

# Adelanto Child Nutrition

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 1, 2019 thru Mar 31, 2019

MIDDLE SCHOOL LUNCH OVS

Generated on: 2/20/2019 10:33:10 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															
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
ORANGE CHICKEN WG	3.6 OZ	1	150	40	280	0.00	0.72	0.0	50	1.2	10	11.0	19.0	3.0	0.50
ASIAN RICE	1/2 CUP	1	73	0	39	0.90	0.41	30.0	63	0.0	0	1.63	14.7	0.82	0.46
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YAMI YOGURT 4 OZ	1 EACH	1	110	0	60	0.00	0.00	100.4	0	3.61	15	4.01	20.07	1.0	0.50
CHEESE, STRING RV	1 oz	1	81	15	202	0.00	0.00	202.5	202	0.0	0	8.1	1.01	5.06	3.04
GOLDFISH CRACKERS, WHOLE GRAIN	1 EACH	1	100	4	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
BROCCOLI	1/2 CUP	2	16	0	11	1.30	0.23	19.5	163	39.0	0	1.3	2.93	0.0	0.00
CARROT STICKS	1/2 cup	2	26	0	44	1.79	0.19	21.1	10692	3.78	3	0.6	6.13	0.15	0.02
RANCH DRESSING	2 OZ	2	111	26	380	0.00	0.00	29.2	42	0.2	1	0.83	3.69	10.29	0.25
APPLESAUCE , UNSWEETENED	1/2 CUP	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	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			578	66	978	5.25	1.17	505.5	11850	45.94	47	25.60	79.65	18.38	3.77
% of Calories											32.5%	17.7%	55.1%	28.6%	5.9%
Nutrient Guideline			600-650		1230										<10.00

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

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

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Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

Page 2

Generated on: 2/20/2019 10:33:10 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)
Mon - 03/04/2019															
MIDDLE SCHOOL LUNCH	Total	3													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CHICKEN STICKS/ TYSON	8 EA	1	260	25	390	3.00	1.80	40.0	100	0.0	1	15.0	16.0	15.0	2.50
OR	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	7.00
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YAMI YOGURT 4 OZ	1 EACH	1	110	0	60	0.00	0.00	100.4	0	3.61	15	4.01	20.07	1.0	0.50
CHEESE, STRING RV	1 oz	1	81	15	202	0.00	0.00	202.5	202	0.0	0	8.1	1.01	5.06	3.04
GOLDFISH CRACKERS, WHOLE GRAIN	1 EACH	1	100	4	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
TATER TOTS; OREIDA	2.52 OZ	1	130	0	310	2.00	0.36	10.0	0	3.6	0	2.0	16.0	6.0	1.00
GREEN BEANS: canned	1/2 cup	2	20	0	140	2.00	0.72	20.0	300	2.4	2	1.0	4.0	0.0	0.00
MANDARIN ORANGES,CND,	1/2 CUP	2	90	0	20	1.00	0.36	20.0	300	21.0	18	1.0	20.0	0.0	0.00
KETCHUP: individual	2 EACH	1	20	0	160	0.00	0.00	0.0	10	0.0	2	0.0	4.0	0.0	0.00
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
BARBEQUE SAUCE	2 EACH	1	31	0	175	0.00	0.00	0.0	21	0.0	4	0.0	8.24	0.0	0.00
MILK, 1% ROCKVIEW	1 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	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			517	30	861	5.67	2.04	351.0	1144	18.40	34	23.37	68.77	16.02	5.51
% of Calories											26.6%	18.1%	53.2%	27.9%	9.6%
Nutrient Guideline			600-650		1230										<10.00

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

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

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# Adelanto Child Nutrition

Mar 1, 2019 thru Mar 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)	S-Fat (g)
Tue - 03/05/2019															
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
HOTDOG RECIPE	1 each	1	318	35	696	1.98	1.79	39.7	0	7.15	4	10.93	28.78	17.9	7.46
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
SMOOTHIE	(8OZ) SERVINGS	1	167	3	63	1.37	0.19	102.6	518	23.61	27	4.28	35.24	1.0	0.57
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YAMI YOGURT 4 OZ	1 EACH	1	110	0	60	0.00	0.00	100.4	0	3.61	15	4.01	20.07	1.0	0.50
CHEESE, STRING RV	1 oz	1	81	15	202	0.00	0.00	202.5	202	0.0	0	8.1	1.01	5.06	3.04
GOLDFISH CRACKERS, WHOLE GRAIN	1 EACH	1	100	4	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
FRIES; CRINKLE CUT (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	120	0	474	5.73	1.73	59.5	99	0.08	5	6.7	23.38	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	1.50
MILK, NONFAT CHOC ROCKVIEW	carton	1	120	5	200	0.00	0.00	200.0	750	0.0	22	8.0	23.0	0.0	0.00
Weighted Daily Average			726	38	1370	9.62	3.08	551.3	1259	19.02	59	31.36	113.44	16.99	7.03
% of Calories											32.3%	17.3%	62.5%	21.1%	8.7%
Nutrient Guideline			600-650		1230										<10.00

