

Adelanto Child Nutrition

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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Generated on: 3/23/2017 8:08:57 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 - 04/03/2017																
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 & CHEESE, EXTREM	1 EACH	1	309	10	578	8.97	2.69	199.3	399	3.59	4	15.95	39.87	8.97	3.99	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
WRAP; ITALIAN COMBO	1 EACH	1	250	50	730	2.00	1.44	200.0	200	4.8	2	15.0	17.0	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
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	2.03	0.00
SAVORY BITE (1 OZ)	1 EACH	1	90	0	200	1.00	2.00	11.0	322	3.0	2	2.0	14.0	2.5	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
COOKED CORN	1/2 CUP	3	104	2	22	3.08	1.22	2.5	72	5.4	4	2.99	22.36	2.29	0.57	0.00
COOKED GREENBEANS	1/2 CUP	3	30	2	135	1.95	0.71	22.0	327	2.41	2	1.04	4.46	0.82	0.57	0.00
SALSA; LOW SODIUM	1 OZ	3	5	0	35	0.00	0.00	0.0	100	3.6	1	0.0	1.0	0.0	0.00	0.00
MAYONNAISE:individual PC	1 EA	3	70	5	45	0.00	0.00	0.0	0	0.0	0	0.0	0.0	7.0	1.00	0.00
MUSTARD: individual PC	1 EA	3	0	0	70	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
MILK, 1% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average			599	40	1007	9.94	3.97	509.1	1481	17.70	35	25.96	80.10	19.28	6.30	0.00
% of Calories											23.2%	17.3%	53.5%	28.9%	9.5%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

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

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Adelanto Child Nutrition

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	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 - 04/04/2017																
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	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
CHEESE STUFFED STICKS (2 EACH)	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	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
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	2.03	0.00
SAVORY BITE (1 OZ)	1 EACH	1	90	0	200	1.00	2.00	11.0	322	3.0	2	2.0	14.0	2.5	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
COOKED CARROTS	1/4 CUP	3	20	1	66	1.41	0.17	9.4	6349	0.0	2	0.47	3.75	0.4	0.28	0.00
BAKED BEANS	1/2 CUP	3	123	0	482	5.74	1.73	60.3	101	0.12	5	6.73	24.1	0.01	0.00	0.00
SALAD-3 WAY;ROMAINE	1/2 CUP	3	11	0	7	1.00	0.54	190.0	4900	8.4	1	1.0	2.0	0.0	0.00	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 MALIBU	1 OZ	3	50	11	187	0.00	0.00	18.8	27	0.13	1	0.54	1.83	4.45	0.13	0.00
STRAWBERRIES,FRESH	1/2 CUP	3	37	0	0	2.24	0.54	14.9	0	67.14	5	0.75	8.95	0.0	0.00	0.00
MILK, 1% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average			622	44	1441	14.13	4.97	939.8	12483	81.88	34	33.89	85.44	16.38	6.26	0.00
% of Calories											22.0%	21.8%	54.9%	23.7%	9.1%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Adelanto Child Nutrition

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Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

