

Adelanto Child Nutrition

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

BREAKFAST OVS

Portion Values - Detailed

Page 1

Generated on: 2/20/2019 10:25:01 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Fri - 03/01/2019 | | | | | | | | | | | | | | | |
| BREAKFAST OVS | Total | 2 | | | | | | | | | | | | | |
| CHOICE OF: | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| BREAKFAST SAUSAGE BISCUIT | 1 EACH | 1 | 292 | 14 | 638 | 2.10 | 1.87 | 192.5 | 173 | 0.0 | 6 | 14.06 | 29.2 | 13.7 | 7.86 |
| OR | serving | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| YAMI YOGURT WITH CHEX | 1 EACH | 1 | 230 | 0 | 115 | 2.00 | 0.72 | 100.0 | 0 | 3.6 | 21 | 6.0 | 43.0 | 4.0 | 1.50 |
| WITH | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| RED APPLE | 1 EACH | 2 | 80 | 0 | 0 | 5.00 | 0.36 | 20.0 | 100 | 12.0 | 17 | 0.0 | 22.0 | 0.0 | 0.00 |
| PEACHES, CANNED, IN PEAR JUICE | 1/2 CUP | 2 | 48 | 0 | 5 | 0.91 | 0.00 | 0.0 | 274 | 1.1 | 9 | 0.91 | 10.97 | 0.0 | 0.00 |
| MILK, 1% ROCKVIEW | carton | 1 | 120 | 15 | 135 | 0.00 | 0.00 | 300.0 | 750 | 0.0 | 16 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, NONFAT CHOC ROCKVIEW | carton | 1 | 120 | 5 | 200 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 22 | 8.0 | 23.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 509 | 17 | 549 | 7.96 | 1.65 | 416.2 | 1211 | 14.90 | 58 | 19.94 | 88.57 | 10.10 | 5.43 |
| % of Calories | | | | | | | | | | | 46.0% | 15.7% | 69.6% | 17.9% | 9.6% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | |
|----------------------------|---------|---|---------|----|-----|------|-------|-------|------|------|-------|-------|-------|-------|--------|
| Mon - 03/04/2019 | | | | | | | | | | | | | | | |
| BREAKFAST OVS | Total | 2 | | | | | | | | | | | | | |
| CHOICE OF: | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| CINNAMON ROLL | 1 EACH | 1 | 300 | 5 | 270 | 3.00 | 1.08 | 900.0 | 4500 | 1.2 | 24 | 5.0 | 54.0 | 8.0 | 1.50 |
| OR | serving | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| CEREAL MARSHMALLOW MATEY | 1 EACH | 1 | 220 | 0 | 370 | 3.00 | 18.00 | 200.0 | 1000 | 12.0 | 23 | 4.0 | 47.0 | 2.0 | 0.00 |
| WITH | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| APPLESAUCE , UNSWEETENED | 1/2 CUP | 1 | 47 | 0 | 0 | 1.21 | 0.00 | 9.3 | 46 | 0.56 | 11 | 0.0 | 13.01 | 0.0 | 0.00 |
| PEARS: canned,light syrup | 1/2 cup | 1 | 55 | 0 | 5 | 1.83 | 0.00 | 0.0 | 55 | 0.0 | 11 | 0.0 | 14.63 | 0.0 | 0.00 |
| MILK, 1% ROCKVIEW | carton | 1 | 120 | 15 | 135 | 0.00 | 0.00 | 300.0 | 750 | 0.0 | 16 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, NONFAT CHOC ROCKVIEW | carton | 1 | 120 | 5 | 200 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 22 | 8.0 | 23.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 431 | 13 | 490 | 4.52 | 9.54 | 804.6 | 3551 | 6.88 | 54 | 13.50 | 83.82 | 6.25 | 1.50 |
| % of Calories | | | | | | | | | | | 49.7% | 12.5% | 77.8% | 13.0% | 3.1% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | <10.00 |

