

# Adelanto Child Nutrition

Jun 1, 2017 thru Jun 9, 2017

Base Menu Spreadsheet

ELEM LUNCH OVS

Portion Values - Detailed

Page 1

Generated on: 5/26/2017 7:37:35 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) | Tr-Fat <sup>1</sup> (g) |
|--------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Thu - 06/01/2017         |              |           |             |             |           |           |           |            |            |            |            |           |          |           |                         |
| 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                    |
| 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       | 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                    |
| 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                    |
| CHEESE, STRING           | 1 oz         | 1         | 61          | 10          | 213       | 0.00      | 0.00      | 243.0      | 202        | 0.0        | 0          | 8.1       | 1.01     | 2.53      | 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                    |
| TORTILLA; WHOLE WHEAT 8' | 1 EA         | 2         | 112         | 0           | 193       | 3.00      | 1.08      | 110.0      | 0          | 0.0        | 0          | 4.0       | 19.0     | 3.0       | 0.00                    |
| PINTO BEANS: cooked      | 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                    |
| LETTUCE/ROMAINE          | 1/4 cup      | 1         | 2           | 0           | 1         | 0.42      | 0.15      | 4.2        | 1028       | 2.77       | 0          | 0.0       | 0.42     | 0.0       | 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                    |
| 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                    |
| JELLO W/FRUIT            | 1/4 cup      | 1         | 37          | 0           | 23        | 0.09      | 0.00      | 0.0        | 536        | 6.21       | 8          | 0.61      | 8.49     | 0.0       | 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                    |
| 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       | 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                    |
| Weighted Daily Average   |              |           | 598         | 52          | 976       | 11.71     | 3.17      | 753.5      | 1736       | 117.53     | 50         | 37.77     | 93.40    | 9.16      | 0.00                    |
| % of Calories            |              |           |             |             |           |           |           |            |            |            | 33.6%      | 25.3%     | 62.5%    | 13.8%     | 0.0%                    |
| Nutrient Guideline       |              |           | 550-650     |             | 1230      |           |           |            |            |            |            |           |          |           |                         |

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

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

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

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ELEM LUNCH OVS

Portion Values - Detailed

Page 2

Generated on: 5/26/2017 7:37:35 AM

|                             | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|-----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Fri - 06/02/2017            |              |           |             |             |           |           |           |           |            |            |            |           |          |           |                         |
| 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                    |
| BEEF STEAK HAMBURGER        | 1 EACH       | 1         | 158         | 56          | 419       | 0.10      | 1.70      | 8.0       | 0          | 0.0        | 0          | 16.9      | 0.6      | 9.4       | 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                    |
| 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                    |
| OR                          | serving      | 1         | 0           | 0           | 0         | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 0          | 0.0       | 0.0      | 0.0       | 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                    |
| 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                    |
| CHEESE, STRING              | 1 oz         | 1         | 61          | 10          | 213       | 0.00      | 0.00      | 243.0     | 202        | 0.0        | 0          | 8.1       | 1.01     | 2.53      | 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                    |
| LETTUCE/ROMAINE             | 1/4 cup      | 2         | 2           | 0           | 1         | 0.42      | 0.15      | 4.2       | 1028       | 2.77       | 0          | 0.0       | 0.42     | 0.0       | 0.00                    |
| TOMATOES, FRESH             | 1/4 CUP      | 2         | 7           | 0           | 2         | 0.50      | 0.09      | 2.5       | 312        | 4.8        | 1          | 0.25      | 1.5      | 0.0       | 0.00                    |
| 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                    |
| COOKED CORN                 | 1/2 CUP      | 2         | 104         | 2           | 22        | 3.08      | 1.22      | 2.5       | 72         | 5.4        | 4          | 2.99      | 22.36    | 2.29      | 0.00                    |
| MAYONNAISE:individual PC    | 1 EA         | 1         | 70          | 5           | 45        | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 0          | 0.0       | 0.0      | 7.0       | 0.00                    |
| 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                    |
| PEACHES, CANNED, IN PEAR JU | 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                    |
| ICE                         |              |           |             |             |           |           |           |           |            |            |            |           |          |           |                         |
| 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       | 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                    |
| Weighted Daily Average      |              |           | 574         | 48          | 970       | 6.46      | 3.85      | 560.3     | 2456       | 20.65      | 41         | 30.65     | 81.03    | 15.01     | 0.00                    |
| % of Calories               |              |           |             |             |           |           |           |           |            |            | 28.3%      | 21.4%     | 56.4%    | 23.5%     | 0.0%                    |
| Nutrient Guideline          |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |                         |

