

# Adelanto Child Nutrition

Feb 1, 2019 thru Feb 28, 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)	Tr-Fat <sup>1</sup> (g)
Fri - 02/01/2019																
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	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	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	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	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	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	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	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	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	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	0.00
% of Calories											43.3%	18.1%	66.9%	17.9%	7.3%	0.0%
Nutrient Guideline			400-500		540											<10.00

Mon - 02/04/2019																
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	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	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	0.00
CEREAL MARSHMALLOW MAT EYS	1 EACH	1	220	0	370	3.00	18.00	200.0	1000	12.0	23	4.0	47.0	2.0	0.00	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	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	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	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	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	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	0.00
% of Calories											54.0%	12.4%	78.3%	11.1%	2.9%	0.0%
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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Adelanto Child Nutrition

Feb 1, 2019 thru Feb 28, 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)	Tr-Fat <sup>1</sup> (g)
Tue - 02/05/2019																
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	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	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	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	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	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	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	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	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	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	0.00
Weighted Daily Average			417	30	539	3.09	3.16	463.7	1448	5.39	52	19.42	70.97	7.63	3.62	0.00
% of Calories											50.1%	18.6%	68.1%	16.5%	7.8%	0.0%
Nutrient Guideline			400-500		540											<10.00

Wed - 02/06/2019																
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	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	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	0.00
APPLE CINNAMON CHEERIOS	1 BOWL	1	110	0	110	2.00	3.60	100.0	500	6.0	10	2.0	22.0	1.5	0.00	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	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	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	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	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	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	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	0.00
% of Calories											50.7%	14.6%	69.7%	16.8%	5.6%	0.0%
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  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Adelanto Child Nutrition

Feb 1, 2019 thru Feb 28, 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)	Tr-Fat <sup>1</sup> (g)
Thu - 02/07/2019																
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	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	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	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	0.00
CHEESE, STRING RV WITH	1 oz	1	81	15	202	0.00	0.00	202.5	202	0.0	0	8.1	1.01	5.06	3.04	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	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	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	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	0.00
Weighted Daily Average			453	25	599	3.39	4.14	411.2	1300	4.19	50	19.52	75.92	9.03	2.77	0.00
% of Calories											44.1%	17.2%	67.0%	17.9%	5.5%	0.0%
Nutrient Guideline			400-500		540											<10.00

Fri - 02/08/2019																
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	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	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	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	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	0.00
APPLE Fresh	1 EACH	2	80	0	0	5.00	0.36	20.0	100	12.0	17	0.0	22.0	0.0	0.00	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	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	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	0.00
Weighted Daily Average			493	10	325	8.41	1.44	360.0	1124	15.50	63	15.41	92.97	8.25	3.75	0.00
% of Calories											50.9%	12.5%	75.5%	15.1%	6.9%	0.0%
Nutrient Guideline			400-500		540											<10.00

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# Adelanto Child Nutrition

Feb 1, 2019 thru Feb 28, 2019

## Base Menu Spreadsheet

BREAKFAST OVS

### Portion Values - Detailed

	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)	Tr-Fat <sup>1</sup> (g)
Tue - 02/12/2019																
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	0.00
CHICKEN PATTY; BREADED WG	3.29 oz	1	243	25	466	3.04	1.83	40.6	0	0.0	1	14.19	15.21	13.18	2.53	0.00
COUNTRY GRAVY	1 OZ	1	20	0	120	0.00	0.00	15.0	0	0.0	1	0.5	2.5	1.0	0.50	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	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	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	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	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	0.00
VERY BERRY JUICE 4 OZ	1/2 CUP	1	60	0	1	0.00	0.00	10.0	0	0.0	15	0.0	15.0	0.0	0.00	0.00
PINEAPPLE TIDBITS	1/2 CUP	1	70	0	10	1.00	0.72	0.0	70	6.0	14	0.0	17.0	0.0	0.00	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	1.50	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	0.00
Weighted Daily Average			402	23	670	3.52	3.25	324.0	764	6.00	32	17.40	54.36	12.87	5.29	0.00
% of Calories											31.6%	17.3%	54.1%	28.8%	11.8%	0.0%
Nutrient Guideline			400-500		540											<10.00

Wed - 02/13/2019																
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	0.00
FRENCH TST STKS, WG	2.9 OZ	1	210	125	320	2.00	1.80	60.0	200	0.0	8	8.0	28.0	7.0	2.00	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	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	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	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	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	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	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	0.00
Weighted Daily Average			387	73	417	4.21	3.15	339.3	1146	45.56	51	15.00	72.01	5.50	1.75	0.00
% of Calories											52.8%	15.5%	74.4%	12.8%	4.1%	0.0%
Nutrient Guideline			400-500		540											<10.00