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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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Tue - 03/05/2019 | | | | | | | | | | | | | | | |
| BREAKFAST OVS | Total | 2 | | | | | | | | | | | | | |
| CHOICE OF: | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| PIZZA BAGEL | 3 oz | 1 | 192 | 15 | 383 | 0.90 | 1.59 | 217.0 | 86 | 3.8 | 0 | 11.65 | 23.16 | 5.71 | 3.01 |
| OR | 1 serving | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| CEREAL:COCOA PUFFS | 1 EACH | 1 | 110 | 0 | 160 | 2.00 | 4.50 | 100.0 | 500 | 6.0 | 8 | 2.0 | 25.0 | 1.5 | 0.00 |
| CHEESE, STRING RV | 1 oz | 1 | 81 | 15 | 202 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 0 | 8.1 | 1.01 | 5.06 | 3.04 |
| WITH | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| 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 |
| VERY BERRY JUICE 4 OZ | 1/2 CUP | 2 | 60 | 0 | 1 | 0.00 | 0.00 | 10.0 | 0 | 0.0 | 15 | 0.0 | 15.0 | 0.0 | 0.00 |
| MILK, 1% ROCKVIEW | carton | 1 | 120 | 15 | 135 | 0.00 | 0.00 | 300.0 | 750 | 0.0 | 16 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, NONFAT CHOC ROCKVIEW | carton | 1 | 120 | 5 | 200 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 22 | 8.0 | 23.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 462 | 25 | 561 | 2.45 | 3.41 | 539.7 | 1444 | 25.90 | 56 | 20.87 | 79.09 | 7.39 | 3.77 |
| % of Calories | | | | | | | | | | | 48.5% | 18.1% | 68.5% | 14.4% | 7.4% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | <10.00 |

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Wed - 03/06/2019 | | | | | | | | | | | | | | | |
| BREAKFAST OVS | Total | 2 | | | | | | | | | | | | | |
| CHOICE OF: | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| BREAKFAST ROUND OAT CHOC CHIP | 1 EACH | 1 | 260 | 5 | 190 | 6.25 | 0.10 | 23.4 | 12 | 0.0 | 17 | 5.0 | 43.0 | 7.0 | 2.00 |
| OR | 1 serving | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| APPLE CINNAMON CHEERIOS | BOWL | 1 | 110 | 0 | 110 | 2.00 | 3.60 | 100.0 | 500 | 6.0 | 10 | 2.0 | 22.0 | 1.5 | 0.00 |
| CHEESE, STRING RV | 1 oz | 1 | 81 | 15 | 202 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 0 | 8.1 | 1.01 | 5.06 | 3.04 |
| WITH | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| FRUIT COCKTAIL:canned,lt syrup | 1/2 CUP | 2 | 63 | 0 | 5 | 1.39 | 0.36 | 0.0 | 298 | 2.39 | 13 | 0.47 | 15.92 | 0.0 | 0.00 |
| APPLE JUICE 4 OZ | 1/2 CUP | 2 | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 14.0 | 0.0 | 0.00 |
| MILK, 1% ROCKVIEW | carton | 1 | 120 | 15 | 135 | 0.00 | 0.00 | 300.0 | 750 | 0.0 | 16 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, NONFAT CHOC ROCKVIEW | carton | 1 | 120 | 5 | 200 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 22 | 8.0 | 23.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 468 | 20 | 424 | 5.52 | 2.21 | 412.9 | 1406 | 5.39 | 59 | 17.02 | 82.42 | 8.03 | 3.27 |
| % of Calories | | | | | | | | | | | 50.8% | 14.5% | 70.4% | 15.4% | 6.3% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | <10.00 |