Page 3

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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 - 04/05/2017																
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
GRILLED CHEESE/ WHOLE GR	1 EA	1	282	32	651	2.25	1.22	464.3	520	0.0	7	18.41	30.32	10.08	5.71	0.00
AIN																
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 Ham & Cheese	4.5 oz	1	260	45	750	2.00	1.80	200.0	100	3.6	4	20.0	26.0	9.0	3.50	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
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	2.03	0.00
SAVORY BITE (1 OZ)	1 EACH	1	90	0	200	1.00	2.00	11.0	322	3.0	2	2.0	14.0	2.5	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
SOUP/CAMPBELLS TOMATO	1/2 cup	2	90	0	480	1.00	0.72	0.0	400	6.0	12	2.0	20.0	0.0	0.00	0.00
COOKED GREENBEANS	1/2 CUP	3	30	2	135	1.95	0.71	22.0	327	2.41	2	1.04	4.46	0.82	0.57	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
CARROTS/FRESH SHREDED	1/4 CUP	3	11	0	19	0.77	0.08	9.1	4594	1.62	1	0.26	2.63	0.07	0.01	0.00
RANCH MALIBU	1 OZ	3	50	11	187	0.00	0.00	18.8	27	0.13	1	0.54	1.83	4.45	0.13	0.00
MAYONNAISE:individual PC	1 EA	2	70	5	45	0.00	0.00	0.0	0	0.0	0	0.0	0.0	7.0	1.00	0.00
MUSTARD: individual PC	1 EA	2	0	0	70	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
GRAPES,Fresh	1/2 CUP	3	33	0	1	0.40	0.09	5.0	25	1.8	7	0.3	8.0	1.5	0.05	0.00
MILK, 1% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average			572	53	1476	5.97	3.41	644.6	7328	18.00	39	27.39	72.02	20.37	5.67	0.00
% of Calories											27.6%	19.1%	50.3%	32.0%	8.9%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	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 - 04/06/2017																
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
ROTINI PASTA/MEAT SAUCE WG	4 OZ	1	122	21	169	2.69	1.61	36.6	358	12.9	4	10.22	13.44	3.23	1.29	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
MAC & CHEESE:Land O Lakes, WG	4 oz	1	193	20	687	0.67	0.72	266.7	500	0.8	4	10.67	22.0	7.33	4.67	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
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	2.03	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
BREAD STICK, WG	1 EA	3	140	7	212	3.00	0.90	85.0	0	0.0	1	5.84	22.0	2.88	1.42	0.00
CHEESE, SHREDDED	1 oz	2	71	15	476	0.00	0.00	202.5	405	0.0	1	7.09	2.03	4.56	2.53	0.00
COOKED BROCCOLI	1/2 CUP	3	49	2	28	3.24	0.58	48.6	445	97.2	0	3.24	7.29	0.81	0.57	0.00
SALAD-3 WAY;ROMAINE	1/2 CUP	3	11	0	7	1.00	0.54	190.0	4900	8.4	1	1.0	2.0	0.0	0.00	0.00
RANCH MALIBU	1 OZ	1	50	11	187	0.00	0.00	18.8	27	0.13	1	0.54	1.83	4.45	0.13	0.00
BROWNIE CUP;IW	1 EACH	3	146	1	72	2.00	0.60	0.1	23	0.5	14	1.5	26.0	4.0	0.70	0.00
ORANGE	1 EACH	3	62	0	0	3.10	0.00	50.0	250	69.6	12	1.2	15.0	0.2	0.00	0.00
MILK, 1% w/vit A&D	1 carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
MILK, NON FAT CHOC	1 carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average			704	49	1176	13.46	3.40	963.9	6584	181.71	47	34.68	103.75	17.61	7.58	0.00
% of Calories											26.8%	19.7%	59.0%	22.5%	9.7%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 04/07/2017																
MIDDLE SCHOOL LUNCH	Total	1														
NO SCHOOL	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
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

Page 5

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/10/2017																
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 ea	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	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
CHICKEN TENDERS SPICY	3 EACH	1	260	25	390	3.00	1.80	40.0	100	0.0	1	15.0	17.0	15.0	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
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	2.03	0.00
SAVORY BITE (1 OZ)	1 EACH	1	90	0	200	1.00	2.00	11.0	322	3.0	2	2.0	14.0	2.5	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
FRENCH FRIES;CRINKLE CUT	2.54 OZ	3	110	0	20	2.00	0.36	0.0	0	4.8	0	2.0	17.0	2.5	0.00	0.00
COOKED PEAS	1/4 CUP	3	50	1	64	2.65	0.78	2.7	276	3.94	3	3.26	8.15	0.42	0.28	0.00
CARROT STICKS	1/4 cup	3	13	0	22	0.90	0.10	10.6	5346	1.89	2	0.3	3.07	0.08	0.01	0.00
RANCH MALIBU	1 OZ	3	50	11	187	0.00	0.00	18.8	27	0.13	1	0.54	1.83	4.45	0.13	0.00
KETCHUP: individual	1 EACH	3	10	0	80	0.00	0.00	0.0	5	0.0	1	0.0	2.0	0.0	0.00	0.00
BARBEQUE SAUCE	1 EACH	3	15	0	88	0.00	0.00	0.0	10	0.0	2	0.0	4.12	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
MILK, 1% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average			626	39	984	8.79	3.10	410.2	6513	14.26	34	27.71	80.50	19.96	3.27	0.00
% of Calories											21.7%	17.7%	51.4%	28.7%	4.7%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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MIDDLE SCHOOL LUNCH OVS