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Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

Page 4

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 03/06/2019															
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
PIZZA STICK, WG:BOSCO	1 EACH	1	240	25	500	3.00	1.80	150.0	400	3.6	3	11.0	29.0	9.0	4.50
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
FISH SANDWICH W/BUN	1 EACH	1	330	40	550	5.00	2.88	100.0	0	0.0	3	21.01	43.01	10.0	1.50
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YAMI YOGURT 4 OZ	1 EACH	1	110	0	60	0.00	0.00	100.4	0	3.61	15	4.01	20.07	1.0	0.50
CHEESE, STRING RV	1 oz	1	81	15	202	0.00	0.00	202.5	202	0.0	0	8.1	1.01	5.06	3.04
GOLDFISH CRACKERS, WHOLE GRAIN	1 EACH	1	100	4	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
LETTUCE/ROMAINE	1/2 cup	2	4	0	2	0.84	0.30	8.4	2056	5.54	0	0.0	0.84	0.0	0.00
TOMATOES, FRESH	1/2 CUP	1	14	0	4	1.00	0.18	5.0	625	9.6	2	0.5	3.0	0.0	0.00
RANCH MALIBU	1 OZ	2	50	11	187	0.00	0.00	18.8	27	0.13	1	0.54	1.83	4.45	0.13
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	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			681	63	1109	6.84	3.63	566.1	3517	20.07	45	33.35	94.21	19.99	6.15
% of Calories											26.6%	19.6%	55.3%	26.4%	8.1%
Nutrient Guideline			600-650		1230										<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)
Thu - 03/07/2019															
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
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	5.71
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YAMI YOGURT 4 OZ	1 EACH	1	110	0	60	0.00	0.00	100.4	0	3.61	15	4.01	20.07	1.0	0.50
CHEESE, STRING RV	1 oz	1	81	15	202	0.00	0.00	202.5	202	0.0	0	8.1	1.01	5.06	3.04
GOLDFISH CRACKERS, WHOLE GRAIN	1 EACH	1	100	4	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CARROTS,BABY,RAW	3 oz	2	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02
CELERY STICKS, 2.29 OZ	1 EACH	2	11	0	57	1.53	0.14	30.6	306	1.83	2	0.76	2.29	0.0	0.00
RANCH,BUTTERMILK PACKET	1 EACH	1	120	10	250	0.00	0.00	0.0	0	0.0	2	0.0	2.0	12.0	1.50
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	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

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MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

Page 5

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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)
Weighted Daily Average			577	40	961	8.82	2.03	739.8	13241	110.79	47	28.35	79.16	17.82	6.64
% of Calories											32.4%	19.6%	54.9%	27.8%	10.4%
Nutrient Guideline			600-650		1230										<10.00

Fri - 03/08/2019															
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
PIZZA,PEPPERONI,BELLA ROSA	1 EACH	1	340	40	670	3.00	1.80	400.0	750	6.0	4	19.0	31.0	16.0	8.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YAMI YOGURT 4 OZ	1 EACH	1	110	0	60	0.00	0.00	100.4	0	3.61	15	4.01	20.07	1.0	0.50
CHEESE, STRING RV	1 oz	1	81	15	202	0.00	0.00	202.5	202	0.0	0	8.1	1.01	5.06	3.04
GOLDFISH CRACKERS, WHOLE GRAIN	1 EACH	1	100	4	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
BROCCOLI BUDS	1/2 CUP	1	16	0	10	1.26	0.23	18.9	157	37.71	0	1.26	2.83	0.0	0.00
CARROTS,BABY,RAW	3 oz	2	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02
RANCH,BUTTERMILK PACKET	1 EACH	2	120	10	250	0.00	0.00	0.0	0	0.0	2	0.0	2.0	12.0	1.50
APPLE PEAR	1 EACH	2	51	0	0	4.00	0.00	0.0	0	4.8	9	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			644	50	1040	9.10	1.95	648.1	13033	30.67	44	28.23	75.96	26.14	8.54
% of Calories											27.1%	17.5%	47.2%	36.5%	11.9%
Nutrient Guideline			600-650		1230										<10.00