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Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Thu - 03/07/2019 | | | | | | | | | | | | | | | |
| BREAKFAST OVS | Total | 2 | | | | | | | | | | | | | |
| CHOICE OF: | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| BREAKFAST SANDWICH; SAU & CHEE | 1 EA | 1 | 157 | 25 | 368 | 1.40 | 1.10 | 105.0 | 96 | 0.0 | 3 | 9.8 | 15.1 | 6.2 | 2.70 |
| OR | 1 serving | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| CEREAL: RICE CHEX BOWL | 1 | 1 | 70 | 0 | 170 | 1.00 | 5.40 | 60.0 | 300 | 3.6 | 2 | 1.0 | 16.0 | 0.0 | 0.00 |
| CHEESE, STRING RV | 1 oz | 1 | 81 | 15 | 202 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 0 | 8.1 | 1.01 | 5.06 | 3.04 |
| WITH | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| PEARS: canned, light syrup | 1/2 cup | 2 | 55 | 0 | 5 | 1.83 | 0.00 | 0.0 | 55 | 0.0 | 11 | 0.0 | 14.63 | 0.0 | 0.00 |
| ORANGE JUICE 4 OZ RV | 1/2 CUP | 2 | 60 | 0 | 10 | 1.00 | 0.00 | 0.0 | 0 | 42.0 | 13 | 1.0 | 13.0 | 0.0 | 0.00 |
| MILK, 1% ROCKVIEW | carton | 1 | 120 | 15 | 135 | 0.00 | 0.00 | 300.0 | 750 | 0.0 | 16 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, NONFAT CHOC ROCKVIEW | carton | 1 | 120 | 5 | 200 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 22 | 8.0 | 23.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 389 | 30 | 552 | 4.03 | 3.25 | 433.7 | 1104 | 43.80 | 45 | 19.45 | 63.19 | 6.88 | 3.62 |
| % of Calories | | | | | | | | | | | 46.5% | 20.0% | 65.0% | 15.9% | 8.4% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | <10.00 |

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Fri - 03/08/2019 | | | | | | | | | | | | | | | |
| BREAKFAST OVS | 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 |
| BREAKFAST BAR; COCOA CHIP | 1 EACH | 1 | 270 | 0 | 230 | 5.00 | 2.70 | 20.0 | 0 | 0.0 | 21 | 5.0 | 48.0 | 8.0 | 2.50 |
| OR | 1 serving | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| FRENCH TOAST BENEFIT BAR | 1 EACH | 1 | 289 | 25 | 200 | 2.99 | 1.80 | 39.9 | 105 | 0.0 | 21 | 4.99 | 46.92 | 8.98 | 2.50 |
| OR | 1 serving | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| YAMI YOGURT WITH CHEX | 1 EACH | 1 | 230 | 0 | 115 | 2.00 | 0.72 | 100.0 | 0 | 3.6 | 21 | 6.0 | 43.0 | 4.0 | 1.50 |
| WITH | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| STRAWBERRIES, FRESH | 1/2 CUP | 1 | 37 | 0 | 0 | 2.24 | 0.54 | 14.9 | 0 | 67.14 | 5 | 0.75 | 8.95 | 0.0 | 0.00 |
| PEACHES, CANNED, IN PEAR JUICE | 1/2 CUP | 1 | 48 | 0 | 5 | 0.91 | 0.00 | 0.0 | 274 | 1.1 | 9 | 0.91 | 10.97 | 0.0 | 0.00 |
| MILK, 1% ROCKVIEW | carton | 1 | 120 | 15 | 135 | 0.00 | 0.00 | 300.0 | 750 | 0.0 | 16 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, NONFAT CHOC ROCKVIEW | carton | 1 | 120 | 5 | 200 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 22 | 8.0 | 23.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 371 | 15 | 295 | 4.38 | 1.92 | 224.9 | 626 | 23.95 | 38 | 11.88 | 65.61 | 7.83 | 2.66 |
| % of Calories | | | | | | | | | | | 41.4% | 12.8% | 70.7% | 19.0% | 6.5% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | <10.00 |

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

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Mon - 03/11/2019 | | | | | | | | | | | | | | | |
| BREAKFAST OVS | Total | 2 | | | | | | | | | | | | | |
| CHOICE OF: | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| PANCAKE ON A STICK, WG | 3.0 OZ | 1 | 188 | 27 | 406 | 1.60 | 1.10 | 13.0 | 3 | 0.0 | 11 | 8.99 | 23.99 | 6.0 | 2.00 |
| OR | serving | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| CEREAL MARSHMALLOW MATEY WITH | 1 EACH | 1 | 220 | 0 | 370 | 3.00 | 18.00 | 200.0 | 1000 | 12.0 | 23 | 4.0 | 47.0 | 2.0 | 0.00 |
| ORANGE | 1 EACH | 2 | 62 | 0 | 0 | 3.10 | 0.00 | 50.0 | 250 | 69.6 | 12 | 1.2 | 15.0 | 0.2 | 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 |
| SYRUP, SIMPLY HEINZ | 1 EACH | 1 | 35 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 8 | 0.0 | 8.0 | 0.0 | 0.00 |
| MILK, 1% ROCKVIEW | carton | 1 | 120 | 15 | 135 | 0.00 | 0.00 | 300.0 | 750 | 0.0 | 16 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, NONFAT CHOC ROCKVIEW | carton | 1 | 120 | 5 | 200 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 22 | 8.0 | 23.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 451 | 23 | 558 | 6.61 | 9.55 | 415.8 | 1548 | 76.16 | 63 | 16.70 | 87.00 | 5.45 | 1.75 |
| % of Calories | | | | | | | | | | | 55.9% | 14.8% | 77.2% | 10.9% | 3.5% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | <10.00 |

