

Adelanto Child Nutrition

May 1, 2017 thru May 31, 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)	Tr-Fat ¹ (g)
Mon - 05/01/2017															
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
CHICKEN STICKS/ TYSON	8 EA	1	260	25	390	3.00	1.80	40.0	100	0.0	1	15.0	16.0	15.0	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
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	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
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
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
TATER TOTS; OREIDA	1/2 CUP	3	150	0	360	2.00	0.36	0.0	0	3.6	0	2.0	19.0	7.0	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	0.00
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	0.00
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
BARBEQUE SAUCE	1 EACH	1	15	0	88	0.00	0.00	0.0	10	0.0	2	0.0	4.12	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	3	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			636	37	1240	7.55	3.11	384.3	6179	11.87	33	26.49	79.61	22.22	0.00
% of Calories											21.0%	16.7%	50.0%	31.4%	0.0%
Nutrient Guideline			600-650		1230										

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

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Adelanto Child Nutrition

May 1, 2017 thru May 31, 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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/02/2017															
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
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	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
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	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
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
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 CARROTS	1/2 CUP	3	41	2	132	2.81	0.34	18.8	12697	0.0	4	0.94	7.5	0.81	0.00
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
CUCUMBER:RAW	1/4 cup	3	4	0	0	0.00	0.09	5.0	25	0.6	0	0.0	1.0	0.0	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	0.00
PEACHES,FRESH	1 EACH	3	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			534	45	972	8.40	3.21	859.7	18963	23.43	38	27.54	69.33	17.15	0.00
% of Calories											28.1%	20.6%	51.9%	28.9%	0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

May 1, 2017 thru May 31, 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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/03/2017															
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
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
PIZZA, GALAXY, CHEESE	1 EACH	1	280	30	440	3.00	1.80	250.0	300	0.0	9	15.0	29.0	12.0	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
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
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
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 CORN	1/2 CUP	3	104	2	22	3.08	1.22	2.5	72	5.4	4	2.99	22.36	2.29	0.00
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	0.00
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
SOUR CREAM	2 TBSP	3	58	19	19	0.00	0.00	38.3	192	0.0	0	0.96	0.96	5.75	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
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	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
Weighted Daily Average			610	51	736	11.16	4.04	603.3	1418	83.80	38	26.71	89.24	19.17	0.00
% of Calories											24.9%	17.5%	58.5%	28.3%	0.0%
Nutrient Guideline			600-650		1230										

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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)	Tr-Fat ¹ (g)
Thu - 05/04/2017															
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
SEASONED CHICKEN STRIPS	2.50 OZ	1	58	23	319	1.00	0.00	0.0	200	0.0	0	6.07	2.0	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
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	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	3	112	0	193	3.00	1.08	110.0	0	0.0	0	4.0	19.0	3.0	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
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
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
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
SOUR CREAM	2 TBSP	3	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	3	5	0	35	0.00	0.00	0.0	100	3.6	1	0.0	1.0	0.0	0.00
COOKIES; MINI CHOC CHIP	1 EACH	3	130	20	75	2.00	0.72	20.0	200	0.0	11	2.0	19.0	6.0	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
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			707	77	1016	17.13	9.15	640.4	2505	120.36	41	34.23	100.80	21.27	0.00
% of Calories											23.0%	19.4%	57.0%	27.1%	0.0%
Nutrient Guideline			600-650		1230										

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May 1, 2017 thru May 31, 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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/05/2017															
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
TAMALE, CHICKEN/CHEESE	1 EACH	1	343	36	164	15.00	2.61	245.0	200	0.0	0	22.0	45.0	9.0	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
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
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
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
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
SALAD-3 WAY;ROMAINE	1/2 CUP	2	11	0	7	1.00	0.54	190.0	4900	8.4	1	1.0	2.0	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
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
PEACHES, CANNED, IN PEAR JUICE	1/2 CUP	2	48	0	5	0.91	0.00	0.0	274	1.1	9	0.91	10.97	0.0	0.00
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 % of Calories			632	39	751	14.91	4.47	929.1	6150	16.76	46	37.24	94.92	11.49	0.00
											29.1%	23.6%	60.0%	16.4%	0.0%
Nutrient Guideline			600-650		1230										

