

Adelanto Child Nutrition

Dec 2, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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Generated on: 12/3/2018 10:46:48 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)	Tr-Fat ¹ (g)
Mon - 12/03/2018															
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
WET BURRITO	1 EACH	1	455	40	1527	5.94	1.44	547.4	507	4.6	6	27.94	48.81	16.42	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
POTATO WEDGES, LOW SODIU	1/2 CUP	3	84	0	100	2.00	0.00	0.0	0	0.0	1	2.0	19.0	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
APPLESAUCE CUP	1/2 CUP	3	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	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			735	33	1290	16.52	3.83	506.1	835	8.93	38	35.60	118.33	15.70	0.00
% of Calories											20.7%	19.4%	64.4%	19.2%	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

Base Menu Spreadsheet

Portion Values - Detailed

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Dec 2, 2018 thru Dec 31, 2018

MIDDLE SCHOOL LUNCH OVS

Generated on: 12/3/2018 10:46:48 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)	Tr-Fat ¹ (g)
Tue - 12/04/2018															
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
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	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			521	83	820	*5.06	*1.43	*349.8	*1562	*28.22	*42	19.72	78.20	14.74	*0.00
% of Calories											*32.6%	15.1%	60.0%	25.5%	*0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

Base Menu Spreadsheet

Portion Values - Detailed

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Dec 2, 2018 thru Dec 31, 2018

MIDDLE SCHOOL LUNCH OVS

Generated on: 12/3/2018 10:46:48 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)	Tr-Fat ¹ (g)
Wed - 12/05/2018															
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	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
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	0.00
SHREDDED LETTUCE	1/2 CUP	2	5	0	0	2.00	0.36	10.0	2000	1.2	1	0.5	0.5	0.0	0.00
TOMATOES, FRESH	1/4 CUP	2	7	0	2	0.50	0.09	2.5	312	4.8	1	0.25	1.5	0.0	0.00
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			463	51	609	8.83	4.89	420.7	2373	19.60	37	26.02	66.61	11.27	0.00
% of Calories											32.0%	22.5%	57.5%	21.9%	0.0%
Nutrient Guideline			600-650		1230										

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Base Menu Spreadsheet

Portion Values - Detailed

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MIDDLE SCHOOL LUNCH 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)	Tr-Fat ¹ (g)
Thu - 12/06/2018															
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	2 OZ	1	63	11	167	1.42	0.71	15.6	311	3.55	1	4.61	4.61	3.19	0.00
CHEESE SAUCE, CHEDDAR	3 oz	1	130	30	550	0.00	0.00	0.0	0	0.0	0	8.0	4.0	9.0	0.00
TORTILLA CHIPS (NEW)	1 EACH	1	280	0	300	3.00	1.00	2.9	4	0.0	1	3.0	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
CHICKEN CHIPOTLE SALAD	1 EACH	1	481	43	608	10.24	6.65	609.4	14977	30.36	*4	23.22	57.04	18.59	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
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	3	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
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			622	60	831	8.50	3.42	555.4	6560	65.40	*29	27.34	73.65	25.42	0.00
% of Calories											*18.3%	17.6%	47.4%	36.8%	0.0%
Nutrient Guideline			600-650		1230										

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Portion Values - Detailed

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Dec 2, 2018 thru Dec 31, 2018

MIDDLE SCHOOL LUNCH 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)	Tr-Fat ¹ (g)
Fri - 12/07/2018															
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	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
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
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
ITALIAN DRESSING	1 OZ	3	40	0	270	0.00	0.00	0.0	0	0.0	2	0.0	2.0	3.5	0.00
PEARS, FRESH	1 EACH	3	96	0	2	5.15	0.28	14.9	38	6.97	16	0.63	25.66	0.2	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			886	50	1683	13.97	3.75	778.1	3844	25.06	67	33.70	123.17	30.58	0.00
% of Calories											30.3%	15.2%	55.6%	31.1%	0.0%
Nutrient Guideline			600-650		1230										