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Tue - 03/12/2019 | | | | | | | | | | | | | | | |
| BREAKFAST OVS | Total | 2 | | | | | | | | | | | | | |
| CHOICE OF: | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| BREAKFAST PIZZA, WG SAUSAG | 1 EACH | 1 | 210 | 15 | 480 | 3.00 | 1.80 | 150.0 | 300 | 0.0 | 8 | 10.0 | 27.0 | 8.0 | 2.00 |
| OR | serving | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| CEREAL:COCOA PUFFS | 1 EACH | 1 | 110 | 0 | 160 | 2.00 | 4.50 | 100.0 | 500 | 6.0 | 8 | 2.0 | 25.0 | 1.5 | 0.00 |
| CHEESE, STRING RV | 1 oz | 1 | 81 | 15 | 202 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 0 | 8.1 | 1.01 | 5.06 | 3.04 |
| WITH | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| PEACHES, CANNED, IN PEAR JU | 1/2 CUP | 2 | 48 | 0 | 5 | 0.91 | 0.00 | 0.0 | 274 | 1.1 | 9 | 0.91 | 10.97 | 0.0 | 0.00 |
| ICE | | | | | | | | | | | | | | | |
| VERY BERRY JUICE 4 OZ | 1/2 CUP | 2 | 60 | 0 | 1 | 0.00 | 0.00 | 10.0 | 0 | 0.0 | 15 | 0.0 | 15.0 | 0.0 | 0.00 |
| MILK, 1% ROCKVIEW | carton | 1 | 120 | 15 | 135 | 0.00 | 0.00 | 300.0 | 750 | 0.0 | 16 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, NONFAT CHOC ROCKVIEW | carton | 1 | 120 | 5 | 200 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 22 | 8.0 | 23.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 428 | 25 | 594 | 3.41 | 3.15 | 486.2 | 1526 | 4.10 | 51 | 19.96 | 71.98 | 8.53 | 3.27 |
| % of Calories | | | | | | | | | | | 47.8% | 18.7% | 67.3% | 17.9% | 6.9% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | <10.00 |

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|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|
| Wed - 03/13/2019 | | | | | | | | | | | | | | | |
| BREAKFAST OVS | Total | 2 | | | | | | | | | | | | | |
| CHOICE OF: | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| WAFFLES;MINI;BLUEBERRY SPL | 1 EACH | 1 | 210 | 0 | 170 | 3.00 | 0.72 | 20.0 | 0 | 0.0 | 12 | 4.0 | 37.0 | 6.0 | 1.00 |
| ASH | | | | | | | | | | | | | | | |
| OR | 1 serving | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| APPLE CINNAMON CHEERIOS | BOWL | 1 | 110 | 0 | 110 | 2.00 | 3.60 | 100.0 | 500 | 6.0 | 10 | 2.0 | 22.0 | 1.5 | 0.00 |
| CHEESE, STRING RV | 1 oz | 1 | 81 | 15 | 202 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 0 | 8.1 | 1.01 | 5.06 | 3.04 |
| WITH | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| FRUIT COCKTAIL:canned,lt syrup | 1/2 CUP | 2 | 63 | 0 | 5 | 1.39 | 0.36 | 0.0 | 298 | 2.39 | 13 | 0.47 | 15.92 | 0.0 | 0.00 |
| ORANGE JUICE 4 OZ RV | 1/2 CUP | 2 | 60 | 0 | 10 | 1.00 | 0.00 | 0.0 | 0 | 42.0 | 13 | 1.0 | 13.0 | 0.0 | 0.00 |
| SYRUP, SIMPLY HEINZ | 1 EACH | 1 | 35 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 8 | 0.0 | 8.0 | 0.0 | 0.00 |
| MILK, 1% ROCKVIEW | carton | 1 | 120 | 15 | 135 | 0.00 | 0.00 | 300.0 | 750 | 0.0 | 16 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, NONFAT CHOC ROCKVIEW | carton | 1 | 120 | 5 | 200 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 22 | 8.0 | 23.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 461 | 18 | 426 | 4.89 | 2.52 | 411.2 | 1400 | 47.39 | 60 | 17.52 | 82.42 | 7.53 | 2.77 |
| % of Calories | | | | | | | | | | | 52.0% | 15.2% | 71.6% | 14.7% | 5.4% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | <10.00 |