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	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 - 04/11/2017																
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
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
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	2.03	0.00
SAVORY BITE (1 OZ)	1 EACH	1	90	0	200	1.00	2.00	11.0	322	3.0	2	2.0	14.0	2.5	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
MARINARA SAUCE	1/4 CUP	2	30	0	245	1.00	0.54	10.0	250	4.5	2	1.0	4.5	1.0	0.00	0.00
SALAD-3 WAY;ROMAINE	1/2 CUP	3	11	0	7	1.00	0.54	190.0	4900	8.4	1	1.0	2.0	0.0	0.00	0.00
COOKED CARROTS	1/2 CUP	3	41	2	132	2.81	0.34	18.8	12697	0.0	4	0.94	7.5	0.81	0.57	0.00
RANCH MALIBU	2 OZ	3	99	23	373	0.00	0.00	37.5	54	0.26	2	1.07	3.66	8.91	0.27	0.00
STRAWBERRIES,FRESH	1/2 CUP	3	37	0	0	2.24	0.54	14.9	0	67.14	5	0.75	8.95	0.0	0.00	0.00
MILK, 1% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average			559	57	1325	9.05	3.64	802.7	18709	84.40	32	25.13	67.47	21.23	6.18	0.00
% of Calories											22.8%	18.0%	48.3%	34.2%	9.9%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

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Adelanto Child Nutrition

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	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 - 04/12/2017																
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
CORNDOG TRKY, WG	1 EACH	1	240	15	670	4.00	1.80	60.0	55	15.0	11	11.0	33.0	7.0	1.50	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
HOT DOG;beef	1 each	1	180	35	480	0.00	0.36	0.0	0	1.2	1	6.0	2.0	16.0	7.00	0.00
HOT DOG BUN/ 51% WG	1 EA	1	143	0	224	2.04	1.47	40.7	0	6.11	3	5.09	27.48	2.04	0.51	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
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	2.03	0.00
SAVORY BITE (1 OZ)	1 EACH	1	90	0	200	1.00	2.00	11.0	322	3.0	2	2.0	14.0	2.5	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
BAKED BEANS	1/2 CUP	3	123	0	482	5.74	1.73	60.3	101	0.12	5	6.73	24.1	0.01	0.00	0.00
BROCCOLI SLAW	1/2 CUP	3	24	0	19	2.00	0.18	430.0	30150	31.2	0	2.0	5.0	0.0	0.00	0.00
COOKED GREENBEANS	1/2 CUP	3	30	2	135	1.95	0.71	22.0	327	2.41	2	1.04	4.46	0.82	0.57	0.00
KETCHUP: individual	1 EACH	3	10	0	80	0.00	0.00	0.0	5	0.0	1	0.0	2.0	0.0	0.00	0.00
MUSTARD: individual PC	1 EA	3	0	0	70	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
GRAPES,Fresh	1/2 CUP	3	33	0	1	0.40	0.09	5.0	25	1.8	7	0.3	8.0	1.5	0.05	0.00
MILK, 1% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average			565	29	1504	12.44	4.59	902.4	31134	45.36	37	28.13	86.75	13.18	4.80	0.00
% of Calories											26.0%	19.9%	61.4%	21.0%	7.6%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Adelanto Child Nutrition