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/10/2018															
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	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
TAQUITO (CHICKEN AND CHEES	2 EACH	1	280	30	800	4.00	2.16	119.9	200	4.8	2	15.99	29.99	11.99	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
BISCUIT, MINI	1 EACH	3	100	0	230	1.00	0.36	80.0	5	0.0	1	2.0	13.0	5.0	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
MASHED POTATOES	1/2 CUP	2	207	0	388	9.19	6.92	381.8	32	50.79	*3	11.39	39.04	3.23	*0.00
GRAVY, BROWN	2 OZ	2	19	0	302	0.00	0.00	37.8	0	0.0	*N/A*	0.0	3.78	0.0	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	0	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			688	37	1537	14.33	7.22	736.4	1086	144.34	*34	32.24	101.89	20.14	*0.00
% of Calories											*19.8%	18.7%	59.2%	26.3%	*0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

Base Menu Spreadsheet

Portion Values - Detailed

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Dec 2, 2018 thru Dec 31, 2018

MIDDLE SCHOOL LUNCH OVS

Generated on: 12/3/2018 10:46:48 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)	Tr-Fat ¹ (g)
Tue - 12/11/2018															
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	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
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
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	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			649	26	545	*9.41	*2.26	489.4	1235	*96.05	55	24.77	111.66	13.44	0.00
% of Calories											33.9%	15.3%	68.8%	18.6%	0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

Dec 2, 2018 thru Dec 31, 2018

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 - 12/12/2018															
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	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	2	123	0	482	5.74	1.73	60.3	101	0.12	5	6.73	24.1	0.01	0.00
SHREDDED 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
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
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	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			657	50	1410	14.20	4.42	440.5	2771	16.88	41	32.99	96.80	15.49	0.00
% of Calories											24.9%	20.1%	59.0%	21.2%	0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

Base Menu Spreadsheet

Portion Values - Detailed

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Dec 2, 2018 thru Dec 31, 2018

MIDDLE SCHOOL LUNCH OVS

Generated on: 12/3/2018 10:46:48 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)	Tr-Fat ¹ (g)
Thu - 12/13/2018															
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
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
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
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
MILK, 1% ROCKVIEW	carton	1	120	15	135	0.00	0.00	300.0	750	0.0	16	10.0	16.0	2.5	0.00
MILK, NONFAT CHOC ROCKVIEW	carton	1	120	5	200	0.00	0.00	200.0	750	0.0	22	8.0	23.0	0.0	0.00
Weighted Daily Average			567	97	997	7.55	2.32	711.0	17090	75.89	36	33.91	71.82	16.69	0.04
% of Calories											25.6%	23.9%	50.7%	26.5%	0.1%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

Dec 2, 2018 thru Dec 31, 2018

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 - 12/14/2018															
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	1 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	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	1	111	26	380	0.00	0.00	29.2	42	0.2	1	0.83	3.69	10.29	0.00
APPLESAUCE CUP	1/2 CUP	3	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	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			532	40	1043	5.08	2.02	471.6	1317	9.27	38	20.56	70.54	19.55	0.00
% of Calories											28.4%	15.4%	53.0%	33.1%	0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

Base Menu Spreadsheet

Portion Values - Detailed

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Dec 2, 2018 thru Dec 31, 2018

MIDDLE SCHOOL LUNCH OVS

Generated on: 12/3/2018 10:46:48 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)	Tr-Fat ¹ (g)
Mon - 12/17/2018															
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	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
CHEESY GARLIC BREADSTICK	1 EACH	3	100	0	140	1.00	0.72	10.0	0	0.0	2	3.0	13.0	3.0	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
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
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
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	0	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	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			757	21	1183	12.06	4.26	370.9	719	7.59	39	30.50	106.61	21.86	0.00
% of Calories											20.4%	16.1%	56.3%	26.0%	0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