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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)	Tr-Fat <sup>1</sup> (g)
Thu - 02/14/2019																
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	0.00
PANCAKE SANDWICH RECIPE	1 EACH	1	252	20	628	2.10	0.43	92.5	173	0.0	7	13.06	27.2	11.7	3.86	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	0.00
CEREAL: RICE CHEX	BOWL	1	70	0	170	1.00	5.40	60.0	300	3.6	2	1.0	16.0	0.0	0.00	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	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	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	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	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	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	1.50	0.00
MILK, NONFAT CHOC ROCKVIEW	carton	0	120	5	200	0.00	0.00	200.0	750	0.0	22	8.0	23.0	0.0	0.00	0.00
MILK;STRAWBERRY SPLASH	1 EACH	1	130	5	115	0.00	0.00	300.0	500	1.2	26	8.0	27.0	0.0	0.00	0.00
Weighted Daily Average			392	20	565	2.46	2.91	327.5	862	3.50	44	15.99	64.58	8.38	3.45	0.00
% of Calories											45.4%	16.3%	65.9%	19.3%	7.9%	0.0%
Nutrient Guideline			400-500		540										<10.00	

Fri - 02/15/2019																
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	0.00
BREAKFAST BURRITO	1 EACH	1	311	190	648	3.00	1.32	122.0	334	1.8	0	12.0	30.5	15.5	4.50	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	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	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	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	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	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	1.50	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	0.00
Weighted Daily Average			441	98	486	5.10	1.38	220.3	887	5.65	46	13.47	77.18	9.75	3.00	0.00
% of Calories											41.4%	12.2%	70.1%	19.9%	6.1%	0.0%
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

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# Adelanto Child Nutrition

Feb 1, 2019 thru Feb 28, 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)	Tr-Fat <sup>1</sup> (g)
Tue - 02/19/2019																
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	0.00
EGG & CHEESE SAND, WG BUN	1 EACH	1	162	71	283	2.02	1.09	80.8	303	9.08	4	6.06	19.18	7.07	2.52	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	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	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	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	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	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	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	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	0.00
Weighted Daily Average			419	53	496	3.40	3.15	451.6	1551	9.93	53	17.54	73.01	8.06	3.53	0.00
% of Calories											50.6%	16.8%	69.7%	17.3%	7.6%	0.0%
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)	Tr-Fat <sup>1</sup> (g)
Wed - 02/20/2019																
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	0.00
SCONE,STRAWBERRY	1 EACH	1	272	9	180	3.30	1.62	110.0	150	5.4	23	3.9	50.9	6.7	2.50	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	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	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	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	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	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	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	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	0.00
Weighted Daily Average			474	22	414	5.75	2.61	506.2	1426	75.30	61	17.20	85.46	8.08	3.52	0.00
% of Calories											51.9%	14.5%	72.2%	15.4%	6.7%	0.0%
Nutrient Guideline			400-500		540											<10.00

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# Adelanto Child Nutrition

Feb 1, 2019 thru Feb 28, 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)	Tr-Fat <sup>1</sup> (g)
Thu - 02/21/2019																
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	0.00
CRUMB SQUARE, WG	3.6 OZ	1	283	32	215	3.00	1.20	16.0	0	0.01	24	3.4	47.0	9.0	1.20	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	0.00
CEREAL: RICE CHEX	BOWL	1	70	0	170	1.00	5.40	60.0	300	3.6	2	1.0	16.0	0.0	0.00	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	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	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	0.00
BANANA	1 EACH	2	110	0	1	4.00	0.00	0.0	40	9.0	21	1.0	29.0	0.0	0.00	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	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	0.00
Weighted Daily Average			507	34	472	7.00	3.30	389.2	1041	52.81	66	17.25	93.51	8.28	2.87	0.00
% of Calories											52.1%	13.6%	73.8%	14.7%	5.1%	0.0%
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)	Tr-Fat <sup>1</sup> (g)
Fri - 02/22/2019																
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	0.00
BREAKFAST CHORIZO QUESA	1 EACH	1	271	41	447	2.22	1.45	388.0	440	0.26	0	17.47	22.16	12.77	6.69	0.31
DILLA	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
OR	1 EACH	1	230	0	115	2.00	0.72	100.0	0	3.6	21	6.0	43.0	4.0	1.50	0.00
YAMI YOGURT WITH CHEX	1 each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
WITH	1 EACH	2	80	0	0	5.00	0.36	20.0	100	12.0	17	0.0	22.0	0.0	0.00	0.00
RED APPLE	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	0.00
PEACHES, CANNED, IN PEAR JUICE																
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	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	0.00
Weighted Daily Average			498	31	453	8.02	1.44	514.0	1345	15.03	56	21.65	85.06	9.64	4.84	0.16
% of Calories											44.7%	17.4%	68.3%	17.4%	8.7%	0.3%
Nutrient Guideline			400-500		540											<10.00

