

Adelanto Child Nutrition

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

Page 1

Generated on: 1/28/2019 10:59:21 AM

	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																
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	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	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
CHILI CHEESE NACHOS	1 EACH	1	474	41	1017	4.42	1.71	18.5	315	3.55	2	15.61	39.61	28.2	9.44	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
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	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	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
Weighted Daily Average			582	37	1105	9.79	2.38	423.9	2466	15.49	41	23.33	77.98	21.12	7.18	0.00
% of Calories											28.0%	16.0%	53.6%	32.7%	11.1%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

Page 2

Generated on: 1/28/2019 10:59:21 AM

	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																
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	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
WET BURRITO	1 EACH	1	455	40	1527	5.94	1.44	547.4	507	4.6	6	27.94	48.81	16.42	7.00	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	3	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	3	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	3	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			672	40	1549	11.91	4.67	739.0	1178	127.34	35	32.43	93.89	20.54	9.98	0.00
% of Calories											20.6%	19.3%	55.9%	27.5%	13.4%	0.0%
Nutrient Guideline			600-650		1230											<10.00

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Adelanto Child Nutrition

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

Page 3

Generated on: 1/28/2019 10:59:21 AM

	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																
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	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
PARFAIT	1 EACH	1	487	5	285	*6.24	*1.62	234.9	1065	*67.14	46	12.75	90.95	8.5	2.00	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	3	65	0	15	2.00	0.72	0.0	20	3.6	3	2.0	15.0	1.0	0.00	0.00
MOLCAJETE SALSA	1 OZ	1	10	0	230	1.00	0.00	5.0	0	0.0	1	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	3	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			588	28	636	*8.62	*2.58	426.3	1053	*27.74	48	22.60	99.67	13.44	5.30	0.00
% of Calories											32.6%	15.4%	67.8%	20.6%	8.1%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH 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 ¹ (g)
Wed - 02/06/2019																
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	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	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
TURKEY PANINI	1 EACH	1	254	57	799	1.00	1.14	161.0	291	0.0	2	19.46	17.41	13.44	6.33	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 CRINKLE CUT (SIMPLOT)	(2.96 OZ) EACH	3	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	3	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	3	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	3	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			717	52	1676	12.34	4.11	426.8	3041	5.99	34	35.61	98.55	23.64	6.76	0.00
% of Calories											19.1%	19.9%	55.0%	29.7%	8.5%	0.0%
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)	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																
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	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
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	2.39	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
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 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
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	0.57	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
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	3	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			587	52	752	12.78	3.62	567.4	16687	85.88	*43	25.80	88.68	15.88	3.80	0.04
% of Calories											*29.1%	17.6%	60.4%	24.3%	5.8%	0.1%
Nutrient Guideline			600-650		1230										<10.00	

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Fri - 02/08/2019																
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	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
NACHOS (SALSA, CHEESE, CH IPS)	1 EACH	1	500	30	1070	3.00	2.08	303.1	604	7.2	14	13.01	52.01	26.01	8.30	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
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	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	3	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			544	40	1046	5.47	2.08	466.6	1580	10.45	39	20.82	72.46	19.45	6.36	0.00
% of Calories											28.5%	15.3%	53.3%	32.2%	10.5%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Adelanto Child Nutrition

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

Page 7

Generated on: 1/28/2019 10:59:21 AM

	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 - 02/12/2019																
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	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	3.80	0.60
OR	SMOOTHIE	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	(8OZ) SERVINGS	1	167	3	63	1.37	0.19	102.6	518	23.61	27	4.28	35.24	1.0	0.57	0.00
OR	YAMI YOGURT 4 OZ	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	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	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	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	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	3	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	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	3	11	0	7	1.00	0.54	190.0	4900	8.4	1	1.0	2.0	0.0	0.00	0.00
	2 OZ	3	111	26	380	0.00	0.00	29.2	42	0.2	1	0.83	3.69	10.29	0.25	0.00
	APPLESAUCE, UNSWEETENED	3	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	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	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			641	65	1005	6.31	2.85	701.7	6137	26.99	47	27.07	85.43	23.37	5.89	0.33
% of Calories											29.2%	16.9%	53.3%	32.8%	8.3%	0.5%
Nutrient Guideline			600-650		1230										<10.00	

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Adelanto Child Nutrition

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

Page 8

Generated on: 1/28/2019 10:59:21 AM

	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																
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	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
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	4.00	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
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	0.00
SHREDDED ROMAINE 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	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	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	3	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	3	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			647	35	1112	12.10	4.37	404.5	4304	42.50	50	33.56	96.17	14.19	4.05	0.00
% of Calories											31.2%	20.7%	59.4%	19.7%	5.6%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Adelanto Child Nutrition

Feb 1, 2019 thru Feb 28, 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)	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																
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	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
CHICKEN BBQ RANCH SALAD	1 EACH	1	572	47	1338	10.24	6.00	1115.7	15115	31.11	*5	38.89	61.96	19.77	3.99	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
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	3	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			617	37	1258	10.81	6.83	826.8	5903	37.30	*41	35.13	94.69	12.85	3.31	0.00
% of Calories											*26.4%	22.8%	61.4%	18.8%	4.8%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Adelanto Child Nutrition