Mon - 05/08/2017															
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
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	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
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	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
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
BISCUIT, MINI	1 EACH	3	100	0	230	1.00	0.36	80.0	5	0.0	1	2.0	13.0	5.0	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
BAKED BEANS	1/2 CUP	2	123	0	482	5.74	1.73	60.3	101	0.12	5	6.73	24.1	0.01	0.00
KETCHUP: individual	1 EACH	2	10	0	80	0.00	0.00	0.0	5	0.0	1	0.0	2.0	0.0	0.00
BARBEQUE SAUCE	1 EACH	1	15	0	88	0.00	0.00	0.0	10	0.0	2	0.0	4.12	0.0	0.00
APRICOTS, DICED	1/2 CUP	3	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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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)	Tr-Fat ¹ (g)
Weighted Daily Average			664	27	1117	8.83	3.08	494.7	546	6.28	33	28.52	91.47	19.18	0.00
% of Calories											19.9%	17.2%	55.1%	26.0%	0.0%
Nutrient Guideline			600-650		1230										

Tue - 05/09/2017															
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
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
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	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
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
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	3	30	0	245	1.00	0.54	10.0	250	4.5	2	1.0	4.5	1.0	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	0.00
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
CUCUMBER:RAW	1/4 cup	3	4	0	0	0.00	0.09	5.0	25	0.6	0	0.0	1.0	0.0	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	0.00
PEACHES,FRESH	1 EACH	3	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			544	45	1221	9.40	3.75	786.3	19280	29.13	40	25.54	73.50	17.48	0.00
% of Calories											29.2%	18.8%	54.0%	28.9%	0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

May 1, 2017 thru May 31, 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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/10/2017															
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
BEEF MEATBALLS (5 EACH)	2.80 OZ	1	162	38	234	1.00	2.00	30.0	7	1.0	1	13.0	5.0	10.0	0.60
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
SPAGHETTI SAUCE	2 OZ	1	18	0	64	0.45	0.33	9.1	340	2.72	3	0.45	4.08	0.0	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
HOAGIE ROLL 51%WW	1 EA	1	151	0	231	2.01	1.45	40.2	0	9.05	3	5.03	28.15	2.01	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
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
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	1/2 cup	2	4	0	2	0.84	0.30	8.4	2056	5.54	0	0.0	0.84	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
CHEESE SHREDDED MOZZARELLA	1 OZ	2	86	18	193	0.00	0.07	203.0	240	0.0	1	6.7	2.28	5.59	0.20
COOKED PEAS	1/4 CUP	2	50	1	64	2.65	0.78	2.7	276	3.94	3	3.26	8.15	0.42	0.00
ITALIAN DRESSING	1 OZ	1	40	0	270	0.00	0.00	0.0	0	0.0	2	0.0	2.0	3.5	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			630	54	1049	9.32	4.12	833.5	4070	93.86	45	36.70	80.92	17.73	0.50
% of Calories											28.6%	23.3%	51.4%	25.3%	0.7%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

May 1, 2017 thru May 31, 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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/11/2017															
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
CHICKEN, TERIYAKI	2.6 oz	1	130	70	480	0.00	0.72	0.0	45	0.0	9	16.0	10.0	3.5	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
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
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
RICE, BRWN ASIAN STYLE	1/2 CUP	2	105	0	225	1.00	0.36	10.0	8	0.0	1	2.5	21.0	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
CELERY STICKS	1/4 cup	2	5	0	26	0.71	0.06	14.1	141	0.85	1	0.35	1.06	0.0	0.00
CARROT STICKS	1/4 cup	2	13	0	22	0.90	0.10	10.6	5346	1.89	2	0.3	3.07	0.08	0.00
RANCH MALIBU	1 OZ	2	50	11	187	0.00	0.00	18.8	27	0.13	1	0.54	1.83	4.45	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			591	64	1120	9.55	2.81	667.7	6848	208.60	44	32.26	89.43	12.50	0.00
% of Calories											29.6%	21.8%	60.5%	19.0%	0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

	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 ¹ (g)
Fri - 05/12/2017															
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
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
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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	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	2	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
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
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
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
CHEESE SLICE	SLICE	2	52	13	233	0.00	0.03	80.5	146	0.0	0	2.66	0.7	4.2	0.00
FRIES;SEASONED;THIN CUT	2.41 OZ	3	131	0	402	2.01	0.72	0.0	0	0.0	0	1.01	17.08	7.03	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
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
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
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	3	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			621	48	1407	6.97	3.69	458.8	3257	17.82	29	27.67	73.75	23.20	0.00
% of Calories											18.6%	17.8%	47.5%	33.6%	0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