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Page 3

Generated on: 5/26/2017 7:37:35 AM

|                         | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|-------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Mon - 06/05/2017        |              |           |             |             |           |           |           |           |            |            |            |           |          |           |                         |
| ELEM LUNCH OVS          | Total        | 2         |             |             |           |           |           |           |            |            |            |           |          |           |                         |
| 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                    |
| OR                      | serving      | 1         | 0           | 0           | 0         | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 0          | 0.0       | 0.0      | 0.0       | 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                    |
| CHEESE, STRING          | 1 oz         | 1         | 61          | 10          | 213       | 0.00      | 0.00      | 243.0     | 202        | 0.0        | 0          | 8.1       | 1.01     | 2.53      | 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                    |
| TORTILLA CHIPS,corn/rnd | 1.5 oz       | 2         | 135         | 0           | 55        | 2.00      | 0.48      | 20.0      | 100        | 0.0        | 0          | 2.0       | 19.0     | 5.0       | 0.00                    |
| PINTO BEANS: cooked     | 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                    |
| COOKED CORN             | 1/4 CUP      | 2         | 52          | 1           | 11        | 1.54      | 0.61      | 1.2       | 36         | 2.7        | 2          | 1.5       | 11.18    | 1.15      | 0.00                    |
| SOUR CREAM              | 2 TBSP       | 1         | 58          | 19          | 19        | 0.00      | 0.00      | 38.3      | 192        | 0.0        | 0          | 0.96      | 0.96     | 5.75      | 0.00                    |
| SALSA; LOW SODIUM       | 1 OZ         | 1         | 5           | 0           | 35        | 0.00      | 0.00      | 0.0       | 100        | 3.6        | 1          | 0.0       | 1.0      | 0.0       | 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      | 0.00                    |
| APRICOTS, DICED         | 1/2 CUP      | 2         | 60          | 0           | 10        | 0.00      | 0.00      | 0.0       | 0          | 0.0        | 11         | 0.0       | 14.0     | 0.0       | 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       | 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                    |
| Weighted Daily Average  |              |           | 609         | 55          | 728       | 6.04      | 2.26      | 703.4     | 1085       | 6.60       | 43         | 32.65     | 85.21    | 15.33     | 0.00                    |
| % of Calories           |              |           |             |             |           |           |           |           |            |            | 28.1%      | 21.4%     | 56.0%    | 22.7%     | 0.0%                    |
| Nutrient Guideline      |              |           | 550-650     |             | 1230      |           |           |           |            |            |            |           |          |           |                         |