Base Menu Spreadsheet

Portion Values - Detailed

Page 12

Dec 2, 2018 thru Dec 31, 2018

MIDDLE SCHOOL LUNCH 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)	Tr-Fat ¹ (g)
Tue - 12/18/2018															
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
MEATBALL SUB (5 EACH)	(5 EA) SERVING	1	349	38	592	3.92	4.10	88.3	687	15.49	9	18.93	41.31	12.01	0.60
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
SMOOTHIE	(8OZ) SERVINGS	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
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
CHEESE SHREDDED MOZZARELLA	2 OZ	1	172	37	387	0.00	0.13	406.0	480	0.0	1	13.4	4.57	11.18	0.40
SALAD-3 WAY;ROMAINE RANCH DRESSING	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
KIWI	2 OZ	3	111	26	380	0.00	0.00	29.2	42	0.2	1	0.83	3.69	10.29	0.00
MILK, 1% ROCKVIEW	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, NONFAT CHOC ROCKVIEW	carton	1	120	15	135	0.00	0.00	300.0	750	0.0	16	10.0	16.0	2.5	0.00
	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			661	65	1013	*8.06	*3.15	*731.8	*6200	*139.43	*44	28.32	89.30	23.99	0.33
% of Calories											*26.6%	17.1%	54.0%	32.6%	0.5%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

Base Menu Spreadsheet

Portion Values - Detailed

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MIDDLE SCHOOL LUNCH 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)	Tr-Fat ¹ (g)
Wed - 12/19/2018															
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
TURKEY GRAVY	4 oz	1	120	35	580	0.00	1.08	20.0	0	0.0	0	15.0	6.0	4.0	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	*0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
TUNA SANDWICH	1 EACH	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
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
GREEN BEANS: canned	1/2 cup	1	20	0	140	2.00	0.72	20.0	300	2.4	2	1.0	4.0	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
CINNAMON HOLIDAY COOKIES	1 EACH	1	130	0	120	1.00	1.08	100.0	0	0.0	8	2.0	21.0	4.0	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			549	30	945	8.09	6.16	522.3	747	37.40	*46	26.25	89.56	10.40	*0.00
% of Calories											*33.4%	19.1%	65.2%	17.0%	*0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

Dec 2, 2018 thru Dec 31, 2018

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 - 12/20/2018															
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
CHICKEN SANDWICH W/BUN	1 EACH	1	393	25	736	6.04	3.63	120.6	0	0.0	4	21.19	44.21	15.18	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
COOKED CARROTS	1/2 CUP	1	41	2	132	2.96	0.50	21.2	12699	0.12	4	1.0	7.87	0.83	0.00
SHREDDED 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
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
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
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
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			499	28	810	9.36	2.92	355.7	10318	11.14	30	23.78	64.58	16.29	0.00
% of Calories											24.2%	19.1%	51.7%	29.4%	0.0%
Nutrient Guideline			600-650		1230										
Weighted Average			628	48	1051	*10.07	*3.72	*531.4	*4047	*48.94	*41	28.27	90.19	18.25	*0.03
											*59.0%	18.0%	57.5%	26.2%	*0.0%

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Adelanto Child Nutrition

Dec 2, 2018 thru Dec 31, 2018

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	628		600 - 650		100%											
Cholesterol (mg)	48															
Sodium (mg)	1051		1230													
Fiber (g)	10.07					Missing										
Iron (mg)	3.72					Missing										
Calcium (mg)	531.4					Missing										
Vitamin A (IU)	4047					Missing										
Sugars (g)	41	26.22%				Missing										
Vitamin C (mg)	48.94					Missing										
Protein (g)	28.27	18.01%														
Carbohydrate (g)	90.19	57.48%														
Total Fat (g)	18.25	26.18%														
Trans Fat ¹ (g)	0.03	0.04%				Missing										

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