 | 3 | 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 | 3 | 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 | 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 | 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 | | | 601 | 26 | 1161 | *9.16 | *2.82 | *392.3 | *902 | *22.59 | *43 | 23.80 | 98.04 | 13.31 | 0.00 |
| % of Calories | | | | | | | | | | | *28.4% | 15.8% | 65.2% | 19.9% | 0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | |

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Adelanto Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Wed - 01/23/2019 | | | | | | | | | | | | | | | |
| 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 |
| 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 |
| TURKEY PANINI | 1 EACH | 1 | 254 | 57 | 799 | 1.00 | 1.14 | 161.0 | 291 | 0.0 | 2 | 19.46 | 17.41 | 13.44 | 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 | 3 | 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 | 3 | 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 | 3 | 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 | 3 | 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 | | | 581 | 43 | 1290 | 5.62 | 1.97 | 751.5 | 6112 | 115.99 | *34 | 26.85 | 68.15 | 23.84 | *0.00 |
| % of Calories | | | | | | | | | | | *23.5% | 18.5% | 46.9% | 36.9% | *0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | |

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

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Adelanto Child Nutrition

Jan 1, 2019 thru Jan 31, 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) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Thu - 01/24/2019 | | | | | | | | | | | | | | | |
| 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 | 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 |
| CHICKEN BBQ RANCH SALAD | 1 EACH | 1 | 572 | 47 | 1338 | 10.24 | 6.00 | 1115.7 | 15115 | 31.11 | *5 | 38.89 | 61.96 | 19.77 | 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 | 3 | 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 | 3 | 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 | 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 | 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 | | | 606 | 63 | 1123 | 8.78 | 3.81 | 716.2 | 16714 | 80.22 | *41 | 32.70 | 83.53 | 16.44 | 0.04 |
| % of Calories | | | | | | | | | | | *27.0% | 21.6% | 55.1% | 24.4% | 0.1% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | |

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Adelanto Child Nutrition

Jan 1, 2019 thru Jan 31, 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) | Tr-Fat ¹ (g) |
|-----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Fri - 01/25/2019 | | | | | | | | | | | | | | | |
| 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 |
| PIZZA,PEPPERONI,BELLA ROSA | 1 EACH | 1 | 340 | 40 | 670 | 3.00 | 1.80 | 400.0 | 750 | 6.0 | 4 | 19.0 | 31.0 | 16.0 | 0.00 |
| OR | serving | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| 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 | 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 | 1 EACH | 1 | 100 | 4 | 170 | 1.00 | 0.36 | 20.0 | 0 | 0.0 | 0 | 3.0 | 14.0 | 3.5 | 0.00 |
| GRAIN | | | | | | | | | | | | | | | |
| WITH | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| 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 |
| CARROT STICKS | 1/2 cup | 3 | 26 | 0 | 44 | 1.79 | 0.19 | 21.1 | 10692 | 3.78 | 3 | 0.6 | 6.13 | 0.15 | 0.00 |
| RANCH DRESSING | 2 oz | 3 | 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 | 3 | 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 |
| Weighted Daily Average | | | 695 | 62 | 1333 | 6.54 | 2.09 | 607.2 | 12335 | 32.27 | 47 | 24.84 | 84.30 | 28.47 | 0.00 |
| % of Calories | | | | | | | | | | | 27.1% | 14.3% | 48.5% | 36.9% | 0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | |

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Adelanto Child Nutrition

Jan 1, 2019 thru Jan 31, 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) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Mon - 01/28/2019 | | | | | | | | | | | | | | | |
| 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 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 |
| 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 | 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 | 3 | 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 | 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 | 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 | | | 642 | 25 | 876 | 12.87 | 3.89 | 489.4 | 794 | 110.15 | 44 | 30.98 | 101.43 | 15.00 | 0.00 |
| % of Calories | | | | | | | | | | | 27.2% | 19.3% | 63.2% | 21.0% | 0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | |

