

Adelanto Child Nutrition

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

ELEM LUNCH 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 ¹ (g)
Fri - 02/01/2019																
ELEM LUNCH 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
PIZZA, PEPPERONI, GALAXY OR	1 EACH serving	1	290	30	520	3.00	2.70	250.0	300	0.0	9	16.0	29.0	12.0	6.00	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	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
GOLDFISH CRACKERS, WHOLE GRAIN WITH	1 EACH	1	100	4	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
CELERY STICKS	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
SPINACH; RAW	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	0.00
ITALIAN DRESSING	1/2 CUP	1	3	0	12	0.42	0.38	16.9	1373	4.44	0	0.42	0.63	0.0	0.00	0.00
PEARS,FRESH	1 OZ	3	40	0	270	0.00	0.00	0.0	0	0.0	2	0.0	2.0	3.5	0.00	0.00
MILK, 1% ROCKVIEW	1 EACH carton	3	96	0	2	5.15	0.28	14.9	38	6.97	16	0.63	25.66	0.2	0.02	0.00
MILK, NONFAT CHOC 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	0.00
	1 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 % of Calories			633	35	1137	12.05	2.33	609.6	2169	17.02	60 38.2%	26.77 16.9%	96.53 61.0%	17.58 25.0%	6.04 8.6%	0.00 0.0%
Nutrient Guideline			550-650		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

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Base Menu Spreadsheet

ELEM LUNCH 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 ¹ (g)
Mon - 02/04/2019																
ELEM LUNCH 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
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	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 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	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
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	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
BISCUIT, MINI	1 EACH	2	100	0	230	1.00	0.36	80.0	5	0.0	1	2.0	13.0	5.0	4.50	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	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	0.00
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	0.00
KIWI	1/2 CUP	1	69	0	3	3.20	0.35	38.4	96	104.94	10	1.28	16.66	0.64	0.00	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	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
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	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			651	40	1372	10.19	5.40	746.4	1264	82.57	37	31.89	91.28	19.47	9.23	0.00
% of Calories											22.8%	19.6%	56.1%	26.9%	12.8%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Adelanto Child Nutrition

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

ELEM LUNCH 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 ¹ (g)
Tue - 02/05/2019																
ELEM LUNCH 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
BURRITO;BEAN AND CHEESE; FIESTA	1 EACH	1	340	20	560	8.00	3.60	149.9	0	0.0	1	14.99	46.98	11.0	5.00	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
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	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
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	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
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	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	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	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
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	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	0.00
Weighted Daily Average			582	39	723	7.71	2.70	514.9	1114	9.56	42	26.53	90.02	15.41	6.96	0.00
% of Calories											29.0%	18.2%	61.9%	23.8%	10.8%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Base Menu Spreadsheet

ELEM LUNCH 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 ¹ (g)
Wed - 02/06/2019																
ELEM LUNCH 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
BEEF STEAK HAMBURGER RE CIPE	1 EACH	1	308	56	689	3.10	3.50	88.0	0	0.0	3	23.9	29.6	11.4	3.90	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 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	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
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	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
FRIES CRINKLE CUT (SIMPLOT)	(2.96 OZ) EACH	1	150	0	250	2.00	0.36	0.0	0	2.4	0	2.0	22.0	9.0	1.00	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	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	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	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
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	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	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 % of Calories			712	50	1625	11.69	4.20	524.9	3230	5.39	43	37.62	99.70	19.74	5.97	0.00
											24.4%	21.1%	56.0%	24.9%	7.5%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Base Menu Spreadsheet

ELEM LUNCH 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 ¹ (g)
Thu - 02/07/2019																
ELEM LUNCH 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
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	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	0.46	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	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	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	1.00	0.00
CHEESE, STRING RECIPE 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
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
COOKED BROCCOLI	1/2 CUP	2	32	2	16	1.94	0.35	29.2	283	58.32	0	1.94	4.37	0.81	0.57	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	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	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	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 % of Calories			571	55	793	9.69	1.65	511.3	12004	76.60	52	25.83	88.24	14.05	4.22	0.06
											36.6%	18.1%	61.8%	22.1%	6.6%	0.1%
Nutrient Guideline			550-650		1230											<10.00

Fri - 02/08/2019																
ELEM LUNCH 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
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	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 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	0.00
CHEESE, STRING RECIPE 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
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	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
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	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	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	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