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|
| Thu - 03/14/2019 | | | | | | | | | | | | | | | |
| BREAKFAST OVS | Total | 2 | | | | | | | | | | | | | |
| CHOICE OF: | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| HAWAIIAN BREAKFAST SANDWI | 1 EACH | 1 | 209 | 37 | 642 | 2.00 | 1.91 | 121.9 | 133 | 4.74 | 4 | 11.75 | 28.18 | 5.22 | 1.52 |
| CH | | | | | | | | | | | | | | | |
| OR | 1 serving | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| CEREAL; VARIETY | 1 serving | 0 | 179 | 0 | 206 | 3.03 | 8.06 | 3.4 | 792 | 15.34 | 17 | 2.18 | 42.41 | 1.0 | 0.44 |
| CHEESE, STRING RV | 1 oz | 0 | 81 | 15 | 202 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 0 | 8.1 | 1.01 | 5.06 | 3.04 |
| WITH | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| PEARS: canned,light syrup | 1/2 cup | 2 | 55 | 0 | 5 | 1.83 | 0.00 | 0.0 | 55 | 0.0 | 11 | 0.0 | 14.63 | 0.0 | 0.00 |
| APPLE JUICE 4 OZ | 1/2 CUP | 2 | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 14.0 | 0.0 | 0.00 |
| MILK, 1% ROCKVIEW | carton | 1 | 120 | 15 | 135 | 0.00 | 0.00 | 300.0 | 750 | 0.0 | 16 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, NONFAT CHOC ROCKVIEW | carton | 1 | 120 | 5 | 200 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 22 | 8.0 | 23.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 340 | 28 | 493 | 2.83 | 0.96 | 311.0 | 871 | 2.37 | 46 | 14.87 | 62.22 | 3.86 | 1.51 |
| % of Calories | | | | | | | | | | | 54.4% | 17.5% | 73.3% | 10.2% | 4.0% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | <10.00 |