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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															
MIDDLE SCHOOL LUNCH	Total	3													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CHICKEN NUGGETS, WG	5 EA	1	206	23	515	2.29	2.06	45.8	6	0.0	1	14.87	16.02	9.15	1.72
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
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	7.00
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YAMI YOGURT 4 OZ	1 EACH	1	110	0	60	0.00	0.00	100.4	0	3.61	15	4.01	20.07	1.0	0.50
CHEESE, STRING RV	1 oz	1	81	15	202	0.00	0.00	202.5	202	0.0	0	8.1	1.01	5.06	3.04
GOLDFISH CRACKERS, WHOLE GRAIN	1 EACH	1	100	4	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
BISCUIT, MINI	1 EACH	1	100	0	230	1.00	0.36	80.0	5	0.0	1	2.0	13.0	5.0	4.50
GREEN BEANS: canned	1/2 cup	2	20	0	140	2.00	0.72	20.0	300	2.4	2	1.0	4.0	0.0	0.00
PINTO BEANS	1/2 CUP	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	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
BARBEQUE SAUCE	2 EACH	1	31	0	175	0.00	0.00	0.0	21	0.0	4	0.0	8.24	0.0	0.00
MILK, 1% ROCKVIEW	1 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	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			521	29	911	8.23	2.66	415.2	979	73.17	33	26.18	73.55	14.50	6.42
% of Calories											25.3%	20.1%	56.4%	25.0%	11.1%
Nutrient Guideline			600-650		1230										<10.00

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# Adelanto Child Nutrition

Mar 1, 2019 thru Mar 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)	S-Fat (g)
Tue - 03/12/2019															
MIDDLE SCHOOL LUNCH	Total	2													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
PANCAKE;KRUSTEAZ	2 EACH	1	75	4	200	2.00	0.72	20.0	200	0.0	3	1.5	15.5	1.0	0.25
EggStravaganza, bacon\cheese	2 oz	1	120	195	270	0.00	0.72	60.0	400	0.0	0	8.0	1.0	9.0	3.50
TURKEY BACON	(2) SLICES	1	40	10	190	0.00	0.00	0.0	0	0.0	0	4.0	0.0	3.0	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
SMOOTHIE	(8OZ) SE	1	167	3	63	1.37	0.19	102.6	518	23.61	27	4.28	35.24	1.0	0.57
	RVINGS														
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YAMI YOGURT 4 OZ	1 EACH	1	110	0	60	0.00	0.00	100.4	0	3.61	15	4.01	20.07	1.0	0.50
CHEESE, STRING RV	1 oz	1	81	15	202	0.00	0.00	202.5	202	0.0	0	8.1	1.01	5.06	3.04
GOLDFISH CRACKERS, WHOLE GRAIN	1 EACH	1	100	4	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
TATER TOTS; OREIDA	2.52 OZ	2	130	0	310	2.00	0.36	10.0	0	3.6	0	2.0	16.0	6.0	1.00
TOMATOES; GRAPE DROP	2 OZ	2	10	0	3	0.76	0.14	3.8	476	7.31	2	0.38	2.28	0.0	0.00
SYRUP, SIMPLY HEINZ	1 EACH	1	35	0	5	0.00	0.00	0.0	0	0.0	8	0.0	8.0	0.0	0.00
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			687	125	1065	6.34	1.85	516.5	2185	26.90	60	28.29	101.11	19.03	6.18
% of Calories											34.9%	16.5%	58.9%	24.9%	8.1%
Nutrient Guideline			600-650		1230										<10.00