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ELEM LUNCH 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 ¹ (g)
Weighted Daily Average % of Calories			529	45	1004	5.30	1.84	534.2	1778	10.04	44 33.4%	24.15 18.2%	73.67 55.7%	16.18 27.5%	5.39 9.2%	0.00 0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 02/12/2019																
ELEM LUNCH 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
MEATBALL SUB (5 EACH)	(5 EA) SE RVING	1	349	38	592	3.92	4.10	88.3	687	15.49	9	18.93	41.31	12.01	3.80	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	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	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
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	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
CORN: canned, yellow	1/2 CUP	1	65	0	15	2.00	0.72	0.0	20	3.6	3	2.0	15.0	1.0	0.00	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	6.50	0.40
SALAD-3 WAY;ROMAINE RANCH DRESSING	1/2 CUP 2 OZ	1 1	11 111	0 26	7 380	1.00 0.00	0.54 0.00	190.0 29.2	4900 42	8.4 0.2	1 1	1.0 0.83	2.0 3.69	0.0 10.29	0.00 0.25	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
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 % of Calories			667	70	1074	5.17	2.93	777.5	3962	16.21	46 27.4%	34.64 20.8%	83.34 50.0%	23.27 31.4%	8.30 11.2%	0.50 0.7%
Nutrient Guideline			550-650		1230											<10.00

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Adelanto Child Nutrition

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

ELEM LUNCH 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 ¹ (g)
Wed - 02/13/2019																
ELEM LUNCH 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 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	2.53	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 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	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
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	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
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	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	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	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	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	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	0.00
TANGERINE,SATSUMA	1 each	1	47	0	2	1.58	0.13	32.6	599	23.5	9	0.71	11.74	0.27	0.03	0.00
JELLO	1/2 CUP	1	75	0	55	0.00	0.00	0.0	1250	15.0	16	1.5	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			578	27	1032	9.31	3.32	390.5	3713	27.05	40	28.01	79.51	16.51	4.05	0.00
% of Calories											27.4%	19.4%	55.0%	25.7%	6.3%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Adelanto Child Nutrition

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

ELEM LUNCH 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 ¹ (g)
Thu - 02/14/2019																
ELEM LUNCH 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
TURKEY GRAVY	4 oz	1	120	35	580	0.00	1.08	20.0	0	0.0	0	15.0	6.0	4.0	1.00	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	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 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	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
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	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
ROLL, DINNER, GALASSOS	1 each	1	140	0	270	3.00	1.80	80.0	0	0.0	3	6.0	29.0	2.0	0.00	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	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	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
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			619	32	1078	9.09	6.52	662.3	997	38.00	56	32.25	107.06	9.40	2.98	0.00
% of Calories											36.4%	20.8%	69.2%	13.7%	4.3%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 02/15/2019																
ELEM LUNCH 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
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	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 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	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
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	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
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	0.02	0.00
SPINACH; RAW	1/2 CUP	1	3	0	12	0.42	0.38	16.9	1373	4.44	0	0.42	0.63	0.0	0.00	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	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	0.02	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

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Adelanto Child Nutrition

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

ELEM LUNCH 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 ¹ (g)
Weighted Daily Average			681	40	1198	12.62	1.98	674.0	18008	23.15	60	28.11	103.55	19.81	7.08	0.00
% of Calories											35.4%	16.5%	60.8%	26.2%	9.4%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 02/19/2019																
ELEM LUNCH 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
ROTINI PASTA/MEAT SAUCE WG	7.44 OZ	1	226	39	314	5.00	3.00	68.0	665	24.0	7	19.0	25.0	6.0	2.40	0.00
TEXAS TOAST,GARLIC	1 EACH	1	100	0	130	2.00	0.72	0.0	300	0.0	1	3.0	15.0	3.0	0.00	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 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	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
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	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
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	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	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			514	39	620	8.50	2.62	503.4	1592	157.75	41	30.14	76.62	11.17	4.22	0.00
% of Calories											31.7%	23.4%	59.6%	19.6%	7.4%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Adelanto Child Nutrition

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

ELEM LUNCH 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 ¹ (g)
Wed - 02/20/2019																
ELEM LUNCH 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
CHEESEBURGER SLIDERS	1 EA	1	274	34	518	2.30	3.02	103.7	86	9.81	2	18.14	28.18	10.22	3.82	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 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	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
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	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
FRIES;SEASONED THIN CUT	2.12 OZ	2	106	0	275	1.20	0.54	0.0	0	3.31	0	1.32	14.06	5.23	0.81	0.08
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	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	0.00
PICKLES,DILL	1 oz	2	0	0	380	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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	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	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			677	31	1772	11.97	4.67	382.8	2919	13.69	38	29.62	97.99	18.63	5.49	0.08
% of Calories											22.6%	17.5%	57.9%	24.8%	7.3%	0.1%
Nutrient Guideline			550-650		1230										<10.00	

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Adelanto Child Nutrition

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

ELEM LUNCH 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 ¹ (g)
Thu - 02/21/2019																
ELEM LUNCH 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, TERIYAKI	2.6 oz	1	146	70	634	0.00	0.87	0.0	85	1.46	12	16.0	13.64	3.5	1.00	0.00
RICE,BROWN, ASIAN SEASONING	1/2 CUP	1	115	0	290	1.00	0.36	0.0	500	0.0	2	3.0	23.0	0.75	0.00	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 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	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
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	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
COOKED BROCCOLI	1/2 CUP	2	32	2	16	1.94	0.35	29.2	283	58.32	0	1.94	4.37	0.81	0.57	0.00
COOKED CARROTS	1/2 CUP	2	41	2	132	2.96	0.50	21.2	12699	0.12	4	1.0	7.87	0.83	0.57	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
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 % of Calories			457	52	926	7.12	1.64	321.1	13798	61.53	41	24.00	72.61	8.55	3.90	0.00
											35.5%	21.0%	63.5%	16.8%	7.7%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Fri - 02/22/2019																
ELEM LUNCH 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
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	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 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	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
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	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
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	0.00
CORN: canned, yellow	1/2 CUP	1	65	0	15	2.00	0.72	0.0	20	3.6	3	2.0	15.0	1.0	0.00	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	0.00
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	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	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