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

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Adelanto Child Nutrition

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

BREAKFAST OVS

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Fri - 03/15/2019 | | | | | | | | | | | | | | | |
| BREAKFAST OVS | Total | 2 | | | | | | | | | | | | | |
| CHOICE OF: | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| BREAKFAST SAUSAGE MUFFIN | 1 EACH | 1 | 277 | 129 | 723 | 2.10 | 1.89 | 191.5 | 347 | 0.0 | 2 | 17.06 | 26.2 | 12.7 | 4.86 |
| OR | serving | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| YAMI YOGURT WITH CHEX | 1 EACH | 1 | 230 | 0 | 115 | 2.00 | 0.72 | 100.0 | 0 | 3.6 | 21 | 6.0 | 43.0 | 4.0 | 1.50 |
| WITH | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| PEACHES, CANNED, IN PEAR JU | 1/2 CUP | 2 | 48 | 0 | 5 | 0.91 | 0.00 | 0.0 | 274 | 1.1 | 9 | 0.91 | 10.97 | 0.0 | 0.00 |
| ICE | | | | | | | | | | | | | | | |
| FRUIT COCKTAIL:canned,lt syrup | 1/2 CUP | 2 | 63 | 0 | 5 | 1.39 | 0.36 | 0.0 | 298 | 2.39 | 13 | 0.47 | 15.92 | 0.0 | 0.00 |
| MILK, 1% ROCKVIEW | carton | 1 | 120 | 15 | 135 | 0.00 | 0.00 | 300.0 | 750 | 0.0 | 16 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, NONFAT CHOC ROCKVIEW | carton | 1 | 120 | 5 | 200 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 22 | 8.0 | 23.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 484 | 74 | 596 | 4.36 | 1.66 | 395.7 | 1496 | 5.28 | 52 | 21.91 | 80.99 | 9.60 | 3.93 |
| % of Calories | | | | | | | | | | | 43.3% | 18.1% | 66.9% | 17.9% | 7.3% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | |
|-----------------------------|---------|---|---------|----|-----|------|-------|-------|------|------|-------|-------|-------|-------|--------|
| Mon - 03/18/2019 | | | | | | | | | | | | | | | |
| BREAKFAST OVS | Total | 2 | | | | | | | | | | | | | |
| CHOICE OF: | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| ZUCHINNI BREAD | 1 EACH | 1 | 280 | 35 | 280 | 2.00 | 4.50 | 20.0 | 750 | 1.2 | 24 | 5.0 | 48.0 | 7.0 | 1.50 |
| OR | serving | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| CEREAL MARSHMALLOW MATEY | 1 EACH | 1 | 220 | 0 | 370 | 3.00 | 18.00 | 200.0 | 1000 | 12.0 | 23 | 4.0 | 47.0 | 2.0 | 0.00 |
| WITH | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| APPLESAUCE ,UNSWEETENED | 1/2 CUP | 2 | 47 | 0 | 0 | 1.21 | 0.00 | 9.3 | 46 | 0.56 | 11 | 0.0 | 13.01 | 0.0 | 0.00 |
| PEACHES, CANNED, IN PEAR JU | 1/2 CUP | 2 | 48 | 0 | 5 | 0.91 | 0.00 | 0.0 | 274 | 1.1 | 9 | 0.91 | 10.97 | 0.0 | 0.00 |
| ICE | | | | | | | | | | | | | | | |
| MILK, 1% ROCKVIEW | carton | 1 | 120 | 15 | 135 | 0.00 | 0.00 | 300.0 | 750 | 0.0 | 16 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, NONFAT CHOC ROCKVIEW | carton | 1 | 120 | 5 | 200 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 22 | 8.0 | 23.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 465 | 28 | 497 | 4.62 | 11.25 | 369.3 | 1946 | 8.26 | 63 | 14.41 | 90.99 | 5.75 | 1.50 |
| % of Calories | | | | | | | | | | | 54.0% | 12.4% | 78.3% | 11.1% | 2.9% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | <10.00 |

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Adelanto Child Nutrition

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

BREAKFAST OVS

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Tue - 03/19/2019 | | | | | | | | | | | | | | | |
| BREAKFAST OVS | Total | 2 | | | | | | | | | | | | | |
| CHOICE OF: | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| FIESTA OMELETTE | 1 EACH | 1 | 120 | 175 | 280 | 0.00 | 0.72 | 100.0 | 400 | 0.0 | 0 | 8.0 | 1.0 | 9.0 | 3.50 |
| TORTILLAS,RTB/RTF,FLR,6" | 1 each | 1 | 88 | 0 | 213 | 0.75 | 0.98 | 38.1 | 0 | 0.0 | 1 | 2.38 | 15.35 | 1.76 | 0.43 |
| OR | serving | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| CEREAL:COCOA PUFFS | 1 EACH | 1 | 110 | 0 | 160 | 2.00 | 4.50 | 100.0 | 500 | 6.0 | 8 | 2.0 | 25.0 | 1.5 | 0.00 |
| CHEESE, STRING RV | 1 oz | 1 | 81 | 15 | 202 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 0 | 8.1 | 1.01 | 5.06 | 3.04 |
| WITH | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| FRUIT COCKTAIL:canned,lt syrup | 1/2 CUP | 2 | 63 | 0 | 5 | 1.39 | 0.36 | 0.0 | 298 | 2.39 | 13 | 0.47 | 15.92 | 0.0 | 0.00 |
| VERY BERRY JUICE 4 OZ | 1/2 CUP | 2 | 60 | 0 | 1 | 0.00 | 0.00 | 10.0 | 0 | 0.0 | 15 | 0.0 | 15.0 | 0.0 | 0.00 |
| MILK, 1% ROCKVIEW | carton | 1 | 120 | 15 | 135 | 0.00 | 0.00 | 300.0 | 750 | 0.0 | 16 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, NONFAT CHOC ROCKVIEW | carton | 1 | 120 | 5 | 200 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 22 | 8.0 | 23.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 442 | 105 | 601 | 2.77 | 3.46 | 480.3 | 1600 | 5.39 | 51 | 19.71 | 71.60 | 9.91 | 4.23 |
| % of Calories | | | | | | | | | | | 46.5% | 17.8% | 64.8% | 20.2% | 8.6% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | <10.00 |