|                        |         |   |         |    |      |      |      |       |      |        |       |       |       |       |      |
|------------------------|---------|---|---------|----|------|------|------|-------|------|--------|-------|-------|-------|-------|------|
| Tue - 06/06/2017       |         |   |         |    |      |      |      |       |      |        |       |       |       |       |      |
| 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 |
| PIZZA STICK, WG:BOSCO  | 1 EACH  | 1 | 240     | 25 | 500  | 3.00 | 1.80 | 150.0 | 400  | 3.6    | 3     | 11.0  | 29.0  | 9.0   | 0.00 |
| OR                     | serving | 1 | 0       | 0  | 0    | 0.00 | 0.00 | 0.0   | 0    | 0.0    | 0     | 0.0   | 0.0   | 0.0   | 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 |
| 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 |
| CHEESE, STRING         | 1 oz    | 1 | 61      | 10 | 213  | 0.00 | 0.00 | 243.0 | 202  | 0.0    | 0     | 8.1   | 1.01  | 2.53  | 0.00 |
| WITH                   | 1 each  | 1 | 0       | 0  | 0    | 0.00 | 0.00 | 0.0   | 0    | 0.0    | 0     | 0.0   | 0.0   | 0.0   | 0.00 |
| MARINARA SAUCE         | 1/4 CUP | 1 | 30      | 0  | 245  | 1.00 | 0.54 | 10.0  | 250  | 4.5    | 2     | 1.0   | 4.5   | 1.0   | 0.00 |
| COOKED BROCCOLI        | 1/2 CUP | 2 | 49      | 2  | 28   | 3.24 | 0.58 | 48.6  | 445  | 97.2   | 0     | 3.24  | 7.29  | 0.81  | 0.00 |
| COOKED CARROTS         | 1/4 CUP | 2 | 20      | 1  | 66   | 1.41 | 0.17 | 9.4   | 6349 | 0.0    | 2     | 0.47  | 3.75  | 0.4   | 0.00 |
| PEACHES,FRESH          | 1 EACH  | 2 | 59      | 0  | 0    | 2.25 | 0.38 | 9.0   | 489  | 9.9    | 13    | 1.37  | 14.31 | 0.38  | 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   | 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 |
| Weighted Daily Average |         |   | 498     | 31 | 855  | 9.40 | 3.30 | 674.2 | 8370 | 114.75 | 42    | 27.13 | 75.63 | 10.36 | 0.00 |
| % of Calories          |         |   |         |    |      |      |      |       |      |        | 33.5% | 21.8% | 60.7% | 18.7% | 0.0% |
| Nutrient Guideline     |         |   | 550-650 |    | 1230 |      |      |       |      |        |       |       |       |       |      |

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Page 4

Generated on: 5/26/2017 7:37:35 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) | Tr-Fat <sup>1</sup> (g) |
|----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Wed - 06/07/2017           |              |           |             |             |           |           |           |            |            |            |            |           |          |           |                         |
| 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                    |
| BURRITO;BEAN AND CHEESE;FI | 1 EACH       | 1         | 350         | 25          | 560       | 8.00      | 3.60      | 200.0      | 100        | 4.8        | 1          | 16.0      | 47.0     | 12.0      | 0.00                    |
| ESTA                       |              |           |             |             |           |           |           |            |            |            |            |           |          |           |                         |
| 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                    |
| 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                    |
| 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                    |
| CHEESE, STRING             | 1 oz         | 1         | 61          | 10          | 213       | 0.00      | 0.00      | 243.0      | 202        | 0.0        | 0          | 8.1       | 1.01     | 2.53      | 0.00                    |
| WITH                       | 1 each       | 1         | 0           | 0           | 0         | 0.00      | 0.00      | 0.0        | 0          | 0.0        | 0          | 0.0       | 0.0      | 0.0       | 0.00                    |
| COOKED PEAS                | 1/2 CUP      | 2         | 100         | 2           | 129       | 5.29      | 1.56      | 5.4        | 552        | 7.88       | 5          | 6.51      | 16.3     | 0.84      | 0.00                    |
| COOKED CORN                | 1/4 CUP      | 2         | 52          | 1           | 11        | 1.54      | 0.61      | 1.2        | 36         | 2.7        | 2          | 1.5       | 11.18    | 1.15      | 0.00                    |
| SALSA; LOW SODIUM          | 1 OZ         | 1         | 5           | 0           | 35        | 0.00      | 0.00      | 0.0        | 100        | 3.6        | 1          | 0.0       | 1.0      | 0.0       | 0.00                    |
| SOUR CREAM                 | 2 TBSP       | 1         | 58          | 19          | 19        | 0.00      | 0.00      | 38.3       | 192        | 0.0        | 0          | 0.96      | 0.96     | 5.75      | 0.00                    |
| ORANGE                     | 1 EACH       | 2         | 62          | 0           | 0         | 3.10      | 0.00      | 50.0       | 250        | 69.6       | 12         | 1.2       | 15.0     | 0.2       | 0.00                    |
| 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       | 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                    |
| Weighted Daily Average     |              |           | 656         | 41          | 836       | 14.43     | 4.97      | 703.1      | 1796       | 87.98      | 45         | 33.75     | 100.49   | 14.83     | 0.00                    |
| % of Calories              |              |           |             |             |           |           |           |            |            |            | 27.3%      | 20.6%     | 61.3%    | 20.3%     | 0.0%                    |
| Nutrient Guideline         |              |           | 550-650     |             | 1230      |           |           |            |            |            |            |           |          |           |                         |