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Adelanto Child Nutrition

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

ELEM LUNCH 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 ¹ (g)
Weighted Daily Average			579	51	1129	6.74	1.84	523.8	1090	7.75	37	24.60	74.23	21.57	5.52	0.00
% of Calories											25.4%	17.0%	51.2%	33.5%	8.6%	0.0%
Nutrient Guideline			550-650		1230											<10.00

Mon - 02/25/2019																
ELEM LUNCH 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 TENDERS, TYSON	3 EACH	1	260	25	390	3.00	1.80	40.0	100	0.0	1	15.0	16.0	15.0	2.50	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 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	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
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	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
PINTO BEANS	1/2 CUP	2	137	0	140	5.00	1.62	80.0	0	0.0	10	8.0	24.0	1.0	0.00	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	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
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	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			610	32	943	9.91	3.42	531.4	1481	5.30	49	33.97	86.01	14.53	4.27	0.00
% of Calories											32.2%	22.3%	56.4%	21.4%	6.3%	0.0%
Nutrient Guideline			550-650		1230											<10.00

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Adelanto Child Nutrition

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

ELEM LUNCH 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 ¹ (g)
Tue - 02/26/2019																
ELEM LUNCH 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
TACO NADA, TURKEY	5 oz	1	309	30	419	4.99	3.59	79.9	200	1.2	1	17.97	39.93	9.98	2.50	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 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	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
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	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
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	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	0.00
SALSA; LOW SODIUM	2 OZ	2	10	0	70	0.00	0.00	0.0	200	7.2	2	0.0	2.0	0.0	0.00	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	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			552	44	690	5.91	2.70	470.5	1294	13.21	38	28.02	81.80	14.90	5.70	0.00
% of Calories											27.2%	20.3%	59.3%	24.3%	9.3%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Adelanto Child Nutrition

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

ELEM LUNCH 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 ¹ (g)
Wed - 02/27/2019																
ELEM LUNCH 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
BEEF STEAK HAMBURGER RE CIPE	1 EACH	1	308	56	689	3.10	3.50	88.0	0	0.0	3	23.9	29.6	11.4	3.90	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 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	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
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	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
FRIES CRINKLE CUT (SIMPLOT)	(2.96 OZ) EACH	2	150	0	250	2.00	0.36	0.0	0	2.4	0	2.0	22.0	9.0	1.00	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	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	0.00
PICKLES,DILL	1 oz	2	0	0	380	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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	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	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	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			646	43	1395	11.55	3.10	337.9	2894	22.21	40	26.26	91.84	22.98	5.72	0.00
% of Calories											24.5%	16.2%	56.8%	32.0%	8.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Adelanto Child Nutrition

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

ELEM LUNCH 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 ¹ (g)
Thu - 02/28/2019																
ELEM LUNCH 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
CARNE ASADA FRIES	SERVING	1	360	50	1025	1.46	2.33	506.3	117	3.5	1	32.69	25.44	13.37	2.50	0.00
CORN BREAD MINI MUFFIN, WG	1.5 OZ	1	140	15	130	2.00	0.72	0.0	0	0.0	9	2.0	23.0	4.5	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
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	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
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	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
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	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	0.00
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	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	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			626	62	1155	5.34	2.17	690.0	1710	12.17	47	35.32	81.92	17.87	6.21	0.00
% of Calories											30.2%	22.6%	52.3%	25.7%	8.9%	0.0%
Nutrient Guideline			550-650		1230										<10.00	
Weighted Average			605	44	1093	8.88	3.06	539.2	4168	33.29	45	29.32	87.55	16.76	5.62	0.04
											67.1%	19.4%	57.9%	24.9%	8.4%	0.1%

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Adelanto Child Nutrition

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

ELEM 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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)	
Calories	605			550 - 650	100%														
Cholesterol (mg)	44																		
Sodium (mg)	1093			1230															
Fiber (g)	8.88																		
Iron (mg)	3.06																		
Calcium (mg)	539.2																		
Vitamin A (IU)	4168																		
Sugars (g)	45	29.82%																	
Vitamin C (mg)	33.29																		
Protein (g)	29.32	19.39%																	
Carbohydrate (g)	87.55	57.91%																	
Total Fat (g)	16.76	24.94%																	
Saturated Fat (g)	5.62	8.37%			<10.00%														
Trans Fat ¹ (g)	0.04	0.05%																	

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