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|
| Wed - 03/20/2019 | | | | | | | | | | | | | | | |
| BREAKFAST OVS | Total | 2 | | | | | | | | | | | | | |
| CHOICE OF: | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| MUFFIN, WG BLUEBERRY | 1 EA | 1 | 245 | 25 | 114 | 2.57 | 1.19 | 9.9 | 49 | 1.19 | 19 | 3.07 | 40.55 | 7.81 | 1.09 |
| OR | serving | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| APPLE CINNAMON CHEERIOS | BOWL | 1 | 110 | 0 | 110 | 2.00 | 3.60 | 100.0 | 500 | 6.0 | 10 | 2.0 | 22.0 | 1.5 | 0.00 |
| CHEESE, STRING RV | 1 oz | 1 | 81 | 15 | 202 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 0 | 8.1 | 1.01 | 5.06 | 3.04 |
| WITH | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| PEARS: canned,light syrup | 1/2 cup | 2 | 55 | 0 | 5 | 1.83 | 0.00 | 0.0 | 55 | 0.0 | 11 | 0.0 | 14.63 | 0.0 | 0.00 |
| ORANGE JUICE 4 OZ RV | 1/2 CUP | 2 | 60 | 0 | 10 | 1.00 | 0.00 | 0.0 | 0 | 42.0 | 13 | 1.0 | 13.0 | 0.0 | 0.00 |
| MILK, 1% ROCKVIEW | carton | 1 | 120 | 15 | 135 | 0.00 | 0.00 | 300.0 | 750 | 0.0 | 16 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, NONFAT CHOC ROCKVIEW | carton | 1 | 120 | 5 | 200 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 22 | 8.0 | 23.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 453 | 30 | 395 | 5.11 | 2.39 | 406.2 | 1181 | 45.59 | 57 | 16.58 | 78.91 | 8.44 | 2.81 |
| % of Calories | | | | | | | | | | | 50.7% | 14.6% | 69.7% | 16.8% | 5.6% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | <10.00 |