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	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 - 04/13/2017																
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 CRUMBLE: 100%	2.0 OZ	1	100	39	35	0.00	1.20	4.0	0	0.0	0	11.6	0.0	5.8	2.30	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
CHICKEN;DICED	2 OZ	1	73	43	57	0.00	0.73	0.0	0	0.0	0	12.15	1.01	2.02	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
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	2.03	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
TORTILLA; WHOLE WHEAT 8'	1 EA	3	112	0	193	3.00	1.08	110.0	0	0.0	0	4.0	19.0	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
SOPE	1 EACH	1	90	0	50	2.00	0.72	20.0	0	0.0	0	2.0	19.0	1.0	0.00	0.00
BLACK BEANS, CANNED	1/2 CUP	3	110	0	300	7.00	6.30	60.0	100	0.0	0	8.0	19.0	0.0	0.00	0.00
LETTUCE/ROMAINE	1/2 cup	3	4	0	2	0.84	0.30	8.4	2056	5.54	0	0.0	0.84	0.0	0.00	0.00
TOMATOES, FRESH	1/4 CUP	3	7	0	2	0.50	0.09	2.5	312	4.8	1	0.25	1.5	0.0	0.00	0.00
ONIONS,RAW	1/4 cup	3	16	0	2	0.68	0.05	7.5	9	2.85	2	0.45	3.75	0.05	0.00	0.00
CHEESE, SHREDDED	1 oz	2	71	15	476	0.00	0.00	202.5	405	0.0	1	7.09	2.03	4.56	2.53	0.00
SALSA; LOW SODIUM	1 OZ	2	5	0	35	0.00	0.00	0.0	100	3.6	1	0.0	1.0	0.0	0.00	0.00
SLUSHIE: rips/juice	1 each	3	110	0	35	0.00	0.36	0.0	0	0.0	10	1.0	28.0	0.0	0.00	0.00
MILK, 1% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average			624	47	1113	12.68	9.06	679.2	3215	16.99	30	37.05	98.47	10.71	3.63	0.00
% of Calories											19.1%	23.7%	63.1%	15.4%	5.2%	0.0%
Nutrient Guideline			600-650		1230											<10.00

Fri - 04/14/2017																
MIDDLE SCHOOL LUNCH	Total	1														
NO SCHOOL	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
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-650		1230											<10.00

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Adelanto Child Nutrition

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	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 - 04/17/2017																
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 NUGGETS, WG	5 EA	1	206	23	515	2.29	2.06	45.8	6	0.0	1	14.87	16.02	9.15	1.72	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 POPCORN, WG SPICY	3.85 OZ	1	283	40	829	2.02	1.82	0.0	5	0.0	1	15.16	15.16	17.18	3.03	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
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	2.03	0.00
SAVORY BITE (1 OZ)	1 EACH	1	90	0	200	1.00	2.00	11.0	322	3.0	2	2.0	14.0	2.5	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
RICE:CHICKEN PILAF	1 CUP	1	230	0	580	2.00	0.72	0.0	0	1.2	2	6.0	46.0	1.5	0.00	0.00
COOKED BROCCOLI	1/2 CUP	3	49	2	28	3.24	0.58	48.6	445	97.2	0	3.24	7.29	0.81	0.57	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
CARROTS/FRESH SHREDED	1/4 CUP	3	11	0	19	0.77	0.08	9.1	4594	1.62	1	0.26	2.63	0.07	0.01	0.00
RANCH MALIBU	1 OZ	3	50	11	187	0.00	0.00	18.8	27	0.13	1	0.54	1.83	4.45	0.13	0.00
BARBEQUE SAUCE	1 EACH	3	15	0	88	0.00	0.00	0.0	10	0.0	2	0.0	4.12	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
MILK, 1% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average			573	45	1237	7.78	3.25	460.1	7236	107.28	31	28.08	75.56	17.12	3.47	0.00
% of Calories											21.7%	19.6%	52.8%	26.9%	5.5%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Adelanto Child Nutrition