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# Adelanto Child Nutrition

Mar 1, 2019 thru Mar 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)	S-Fat (g)
Wed - 03/13/2019															
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
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	3.20
CORN BREAD MINI MUFFIN, WG	1.9 OZ	1	177	19	165	2.53	0.91	0.0	0	0.0	11	2.53	29.13	5.7	1.27
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CHEESEBURGERMINI TWINPK	1 EA	1	338	52	782	3.11	3.21	153.3	149	0.0	*N/A*	20.44	34.47	13.13	6.01
QCB655															
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YAMI YOGURT 4 OZ	1 EACH	1	110	0	60	0.00	0.00	100.4	0	3.61	15	4.01	20.07	1.0	0.50
GOLDFISH CRACKERS, WHOLE	1 EACH	1	100	4	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00
GRAIN															
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
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	2.88
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
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	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			731	80	1119	7.56	4.14	544.0	1773	36.13	*49	36.02	96.91	22.85	9.70
% of Calories											*26.9%	19.7%	53.0%	28.1%	11.9%
Nutrient Guideline			600-650		1230										<10.00

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# Adelanto Child Nutrition

Mar 1, 2019 thru Mar 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)	S-Fat (g)
Thu - 03/14/2019															
MIDDLE SCHOOL LUNCH	Total	2													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
BEEF TACOS	(2) TACOS	1	257	44	86	2.50	9.64	116.0	0	0.0	0	18.5	27.8	9.0	2.60
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YAMI YOGURT 4 OZ	1 EACH	1	110	0	60	0.00	0.00	100.4	0	3.61	15	4.01	20.07	1.0	0.50
GOLDFISH CRACKERS, WHOLE GRAIN	1 EACH	1	100	4	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00
CHEESE, STRING RV	1 oz	1	81	15	202	0.00	0.00	202.5	202	0.0	0	8.1	1.01	5.06	3.04
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
SALSA CUP	1 CUP	1	29	0	205	5.87	1.06	0.0	293	7.04	3	0.0	5.87	0.0	0.00
CELERY STICKS, 2.29 OZ	1 EACH	1	11	0	57	1.53	0.14	30.6	306	1.83	2	0.76	2.29	0.0	0.00
RANCH,BUTTERMILK PACKET	1 EACH	1	120	10	250	0.00	0.00	0.0	0	0.0	2	0.0	2.0	12.0	1.50
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	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			555	46	683	10.45	5.96	504.7	1251	18.24	47	26.19	78.02	16.53	5.07
% of Calories											33.7%	18.9%	56.3%	26.8%	8.2%
Nutrient Guideline			600-650		1230										<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 - 03/15/2019															
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
PIZZA, PEPPERONI, GALAXY	1 EACH	1	290	30	520	3.00	2.70	250.0	300	0.0	9	16.0	29.0	12.0	6.00
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YAMI YOGURT 4 OZ	1 EACH	1	110	0	60	0.00	0.00	100.4	0	3.61	15	4.01	20.07	1.0	0.50
CHEESE, STRING RV	1 oz	1	81	15	202	0.00	0.00	202.5	202	0.0	0	8.1	1.01	5.06	3.04
GOLDFISH CRACKERS, WHOLE GRAIN	1 EACH	1	100	4	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CARROTS,BABY,RAW	3 oz	1	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02
RANCH,BUTTERMILK PACKET	1 EACH	1	120	10	250	0.00	0.00	0.0	0	0.0	2	0.0	2.0	12.0	1.50
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	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			557	40	802	5.05	1.91	564.0	6935	3.75	51	24.83	75.56	18.09	6.78
% of Calories											36.5%	17.8%	54.3%	29.2%	11.0%
Nutrient Guideline			600-650		1230										<10.00

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# Adelanto Child Nutrition

Mar 1, 2019 thru Mar 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)	S-Fat (g)
Mon - 03/18/2019															
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
CRISPY 8 PC CHICKEN	1 EACH	1	215	41	382	1.00	1.00	12.0	78	1.0	0	12.0	11.0	13.0	3.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
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	7.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YAMI YOGURT 4 OZ	1 EACH	1	110	0	60	0.00	0.00	100.4	0	3.61	15	4.01	20.07	1.0	0.50
CHEESE, STRING RV	1 oz	1	81	15	202	0.00	0.00	202.5	202	0.0	0	8.1	1.01	5.06	3.04
GOLDFISH CRACKERS, WHOLE GRAIN	1 EACH	1	100	4	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
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
MASHED POTATOES	1/2 CUP	1	207	0	388	9.19	6.92	381.8	32	50.79	3	11.39	39.04	3.23	0.41
GRAVY, BROWN	2 OZ	1	19	0	302	0.00	0.00	37.8	0	0.0	0	0.0	3.78	0.0	0.00
ORANGE	1 EACH	1	62	0	0	3.10	0.00	50.0	250	69.6	12	1.2	15.0	0.2	0.00
KETCHUP: individual	2 EACH	1	20	0	160	0.00	0.00	0.0	10	0.0	2	0.0	4.0	0.0	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
BARBEQUE SAUCE	2 EACH	1	31	0	175	0.00	0.00	0.0	21	0.0	4	0.0	8.24	0.0	0.00
MILK, 1% ROCKVIEW	carton	1	120	15	135	0.00	0.00	300.0	750	0.0	16	10.0	16.0	2.5	1.50
MILK, NONFAT CHOC ROCKVIEW	carton	1	120	5	200	0.00	0.00	200.0	750	0.0	22	8.0	23.0	0.0	0.00
Weighted Daily Average			495	35	972	7.76	3.72	481.5	1031	43.67	27	25.24	67.71	14.50	5.48
% of Calories											21.8%	20.4%	54.7%	26.4%	10.0%
Nutrient Guideline			600-650		1230										<10.00