|                    |           |   |     |    |     |      |      |       |       |      |    |      |       |      |      |
|--------------------|-----------|---|-----|----|-----|------|------|-------|-------|------|----|------|-------|------|------|
| Thu - 06/08/2017   |           |   |     |    |     |      |      |       |       |      |    |      |       |      |      |
| 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 |
| SANDWICH;WOWBUTTER | EACH      | 1 | 570 | 0  | 440 | 8.00 | 5.40 | 150.0 | 0     | 0.0  | 21 | 19.0 | 55.0  | 32.0 | 0.00 |
| OR                 | 1 serving | 1 | 0   | 0  | 0   | 0.00 | 0.00 | 0.0   | 0     | 0.0  | 0  | 0.0  | 0.0   | 0.0  | 0.00 |
| 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 |
| 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 |
| CHEESE, STRING     | 1 oz      | 1 | 61  | 10 | 213 | 0.00 | 0.00 | 243.0 | 202   | 0.0  | 0  | 8.1  | 1.01  | 2.53 | 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 |
| CARROTS,BABY,RAW   | 2 oz      | 2 | 30  | 0  | 66  | 2.47 | 0.76 | 27.2  | 11722 | 2.21 | 4  | 0.54 | 7.0   | 0.11 | 0.00 |
| CELERY STICKS      | 1/2 cup   | 1 | 11  | 0  | 53  | 1.41 | 0.13 | 28.2  | 282   | 1.69 | 1  | 0.71 | 2.12  | 0.0  | 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 | 0.00 |
| APRICOTS, DICED    | 1/2 CUP   | 2 | 60  | 0  | 10  | 0.00 | 0.00 | 0.0   | 0     | 0.0  | 11 | 0.0  | 14.0  | 0.0  | 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  | 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 |

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

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# Adelanto Child Nutrition

Jun 1, 2017 thru Jun 9, 2017

Base Menu Spreadsheet

ELEM LUNCH OVS

Portion Values - Detailed

Page 5

Generated on: 5/26/2017 7:37:35 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) | Tr-Fat <sup>1</sup> (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Weighted Daily Average |              |           | 640         | 21          | 805       | 7.67      | 4.52      | 653.0      | 12638      | 6.72       | 51         | 26.72     | 84.01    | 22.10     | 0.00                    |
| % of Calories          |              |           |             |             |           |           |           |            |            |            | 31.9%      | 16.7%     | 52.5%    | 31.1%     | 0.0%                    |
| Nutrient Guideline     |              |           | 550-650     |             | 1230      |           |           |            |            |            |            |           |          |           |                         |

| Fri - 06/09/2017         |         |   |         |    |      |      |      |       |       |      |       |       |       |       |      |
|--------------------------|---------|---|---------|----|------|------|------|-------|-------|------|-------|-------|-------|-------|------|
| 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 |
| CHEESE CUP;JALAPENO CHED | 1 EACH  | 1 | 190     | 30 | 560  | 0.00 | 0.00 | 300.2 | 300   | 0.0  | 10    | 10.01 | 15.01 | 10.01 | 0.00 |
| DAR                      |         |   |         |    |      |      |      |       |       |      |       |       |       |       |      |
| WITH                     | 1 each  | 1 | 0       | 0  | 0    | 0.00 | 0.00 | 0.0   | 0     | 0.0  | 0     | 0.0   | 0.0   | 0.0   | 0.00 |
| SALSA CUP                | 1 CUP   | 1 | 29      | 0  | 205  | 5.87 | 1.06 | 0.0   | 293   | 7.04 | 3     | 0.0   | 5.87  | 0.0   | 0.00 |
| OR                       | serving | 1 | 0       | 0  | 0    | 0.00 | 0.00 | 0.0   | 0     | 0.0  | 0     | 0.0   | 0.0   | 0.0   | 0.00 |
| 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 |
| 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 |
| CHEESE, STRING           | oz      | 1 | 61      | 10 | 213  | 0.00 | 0.00 | 243.0 | 202   | 0.0  | 0     | 8.1   | 1.01  | 2.53  | 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 |
| TORTILLA CHIPS,corn/rnd  | 1.5 oz  | 2 | 135     | 0  | 55   | 2.00 | 0.48 | 20.0  | 100   | 0.0  | 0     | 2.0   | 19.0  | 5.0   | 0.00 |
| CARROTS,BABY,RAW         | 2 oz    | 1 | 30      | 0  | 66   | 2.47 | 0.76 | 27.2  | 11722 | 2.21 | 4     | 0.54  | 7.0   | 0.11  | 0.00 |
| RANCH,BUTTERMILK PACKET  | 1 EACH  | 1 | 120     | 10 | 250  | 0.00 | 0.00 | 0.0   | 0     | 0.0  | 2     | 0.0   | 2.0   | 12.0  | 0.00 |
| SLUSHIE: rips/juice      | 1 each  | 2 | 110     | 0  | 35   | 0.00 | 0.36 | 0.0   | 0     | 0.0  | 10    | 1.0   | 28.0  | 0.0   | 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   | 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 |
| Weighted Daily Average   |         |   | 665     | 35 | 1020 | 6.67 | 2.75 | 710.9 | 7020  | 8.22 | 44    | 24.33 | 95.47 | 19.82 | 0.00 |
| % of Calories            |         |   |         |    |      |      |      |       |       |      | 26.5% | 14.6% | 57.4% | 26.8% | 0.0% |
| Nutrient Guideline       |         |   | 550-650 |    | 1230 |      |      |       |       |      |       |       |       |       |      |