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

Page 10

Generated on: 1/28/2019 10:59:21 AM

	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 - 02/15/2019																
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	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
NACHOS (SALSA, CHEESE, CH IPS)	1 EACH	1	500	30	1070	3.00	2.08	303.1	604	7.2	14	13.01	52.01	26.01	8.30	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	3	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
Weighted Daily Average			623	36	1163	9.69	2.27	561.6	13122	20.79	45	23.35	86.79	21.88	7.49	0.00
% of Calories											28.7%	15.0%	55.7%	31.6%	10.8%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Adelanto Child Nutrition

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

Page 11

Generated on: 1/28/2019 10:59:21 AM

	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 - 02/19/2019																
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	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	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
SMOOTHIE	(8OZ) SE RVINGS	1	167	3	63	1.37	0.19	102.6	518	23.61	27	4.28	35.24	1.0	0.57	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
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	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	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			640	40	658	11.44	3.01	583.6	1981	241.52	60	33.57	104.03	11.99	4.50	0.00
% of Calories											37.3%	21.0%	65.0%	16.9%	6.3%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Adelanto Child Nutrition

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

Page 12

Generated on: 1/28/2019 10:59:21 AM

	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																
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	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
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	4.00	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
FRIES;SEASONED THIN CUT	2.12 OZ	3	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	3	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	3	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			638	38	1726	11.75	4.89	341.7	2112	11.05	32	30.57	91.44	16.50	5.26	0.08
% of Calories											20.1%	19.2%	57.4%	23.3%	7.4%	0.1%
Nutrient Guideline			600-650		1230										<10.00	

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Adelanto Child Nutrition

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

Page 13

Generated on: 1/28/2019 10:59:21 AM

	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																
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	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
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	3.05	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	3	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	3	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	3	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			519	85	991	9.05	2.61	600.7	18752	71.63	34	30.24	71.80	13.09	4.00	0.00
% of Calories											26.1%	23.3%	55.4%	22.7%	6.9%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Adelanto Child Nutrition

Feb 1, 2019 thru Feb 28, 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)	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 - 02/22/2019																
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	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
CHILI CHEESE NACHOS	1 EACH	1	474	41	1017	4.42	1.71	18.5	315	3.55	2	15.61	39.61	28.2	9.44	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	3	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	3	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	3	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	3	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
Weighted Daily Average			646	56	1248	8.38	2.32	374.5	971	9.38	32	23.45	79.50	27.88	6.91	0.00
% of Calories											19.6%	14.5%	49.2%	38.8%	9.6%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Adelanto Child Nutrition

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

Page 15

Generated on: 1/28/2019 10:59:21 AM

	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 - 02/25/2019																
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	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
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	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	3	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	3	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	3	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			595	30	877	10.91	3.54	420.9	1312	5.10	41	31.28	83.67	15.02	5.18	0.00
% of Calories											27.4%	21.0%	56.2%	22.7%	7.8%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Adelanto Child Nutrition

Base Menu Spreadsheet

Portion Values - Detailed

Page 16

Feb 1, 2019 thru Feb 28, 2019

MIDDLE SCHOOL LUNCH OVS

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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																
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	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
PARFAIT	1 EACH	1	487	5	285	*6.24	*1.62	234.9	1065	*67.14	46	12.75	90.95	8.5	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
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	3	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
MOLCAJETE SALSA	1 OZ	2	10	0	230	1.00	0.00	5.0	0	0.0	1	0.0	2.0	0.0	0.00	0.00
PEARS: canned, light syrup	1/2 cup	3	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			588	31	670	*8.57	*2.58	395.3	1128	*27.58	48	23.59	99.61	13.10	4.47	0.00
% of Calories											32.7%	16.0%	67.7%	20.0%	6.8%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Adelanto Child Nutrition

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

Page 17

Generated on: 1/28/2019 10:59:22 AM

	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																
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	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
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	4.00	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
FRIES CRINKLE CUT (SIMPLOR)	(2.96 OZ) EACH	3	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	3	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			598	45	1307	11.03	3.21	298.6	1996	19.60	33	26.17	84.23	20.66	5.48	0.00
% of Calories											21.9%	17.5%	56.4%	31.1%	8.3%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Adelanto Child Nutrition

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

Page 18

Generated on: 1/28/2019 10:59:22 AM

	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																
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	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	1.9 OZ	1	177	19	165	2.53	0.91	0.0	0	0.0	11	2.53	29.13	5.7	1.27	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	3	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			676	64	1175	6.31	2.45	690.0	1859	13.36	55	35.82	92.94	18.47	6.34	0.00
% of Calories											32.5%	21.2%	55.0%	24.6%	8.4%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Weighted Average			618	45	1109	*9.85	*3.35	513.9	4755	*44.43	*42	28.58	88.97	17.95	5.68	0.03
											*61.1%	18.5%	57.6%	26.2%	8.3%	0.0%

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Adelanto Child Nutrition

Feb 1, 2019 thru Feb 28, 2019

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

Page 19

Generated on: 1/28/2019 10:59:22 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 ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	618		600 - 650	100%													
Cholesterol (mg)	45																
Sodium (mg)	1109		1230														
Fiber (g)	9.85				Missing												
Iron (mg)	3.35				Missing												
Calcium (mg)	513.9																
Vitamin A (IU)	4755																
Sugars (g)	42	27.17%			Missing												
Vitamin C (mg)	44.43				Missing												
Protein (g)	28.58	18.51%															
Carbohydrate (g)	88.97	57.62%															
Total Fat (g)	17.95	26.15%															
Saturated Fat (g)	5.68	8.28%		<10.00%													
Trans Fat ¹ (g)	0.03	0.04%															

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