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# Adelanto Child Nutrition

Mar 1, 2019 thru Mar 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)	S-Fat (g)
Tue - 03/19/2019															
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
BEAN & CHEESE BURRITO	1 EA	1	397	16	447	9.00	1.57	312.0	216	1.4	1	18.5	56.0	11.0	4.70
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
MAC & CHEESE:Land O Lakes,W	6 oz	1	290	30	1030	1.00	1.08	400.0	750	1.2	6	16.0	33.0	11.0	7.00
CHEESY GARLIC BREADSTICK	1 EACH	1	100	0	140	1.00	0.72	10.0	0	0.0	2	3.0	13.0	3.0	0.50
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 4 OZ	1 EACH	1	110	0	60	0.00	0.00	100.4	0	3.61	15	4.01	20.07	1.0	0.50
CHEESE, STRING RV	1 oz	1	81	15	202	0.00	0.00	202.5	202	0.0	0	8.1	1.01	5.06	3.04
GOLDFISH CRACKERS, WHOLE GRAIN	1 EACH	1	100	4	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
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
SALSA; LOW SODIUM	2 OZ	1	10	0	70	0.00	0.00	0.0	200	7.2	2	0.0	2.0	0.0	0.00
SOUR CREAM	2 TBSP	1	58	19	19	0.00	0.00	38.3	192	0.0	0	0.96	0.96	5.75	2.88
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	1 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	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			551	35	837	7.47	1.95	553.4	1097	76.83	30	26.04	80.79	15.37	7.04
% of Calories											21.8%	18.9%	58.6%	25.1%	11.5%
Nutrient Guideline			600-650		1230										<10.00

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# Adelanto Child Nutrition

Mar 1, 2019 thru Mar 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)	S-Fat (g)
Wed - 03/20/2019															
MIDDLE SCHOOL LUNCH	Total	2													
CHOICE OF:	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
BEEF STEAK HAMBURGER RECIPE	1 EACH	1	308	56	689	3.10	3.50	88.0	0	0.0	3	23.9	29.6	11.4	3.90
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
CHEESEBURGERMINI TWINPK QCB655	1 EA	1	338	52	782	3.11	3.21	153.3	149	0.0	*N/A*	20.44	34.47	13.13	6.01
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
YAMI YOGURT 4 OZ	1 EACH	1	110	0	60	0.00	0.00	100.4	0	3.61	15	4.01	20.07	1.0	0.50
CHEESE, STRING RV	1 oz	1	81	15	202	0.00	0.00	202.5	202	0.0	0	8.1	1.01	5.06	3.04
GOLDFISH CRACKERS, WHOLE GRAIN	1 EACH	1	100	4	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
FRIES; CRINKLE CUT (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	120	0	474	5.73	1.73	59.5	99	0.08	5	6.7	23.38	0.01	0.00
SHREDDED ROMAINE LETTUCE	1/2 CUP	2	5	0	0	2.00	0.36	10.0	2000	1.2	1	0.5	0.5	0.0	0.00
PICKLES,DILL	1 oz	1	0	0	380	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
APPLESAUCE ,UNSWEETENED	1/2 CUP	2	47	0	0	1.21	0.00	9.3	46	0.56	11	0.0	13.01	0.0	0.00
KETCHUP: individual	2 EACH	1	20	0	160	0.00	0.00	0.0	10	0.0	2	0.0	4.0	0.0	0.00
MAYONNAISE:individual PC	1 EA	1	70	5	45	0.00	0.00	0.0	0	0.0	0	0.0	0.0	7.0	1.00
MILK, 1% ROCKVIEW	carton	1	120	15	135	0.00	0.00	300.0	750	0.0	16	10.0	16.0	2.5	1.50
MILK, NONFAT CHOC ROCKVIEW	carton	1	120	5	200	0.00	0.00	200.0	750	0.0	22	8.0	23.0	0.0	0.00
Weighted Daily Average			851	76	1943	13.04	5.80	610.9	3077	4.85	*45	46.43	114.97	23.30	8.48
% of Calories											*21.3%	21.8%	54.0%	24.6%	9.0%
Nutrient Guideline			600-650		1230										<10.00