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	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 - 04/18/2017																
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
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
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	2.03	0.00
SAVORY BITE (1 OZ)	1 EACH	1	90	0	200	1.00	2.00	11.0	322	3.0	2	2.0	14.0	2.5	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
SALAD-3 WAY;ROMAINE	1/2 CUP	3	11	0	7	1.00	0.54	190.0	4900	8.4	1	1.0	2.0	0.0	0.00	0.00
CELERY STICKS	1/4 cup	3	5	0	26	0.71	0.06	14.1	141	0.85	1	0.35	1.06	0.0	0.00	0.00
COOKED CARROTS	1/4 CUP	3	20	1	66	1.41	0.17	9.4	6349	0.0	2	0.47	3.75	0.4	0.28	0.00
PASTA SALAD	4 OZ	3	85	0	30	3.08	0.23	12.7	117	1.85	2	3.46	17.42	0.84	0.00	0.00
RANCH MALIBU	1 OZ	3	50	11	187	0.00	0.00	18.8	27	0.13	1	0.54	1.83	4.45	0.13	0.00
STRAWBERRIES,FRESH	1/2 CUP	3	37	0	0	2.24	0.54	14.9	0	67.14	5	0.75	8.95	0.0	0.00	0.00
MILK, 1% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average			542	41	915	10.76	3.71	744.7	12275	81.97	32	26.27	76.70	15.21	5.09	0.00
% of Calories											23.3%	19.4%	56.6%	25.2%	8.5%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Adelanto Child Nutrition

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	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 - 04/19/2017																
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 STRIPS BUFFALO	2.50 OZ	1	87	47	428	0.00	0.00	0.0	30	0.0	0	12.15	0.3	4.05	2.02	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
WRAP;TURKEY & CHEESE	WRAP	1	290	60	819	2.00	2.70	249.7	300	2.4	2	17.98	25.97	11.98	6.99	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
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	2.03	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
TORTILLA; WHOLE WHEAT 8'	1 EA	3	112	0	193	3.00	1.08	110.0	0	0.0	0	4.0	19.0	3.0	0.00	0.00
LETTUCE/ROMAINE	1/2 cup	3	4	0	2	0.84	0.30	8.4	2056	5.54	0	0.0	0.84	0.0	0.00	0.00
TOMATOES, FRESH	1/4 CUP	3	7	0	2	0.50	0.09	2.5	312	4.8	1	0.25	1.5	0.0	0.00	0.00
ONION RED	1/4 CUP	3	12	0	1	0.40	0.04	5.0	6	1.65	1	0.26	2.91	0.02	0.01	0.00
RANCH MALIBU	1 OZ	3	50	11	187	0.00	0.00	18.8	27	0.13	1	0.54	1.83	4.45	0.13	0.00
COOKED PEAS	1/2 CUP	3	100	2	129	5.29	1.56	5.4	552	7.88	5	6.51	16.3	0.84	0.57	0.00
GRAPES,Fresh	1/2 CUP	3	33	0	1	0.40	0.09	5.0	25	1.8	7	0.3	8.0	1.5	0.05	0.00
MILK, 1% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average			571	59	1122	11.10	4.07	586.1	3489	24.00	32	31.94	76.82	16.84	4.94	0.00
% of Calories											22.4%	22.4%	53.8%	26.5%	7.8%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