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# Adelanto Child Nutrition

Feb 1, 2019 thru Feb 28, 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)	Tr-Fat <sup>1</sup> (g)
Mon - 02/25/2019																
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	0.00
BREAKFAST BAR BANANA CHOC	1 EA	1	280	15	220	2.99	1.80	20.0	115	0.0	23	4.99	47.91	7.99	2.99	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	0.00
CEREAL MARSHMALLOW MAT EYS	1 EACH	1	220	0	370	3.00	18.00	200.0	1000	12.0	23	4.0	47.0	2.0	0.00	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	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	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	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	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	0.00
Weighted Daily Average			480	17	472	5.30	10.26	360.0	1880	9.48	64	14.88	93.85	6.24	2.25	0.00
% of Calories											53.4%	12.4%	78.2%	11.7%	4.2%	0.0%
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)	Tr-Fat <sup>1</sup> (g)
Tue - 02/26/2019																
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	0.00
PANCAKE;KRUSTEAZ	1 EACH	1	75	4	200	2.00	0.72	20.0	200	0.0	3	1.5	15.5	1.0	0.25	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	3.50	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	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	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	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	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	0.00
APPLESAUCE ,UNWEETENED	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	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	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	0.00
Weighted Daily Average			420	117	585	3.21	2.97	460.5	1448	3.56	50	18.80	68.77	9.53	4.14	0.00
% of Calories											48.0%	17.9%	65.4%	20.4%	8.9%	0.0%
Nutrient Guideline			400-500		540											<10.00

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# Adelanto Child Nutrition

Feb 1, 2019 thru Feb 28, 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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 02/27/2019																
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	0.00
MUFFIN, WG CHOC CHIP	1 EA	1	249	26	110	2.60	1.00	6.0	49	0.1	19	2.8	41.5	7.9	1.00	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	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	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	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	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	0.00
BANANA	1 EACH	2	110	0	1	4.00	0.00	0.0	40	9.0	21	1.0	29.0	0.0	0.00	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	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	0.00
Weighted Daily Average			510	31	390	7.30	2.30	404.2	1166	54.05	68	17.45	93.76	8.48	2.77	0.00
% of Calories											52.9%	13.7%	73.5%	15.0%	4.9%	0.0%
Nutrient Guideline			400-500		540											<10.00

Thu - 02/28/2019																
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	0.00
BREAKFAST BAR, HONEY WH	2.5 oz	1	205	13	196	1.79	1.29	89.3	67	0.0	13	3.57	34.82	6.25	1.79	0.00
EAT	1 serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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	0.00
CEREAL: RICE CHEX	BOWL	1	70	0	170	1.00	5.40	60.0	300	3.6	2	1.0	16.0	0.0	0.00	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	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	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	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	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	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	0.00
Weighted Daily Average			413	24	457	3.22	3.34	425.9	1090	1.80	52	15.33	74.05	6.91	3.16	0.00
% of Calories											50.0%	14.9%	71.7%	15.0%	6.9%	0.0%
Nutrient Guideline			400-500		540											<10.00

Weighted Average			450	41	490	4.86	3.56	396.1	1283	20.38	54	17.18	79.24	8.36	3.27	0.01
											108.8%	15.3%	70.4%	16.7%	6.5%	0.0%

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Adelanto Child Nutrition

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

BREAKFAST OVS

Portion Values - Detailed

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Generated on: 1/28/2019 10:08:04 AM

Nutrient	Menu AVG	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)	Tr-Fat <sup>1</sup> (g)	Error Messages (if any)
Calories	450			400 - 500	100%													
Cholesterol (mg)	41																	
Sodium (mg)	490			540														
Fiber (g)	4.86																	
Iron (mg)	3.56																	
Calcium (mg)	396.1																	
Vitamin A (IU)	1283																	
Sugars (g)	54	48.35%																
Vitamin C (mg)	20.38																	
Protein (g)	17.18	15.26%																
Carbohydrate (g)	79.24	70.37%																
Total Fat (g)	8.36	16.70%																
Saturated Fat (g)	3.27	6.54%			<10.00%													
Trans Fat <sup>1</sup> (g)	0.01	0.02%																

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

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