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# Adelanto Child Nutrition

Mar 1, 2019 thru Mar 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)	S-Fat (g)
Thu - 03/21/2019															
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
SOFT TACO	(4 OZ) EA	1	329	73	567	2.71	4.10	83.1	709	0.0	1	25.4	23.2	15.09	5.80
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
TUNA SANDWICH	1 EACH	1	331	76	1050	2.00	2.16	80.0	0	0.0	*4	34.52	31.09	6.0	0.44
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YAMI YOGURT 4 OZ	1 EACH	1	110	0	60	0.00	0.00	100.4	0	3.61	15	4.01	20.07	1.0	0.50
GOLDFISH CRACKERS, WHOLE GRAIN	1 EACH	1	100	4	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00
CHEESE, STRING RV	1 oz	1	81	15	202	0.00	0.00	202.5	202	0.0	0	8.1	1.01	5.06	3.04
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
LETTUCE/ROMAINE	1/2 cup	2	4	0	2	0.84	0.30	8.4	2056	5.54	0	0.0	0.84	0.0	0.00
TOMATOES, FRESH	1/2 CUP	2	14	0	4	1.00	0.18	5.0	625	9.6	2	0.5	3.0	0.0	0.00
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
SOUR CREAM	2 TBSP	1	58	19	19	0.00	0.00	38.3	192	0.0	0	0.96	0.96	5.75	2.88
APPLE PEAR	1 EACH	2	51	0	0	4.00	0.00	0.0	0	4.8	9	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			698	103	1384	9.58	3.79	525.5	4072	21.75	*41	48.49	82.39	19.45	7.58
% of Calories											*23.4%	27.8%	47.2%	25.1%	9.8%
Nutrient Guideline			600-650		1230										<10.00

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# Adelanto Child Nutrition

Mar 1, 2019 thru Mar 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)	S-Fat (g)
Fri - 03/22/2019															
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
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	6.00
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
CHEF'S CHOICE	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
OR	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
YAMI YOGURT 4 OZ	1 EACH	1	110	0	60	0.00	0.00	100.4	0	3.61	15	4.01	20.07	1.0	0.50
CHEESE, STRING RV	1 oz	1	81	15	202	0.00	0.00	202.5	202	0.0	0	8.1	1.01	5.06	3.04
GOLDFISH CRACKERS, WHOLE GRAIN	1 EACH	1	100	4	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00
WITH	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
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	1	111	26	380	0.00	0.00	29.2	42	0.2	1	0.83	3.69	10.29	0.25
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			544	45	999	4.83	1.48	659.2	1654	6.95	41	29.09	69.23	17.18	6.14
% of Calories											30.1%	21.4%	50.9%	28.4%	10.2%
Nutrient Guideline			600-650		1230										<10.00
Weighted Average			620	56	1065	7.85	2.95	546.0	4256	34.82	*44 *63.5%	30.44 19.7%	84.46 54.5%	18.51 26.9%	6.66 9.7%

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# Adelanto Child Nutrition

Mar 1, 2019 thru Mar 31, 2019

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall		Overage	Error Messages (if any)						
Calories	620		600 - 650		100%											
Cholesterol (mg)	56															
Sodium (mg)	1065		1230													
Fiber (g)	7.85															
Iron (mg)	2.95															
Calcium (mg)	546.0															
Vitamin A (IU)	4256															
Sugars (g)	44	28.21%				Missing										
Vitamin C (mg)	34.82															
Protein (g)	30.44	19.65%														
Carbohydrate (g)	84.46	54.53%														
Total Fat (g)	18.51	26.89%														
Saturated Fat (g)	6.66	9.67%	<10.00%													

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