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Adelanto Child Nutrition

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	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 - 04/20/2017																
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 TACO FILLING	3.44 OZ	1	157	61	261	0.00	1.26	34.8	0	0.0	0	15.67	3.48	10.44	2.61	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 FAJITA MEAT	3.4 oz	1	122	74	606	0.00	0.00	0.0	0	0.0	2	18.0	2.0	4.0	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
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	2.03	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
TORTILLA; WHOLE WHEAT 8'	1 EA	1	112	0	193	3.00	1.08	110.0	0	0.0	0	4.0	19.0	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
TOSTADA BOWL	1 each	3	100	0	0	0.00	0.36	20.0	0	0.0	0	1.0	13.0	5.0	0.00	0.00
PINTO BEANS: cooked	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
LETTUCE/ROMAINE	1/4 cup	3	2	0	1	0.42	0.15	4.2	1028	2.77	0	0.0	0.42	0.0	0.00	0.00
TOMATOES, FRESH	1/4 CUP	3	7	0	2	0.50	0.09	2.5	312	4.8	1	0.25	1.5	0.0	0.00	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
CHEESE, SHREDDED	1 oz	1	71	15	476	0.00	0.00	202.5	405	0.0	1	7.09	2.03	4.56	2.53	0.00
COOKIES; MINI CHOC CHIP	1 EACH	1	130	20	75	2.00	0.72	20.0	200	0.0	11	2.0	19.0	6.0	4.00	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% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average			630	67	877	9.64	3.26	579.5	2001	9.92	43	35.02	87.66	17.03	4.89	0.00
% of Calories											27.2%	22.2%	55.6%	24.3%	7.0%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Adelanto Child Nutrition

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	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 - 04/21/2017																
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 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
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 PATTY, WG SPICY	1 EA	1	213	56	477	1.02	1.83	20.3	508	0.0	0	15.23	12.19	11.17	2.54	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
HAMBURGER BUN/ WG 3.5"	1 EA	2	119	0	179	1.99	1.08	39.8	10	5.97	2	3.98	21.9	1.49	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
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	2.03	0.00
SAVORY BITE (1 OZ)	1 EACH	1	90	0	200	1.00	2.00	11.0	322	3.0	2	2.0	14.0	2.5	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
FRENCH FRIES;CRINKLE CUT	2.54 OZ	3	110	0	20	2.00	0.36	0.0	0	4.8	0	2.0	17.0	2.5	0.00	0.00
LETTUCE/ROMAINE	1/2 cup	3	4	0	2	0.84	0.30	8.4	2056	5.54	0	0.0	0.84	0.0	0.00	0.00
TOMATOES, FRESH	1/4 CUP	3	7	0	2	0.50	0.09	2.5	312	4.8	1	0.25	1.5	0.0	0.00	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
COOKED GREENBEANS	1/2 CUP	3	30	2	135	1.95	0.71	22.0	327	2.41	2	1.04	4.46	0.82	0.57	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
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
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% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average			614	41	1146	9.52	4.06	440.5	3428	24.49	32	26.45	83.57	17.27	3.77	0.00
% of Calories											21.1%	17.2%	54.5%	25.3%	5.5%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Adelanto Child Nutrition

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	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 - 04/24/2017																
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 BREADED DRUMSTICK	1 EACH	1	190	50	450	1.00	1.08	20.0	100	0.0	0	16.0	5.0	11.0	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
CHICKEN, ROASTED	1 EA	1	170	100	95	0.00	0.72	0.0	70	0.0	0	19.0	0.0	10.0	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
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	2.03	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
MASHED POTATOES	1/2 CUP	3	82	0	255	1.02	0.19	7.3	2	6.51	1	2.04	15.31	1.53	0.00	0.00
CHICKEN GRAVY	2 OZ	3	20	0	270	0.00	0.00	0.0	0	0.0	0	0.0	4.0	1.0	0.50	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
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
MILK, 1% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average			561	60	1149	5.27	1.87	441.8	759	12.61	30	28.66	77.64	17.21	8.18	0.00
% of Calories											21.0%	20.4%	55.3%	27.6%	13.1%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Adelanto Child Nutrition