|                  |  |  |     |    |     |      |      |       |      |       |       |       |       |       |      |
|------------------|--|--|-----|----|-----|------|------|-------|------|-------|-------|-------|-------|-------|------|
| Weighted Average |  |  | 606 | 40 | 884 | 8.91 | 3.54 | 679.8 | 5014 | 51.78 | 45    | 30.43 | 87.89 | 15.23 | 0.00 |
|                  |  |  |     |    |     |      |      |       |      |       | 66.9% | 20.1% | 58.0% | 22.6% | 0.0% |

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# Adelanto Child Nutrition

Jun 1, 2017 thru Jun 9, 2017

Base Menu Spreadsheet

ELEM LUNCH OVS

Portion Values - Detailed

Page 6

Generated on: 5/26/2017 7:37:35 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) | Tr-Fat <sup>1</sup> (g) | Error Messages (if any) |
|----------------------------|----------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-------------------------|-------------------------|
| Calories                   | 606      |              |           | 550 - 650   | 100%        |           |           |           |            |            |            |            |           |          |           |                         |                         |
| Cholesterol (mg)           | 40       |              |           |             |             |           |           |           |            |            |            |            |           |          |           |                         |                         |
| Sodium (mg)                | 884      |              |           | 1230        |             |           |           |           |            |            |            |            |           |          |           |                         |                         |
| Fiber (g)                  | 8.91     |              |           |             |             |           |           |           |            |            |            |            |           |          |           |                         |                         |
| Iron (mg)                  | 3.54     |              |           |             |             |           |           |           |            |            |            |            |           |          |           |                         |                         |
| Calcium (mg)               | 679.8    |              |           |             |             |           |           |           |            |            |            |            |           |          |           |                         |                         |
| Vitamin A (IU)             | 5014     |              |           |             |             |           |           |           |            |            |            |            |           |          |           |                         |                         |
| Sugars (g)                 | 45       | 29.75%       |           |             |             |           |           |           |            |            |            |            |           |          |           |                         |                         |
| Vitamin C (mg)             | 51.78    |              |           |             |             |           |           |           |            |            |            |            |           |          |           |                         |                         |
| Protein (g)                | 30.43    | 20.09%       |           |             |             |           |           |           |            |            |            |            |           |          |           |                         |                         |
| Carbohydrate (g)           | 87.89    | 58.04%       |           |             |             |           |           |           |            |            |            |            |           |          |           |                         |                         |
| Total Fat (g)              | 15.23    | 22.63%       |           |             |             |           |           |           |            |            |            |            |           |          |           |                         |                         |
| Trans Fat <sup>1</sup> (g) | 0.00     | 0.00%        |           |             |             |           |           |           |            |            |            |            |           |          |           |                         |                         |

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