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Adelanto Child Nutrition

Jan 1, 2019 thru Jan 31, 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) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Tue - 01/29/2019 | | | | | | | | | | | | | | | |
| 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 |
| 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 |
| PARFAIT | 1 EACH | 1 | 487 | 5 | 285 | *6.24 | *1.62 | 234.9 | 1065 | *67.14 | 46 | 12.75 | 90.95 | 8.5 | 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 | 3 | 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 | 3 | 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 | 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 | 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 | | | 629 | 84 | 889 | *6.92 | *1.96 | 393.0 | 1731 | *34.68 | 51 | 22.58 | 96.54 | 17.26 | *0.00 |
| % of Calories | | | | | | | | | | | 32.1% | 14.4% | 61.4% | 24.7% | *0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | |

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Adelanto Child Nutrition

Jan 1, 2019 thru Jan 31, 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) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Wed - 01/30/2019 | | | | | | | | | | | | | | | |
| 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 | 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 |
| SANDWICH/TURKEY & CHEESE | 4.7 oz | 1 | 270 | 50 | 880 | 3.00 | 2.70 | 200.0 | 100 | 0.0 | 2 | 24.0 | 25.0 | 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 |
| 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 | 3 | 5 | 0 | 0 | 2.00 | 0.36 | 10.0 | 2000 | 1.2 | 1 | 0.5 | 0.5 | 0.0 | 0.00 |
| TOMATOES, FRESH | 1/4 CUP | 3 | 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 | 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 | 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 | | | 480 | 57 | 649 | 5.67 | 5.40 | 417.7 | 3244 | 18.00 | 35 | 26.59 | 63.27 | 13.19 | 0.00 |
| % of Calories | | | | | | | | | | | 29.3% | 22.2% | 52.8% | 24.8% | 0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | |

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Jan 1, 2019 thru Jan 31, 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) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Thu - 01/31/2019 | | | | | | | | | | | | | | | |
| 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 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 | serving | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| CHEF'S SALAD (CHICKEN) | 1 EACH | 1 | 521 | 148 | 975 | 6.80 | 3.69 | 1100.1 | 15630 | 32.82 | 6 | 39.79 | 44.92 | 20.52 | 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 |
| 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 | 3 | 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 | 3 | 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 | 3 | 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 | 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 | 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 | | | 600 | 86 | 793 | 12.08 | 2.77 | 724.3 | 6757 | 74.18 | *40 | 31.72 | 82.83 | 17.50 | 0.00 |
| % of Calories | | | | | | | | | | | *26.9% | 21.2% | 55.2% | 26.3% | 0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | |
| Weighted Average | | | 614 | 54 | 1027 | *8.78 | *2.96 | *546.5 | *5261 | *50.11 | *41 | 28.23 | 85.64 | 18.37 | *0.00 |
| | | | | | | | | | | | *60.4% | 18.4% | 55.8% | 26.9% | *0.0% |

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Adelanto Child Nutrition

Jan 1, 2019 thru Jan 31, 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) | Tr-Fat ¹ (g) |
|----------------------------|----------|--------------|---------------|-------------|-------------|-----------|-----------|-----------|-----------|-------------------------|------------|------------|-----------|----------|-----------|-------------------------|
| | | % of Cals | Weekly Target | | % of Target | Miss Data | Shortfall | | Overage | Error Messages (if any) | | | | | | |
| Calories | 614 | | 600 - 650 | | 100% | | | | | | | | | | | |
| Cholesterol (mg) | 54 | | | | | | | | | | | | | | | |
| Sodium (mg) | 1027 | | 1230 | | | | | | | | | | | | | |
| Fiber (g) | 8.78 | | | | | Missing | | | | | | | | | | |
| Iron (mg) | 2.96 | | | | | Missing | | | | | | | | | | |
| Calcium (mg) | 546.5 | | | | | Missing | | | | | | | | | | |
| Vitamin A (IU) | 5261 | | | | | Missing | | | | | | | | | | |
| Sugars (g) | 41 | 26.86% | | | | Missing | | | | | | | | | | |
| Vitamin C (mg) | 50.11 | | | | | Missing | | | | | | | | | | |
| Protein (g) | 28.23 | 18.40% | | | | | | | | | | | | | | |
| Carbohydrate (g) | 85.64 | 55.80% | | | | | | | | | | | | | | |
| Total Fat (g) | 18.37 | 26.93% | | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.00 | 0.00% | | | | Missing | | | | | | | | | | |

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