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	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 - 04/25/2017																
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)	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	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
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	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
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	2.03	0.00
SAVORY BITE (1 OZ)	1 EACH	1	90	0	200	1.00	2.00	11.0	322	3.0	2	2.0	14.0	2.5	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
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
SALAD-3 WAY;ROMAINE	1/2 CUP	3	11	0	7	1.00	0.54	190.0	4900	8.4	1	1.0	2.0	0.0	0.00	0.00
COOKED CARROTS	1/4 CUP	3	20	1	66	1.41	0.17	9.4	6349	0.0	2	0.47	3.75	0.4	0.28	0.00
PASTA SALAD	4 OZ	3	85	0	30	3.08	0.23	12.7	117	1.85	2	3.46	17.42	0.84	0.00	0.00
RANCH MALIBU	1 OZ	3	50	11	187	0.00	0.00	18.8	27	0.13	1	0.54	1.83	4.45	0.13	0.00
STRAWBERRIES,FRESH	1/2 CUP	3	37	0	0	2.24	0.54	14.9	0	67.14	5	0.75	8.95	0.0	0.00	0.00
MILK, 1% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average			567	41	967	10.39	3.83	817.3	12151	81.42	32	29.25	77.47	16.21	5.59	0.00
% of Calories											22.6%	20.6%	54.7%	25.7%	8.9%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Adelanto Child Nutrition

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	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 - 04/26/2017																
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
HOT DOG;beef	1 each	1	180	35	480	0.00	0.36	0.0	0	1.2	1	6.0	2.0	16.0	7.00	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
HOT DOG BUN/ 51% WG	1 EA	1	143	0	224	2.04	1.47	40.7	0	6.11	3	5.09	27.48	2.04	0.51	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
CORND OG TRKY, WG	1 EACH	1	240	15	670	4.00	1.80	60.0	55	15.0	11	11.0	33.0	7.0	1.50	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
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	2.03	0.00
SAVORY BITE (1 OZ)	1 EACH	1	90	0	200	1.00	2.00	11.0	322	3.0	2	2.0	14.0	2.5	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
BAKED BEANS	1/2 CUP	3	123	0	482	5.74	1.73	60.3	101	0.12	5	6.73	24.1	0.01	0.00	0.00
BROCCOLI SLAW	1/2 CUP	3	24	0	19	2.00	0.18	430.0	30150	31.2	0	2.0	5.0	0.0	0.00	0.00
COOKED GREENBEANS	1/4 CUP	3	15	1	67	0.98	0.35	11.0	163	1.2	1	0.52	2.23	0.41	0.28	0.00
KETCHUP: individual	1 EACH	3	10	0	80	0.00	0.00	0.0	5	0.0	1	0.0	2.0	0.0	0.00	0.00
MUSTARD: individual PC	1 EA	3	0	0	70	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
GRAPES,Fresh	1/2 CUP	3	33	0	1	0.40	0.09	5.0	25	1.8	7	0.3	8.0	1.5	0.05	0.00
MILK, 1% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average			550	28	1437	11.46	4.23	891.4	30970	44.16	36	27.61	84.52	12.77	4.51	0.00
% of Calories											26.0%	20.1%	61.5%	20.9%	7.4%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Adelanto Child Nutrition