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Adelanto Child Nutrition

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

BREAKFAST OVS

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|
| Thu - 03/21/2019 | | | | | | | | | | | | | | | |
| BREAKFAST OVS | Total | 2 | | | | | | | | | | | | | |
| CHOICE OF: | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| CHICKEN&WAFFLE SANDWICH RECIPE | 1 EACH | 1 | 270 | 15 | 480 | 3.00 | 2.16 | 60.0 | 0 | 0.0 | 6 | 11.0 | 36.0 | 10.5 | 1.00 |
| OR | 1 serving | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| CEREAL: RICE CHEX BOWL | 1 | 1 | 70 | 0 | 170 | 1.00 | 5.40 | 60.0 | 300 | 3.6 | 2 | 1.0 | 16.0 | 0.0 | 0.00 |
| CHEESE, STRING RV | 1 oz | 1 | 81 | 15 | 202 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 0 | 8.1 | 1.01 | 5.06 | 3.04 |
| WITH | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| 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 |
| APPLE JUICE 4 OZ | 1/2 CUP | 2 | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 14.0 | 0.0 | 0.00 |
| SYRUP, SIMPLY HEINZ | 1 EACH | 1 | 35 | 0 | 5 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 8 | 0.0 | 8.0 | 0.0 | 0.00 |
| MILK, 1% ROCKVIEW | carton | 1 | 120 | 15 | 135 | 0.00 | 0.00 | 300.0 | 750 | 0.0 | 16 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, NONFAT CHOC ROCKVIEW | carton | 1 | 120 | 5 | 200 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 22 | 8.0 | 23.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 488 | 25 | 596 | 7.00 | 4.14 | 431.2 | 1101 | 13.80 | 58 | 19.05 | 86.01 | 9.03 | 2.77 |
| % of Calories | | | | | | | | | | | 47.5% | 15.6% | 70.5% | 16.7% | 5.1% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | |
|--------------------------------|-----------|---|---------|----|-----|------|------|-------|------|------|-------|-------|-------|-------|--------|
| Fri - 03/22/2019 | | | | | | | | | | | | | | | |
| BREAKFAST OVS | Total | 2 | | | | | | | | | | | | | |
| CHOICE OF: | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| BREAKFAST BITES;GLAZED | 1 EACH | 1 | 260 | 0 | 190 | 3.00 | 1.44 | 80.0 | 0 | 1.2 | 14 | 5.0 | 38.0 | 10.0 | 4.50 |
| OR | 1 serving | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| YAMI YOGURT WITH CHEX | 1 EACH | 1 | 230 | 0 | 115 | 2.00 | 0.72 | 100.0 | 0 | 3.6 | 21 | 6.0 | 43.0 | 4.0 | 1.50 |
| WITH | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| FRUIT COCKTAIL:canned,lt syrup | 1/2 CUP | 2 | 63 | 0 | 5 | 1.39 | 0.36 | 0.0 | 298 | 2.39 | 13 | 0.47 | 15.92 | 0.0 | 0.00 |
| PEACHES, CANNED, IN PEAR JUICE | 1/2 CUP | 2 | 48 | 0 | 5 | 0.91 | 0.00 | 0.0 | 274 | 1.1 | 9 | 0.91 | 10.97 | 0.0 | 0.00 |
| MILK, 1% ROCKVIEW | carton | 1 | 120 | 15 | 135 | 0.00 | 0.00 | 300.0 | 750 | 0.0 | 16 | 10.0 | 16.0 | 2.5 | 1.50 |
| MILK, NONFAT CHOC ROCKVIEW | carton | 1 | 120 | 5 | 200 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 22 | 8.0 | 23.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 475 | 10 | 330 | 4.81 | 1.44 | 340.0 | 1323 | 5.88 | 59 | 15.88 | 86.89 | 8.25 | 3.75 |
| % of Calories | | | | | | | | | | | 49.3% | 13.4% | 73.1% | 15.6% | 7.1% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | |
|------------------|--|--|-----|----|-----|------|------|-------|------|-------|--------|-------|-------|-------|------|
| Weighted Average | | | 445 | 30 | 497 | 4.70 | 3.91 | 430.0 | 1458 | 20.94 | 54 | 17.45 | 78.86 | 7.68 | 3.03 |
| | | | | | | | | | | | 110.3% | 15.7% | 70.9% | 15.5% | 6.1% |

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Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

BREAKFAST OVS

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | CalcM (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) |
|-------------------|-----------------|------------------|----------------------|--------------------|------------------|------------------|----------------|--------------------------------|------------|------------|------------|-----------|----------|-----------|-----------|
| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) | | | | | | | |
| Calories | 445 | | 400 - 500 | 100% | | | | | | | | | | | |
| Cholesterol (mg) | 30 | | | | | | | | | | | | | | |
| Sodium (mg) | 497 | | 540 | | | | | | | | | | | | |
| Fiber (g) | 4.70 | | | | | | | | | | | | | | |
| Iron (mg) | 3.91 | | | | | | | | | | | | | | |
| Calcium (mg) | 430.0 | | | | | | | | | | | | | | |
| Vitamin A (IU) | 1458 | | | | | | | | | | | | | | |
| Sugars (g) | 54 | 49.01% | | | | | | | | | | | | | |
| Vitamin C (mg) | 20.94 | | | | | | | | | | | | | | |
| Protein (g) | 17.45 | 15.70% | | | | | | | | | | | | | |
| Carbohydrate (g) | 78.86 | 70.92% | | | | | | | | | | | | | |
| Total Fat (g) | 7.68 | 15.53% | | | | | | | | | | | | | |
| Saturated Fat (g) | 3.03 | 6.14% | <10.00% | | | | | | | | | | | | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 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.