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	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 - 04/27/2017																
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 SAUCE, CHEDDAR	3 oz	1	130	30	550	0.00	0.00	0.0	0	0.0	0	8.0	4.0	9.0	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
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	2.03	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
TORTILLA CHIPS, corn/rnd	1.5 oz	3	135	0	55	2.00	0.48	20.0	100	0.0	0	2.0	19.0	5.0	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
FRENCH FRIES; CRINKLE CUT	2.54 OZ	3	110	0	20	2.00	0.36	0.0	0	4.8	0	2.0	17.0	2.5	0.00	0.00
CHILI W/ BEANS	1/4 CUP	3	80	11	383	1.50	3.75	1.5	5	0.0	1	4.75	4.75	4.75	2.25	0.50
TOMATOES, FRESH	1/4 CUP	3	7	0	2	0.50	0.09	2.5	312	4.8	1	0.25	1.5	0.0	0.00	0.00
ONIONS, RAW	1/4 cup	3	16	0	2	0.68	0.05	7.5	9	2.85	2	0.45	3.75	0.05	0.00	0.00
JALAPENOS	3 TBSP	3	5	0	262	0.26	0.00	0.0	0	0.0	0	0.19	0.72	0.0	0.00	0.00
COOKED BROCCOLI	1/2 CUP	3	49	2	28	3.24	0.58	48.6	445	97.2	0	3.24	7.29	0.81	0.57	0.00
ORANGE	1 EACH	3	62	0	0	3.10	0.00	50.0	250	69.6	12	1.2	15.0	0.2	0.00	0.00
MILK, 1% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average			633	34	1126	13.28	5.31	477.9	1523	180.65	31	26.78	88.03	17.99	7.00	0.50
% of Calories											19.5%	16.9%	55.6%	25.6%	9.9%	0.7%
Nutrient Guideline			600-650		1230										<10.00	

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Adelanto Child Nutrition

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	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 - 04/28/2017																
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
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
HAMBURGER BUN/ WG 3.5"	1 EA	1	119	0	179	1.99	1.08	39.8	10	5.97	2	3.98	21.9	1.49	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
YOGURT DANNON 4 OZ	1 EACH	1	80	5	65	0.00	0.00	150.5	0	0.0	13	4.01	16.06	0.0	0.00	0.00
CHEESE, STRING	1 oz	1	61	10	213	0.00	0.00	243.0	202	0.0	0	8.1	1.01	2.53	2.03	0.00
SAVORY BITE (1 OZ)	1 EACH	1	90	0	200	1.00	2.00	11.0	322	3.0	2	2.0	14.0	2.5	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
TATER TOTS; OREIDA	1/4 CUP	3	75	0	180	1.00	0.18	0.0	0	1.8	0	1.0	9.5	3.5	0.50	0.00
LETTUCE/ROMAINE	1/2 cup	3	4	0	2	0.84	0.30	8.4	2056	5.54	0	0.0	0.84	0.0	0.00	0.00
TOMATOES, FRESH	1/4 CUP	3	7	0	2	0.50	0.09	2.5	312	4.8	1	0.25	1.5	0.0	0.00	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
COOKED PEAS	1/2 CUP	3	100	2	129	5.29	1.56	5.4	552	7.88	5	6.51	16.3	0.84	0.57	0.00
MAYONNAISE:individual PC	1 EA	3	70	5	45	0.00	0.00	0.0	0	0.0	0	0.0	0.0	7.0	1.00	0.00
KETCHUP: individual	1 EACH	3	10	0	80	0.00	0.00	0.0	5	0.0	1	0.0	2.0	0.0	0.00	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% w/vit A&D	carton	1	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
MILK, NON FAT CHOC	carton	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			683	37	1337	11.62	4.77	438.4	3512	28.24	36 21.3%	30.57 17.9%	87.27 51.1%	22.14 29.2%	5.36 7.1%	0.03 0.0%
Nutrient Guideline			600-650		1230										<10.00	

Weighted Average			600	45	1186	10.40	4.14	651.7	9155	58.61	35 51.9%	29.48 19.7%	82.76 55.2%	17.14 25.7%	5.36 8.0%	0.03 0.0%
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Adelanto Child Nutrition

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	600		600 - 650	100%													
Cholesterol (mg)	45																
Sodium (mg)	1186		1230														
Fiber (g)	10.40																
Iron (mg)	4.14																
Calcium (mg)	651.7																
Vitamin A (IU)	9155																
Sugars (g)	35	23.06%															
Vitamin C (mg)	58.61																
Protein (g)	29.48	19.66%															
Carbohydrate (g)	82.76	55.20%															
Total Fat (g)	17.14	25.72%															
Saturated Fat (g)	5.36	8.04%															
Trans Fat ¹ (g)	0.03	0.04%															

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