May 1, 2017 thru May 31, 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)	Tr-Fat ¹ (g)
Mon - 05/15/2017															
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
CHICKEN CHUNKS (5 EACH)	SERVING	1	240	20	470	3.00	1.80	40.0	100	0.0	1	13.0	16.0	14.0	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
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	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
RICE:CHICKEN PILAF	1/2 CUP	3	115	0	290	1.00	0.36	0.0	0	0.6	1	3.0	23.0	0.75	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	0.00
SPINACH; RAW	1/4 CUP	3	2	0	6	0.21	0.19	8.5	687	2.22	0	0.21	0.32	0.0	0.00
CARROTS/FRESH SHREDDED	1/4 CUP	3	11	0	19	0.77	0.08	9.1	4594	1.62	1	0.26	2.63	0.07	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	0.00
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
APRICOTS, DICED	1/2 CUP	3	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			603	44	1252	6.89	2.42	446.0	6199	103.17	32	26.67	81.26	18.15	0.00
% of Calories											21.5%	17.7%	53.9%	27.1%	0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

May 1, 2017 thru May 31, 2017

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)	Tr-Fat ¹ (g)
Tue - 05/16/2017															
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
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	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
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
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
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
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	3	30	0	245	1.00	0.54	10.0	250	4.5	2	1.0	4.5	1.0	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	0.00
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
CUCUMBER:RAW	1/4 cup	3	4	0	0	0.00	0.09	5.0	25	0.6	0	0.0	1.0	0.0	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	0.00
PEACHES,FRESH	1 EACH	3	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			577	53	1357	9.40	4.05	755.1	19156	27.26	42	25.08	74.66	20.60	0.00
% of Calories											29.2%	17.4%	51.7%	32.1%	0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

May 1, 2017 thru May 31, 2017

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)	Tr-Fat ¹ (g)
Wed - 05/17/2017															
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
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	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
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	0.00
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
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
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
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 CORN	1/4 CUP	3	52	1	11	1.54	0.61	1.2	36	2.7	2	1.5	11.18	1.15	0.00
BAKED BEANS	1/2 CUP	2	123	0	482	5.74	1.73	60.3	101	0.12	5	6.73	24.1	0.01	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	0.00
RANCH MALIBU	1 OZ	3	50	11	187	0.00	0.00	18.8	27	0.13	1	0.54	1.83	4.45	0.00
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
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
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
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			566	28	1271	12.61	3.71	516.4	11603	85.72	43	24.38	94.72	11.48	0.00
% of Calories											30.6%	17.2%	66.9%	18.3%	0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

May 1, 2017 thru May 31, 2017

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)	Tr-Fat ¹ (g)
Thu - 05/18/2017															
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
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
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	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	3	112	0	193	3.00	1.08	110.0	0	0.0	0	4.0	19.0	3.0	0.00
BLACK BEANS, CANNED	1/2 CUP	2	110	0	300	7.00	6.30	60.0	100	0.0	0	8.0	19.0	0.0	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
TOMATOES, FRESH	1 CUP	3	27	0	7	2.00	0.36	10.0	1250	19.2	4	1.0	6.0	0.0	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
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
CHEESE, SHREDDED	1 oz	2	71	15	476	0.00	0.00	202.5	405	0.0	1	7.09	2.03	4.56	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	0.00
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
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			701	59	1237	16.38	7.33	698.6	4272	138.03	48	38.19	105.62	15.67	0.00
% of Calories											27.4%	21.8%	60.3%	20.1%	0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

May 1, 2017 thru May 31, 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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/19/2017															
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
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	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
BEEF STEAK HAMBURGER	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
CHEESE SLICE	SLICE	2	52	13	233	0.00	0.03	80.5	146	0.0	0	2.66	0.7	4.2	0.00
TATER TOTS; OREIDA	1/2 CUP	3	150	0	360	2.00	0.36	0.0	0	3.6	0	2.0	19.0	7.0	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
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
BARBEQUE SAUCE	1 EACH	2	15	0	88	0.00	0.00	0.0	10	0.0	2	0.0	4.12	0.0	0.00
KETCHUP: individual	1 EACH	2	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	3	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			588	46	1248	5.88	2.82	441.3	2234	16.66	30	27.33	71.36	20.33	0.00
% of Calories											20.3%	18.6%	48.5%	31.1%	0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

May 1, 2017 thru May 31, 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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/22/2017															
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
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	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
CHICKEN, ROASTED	EA	1	170	100	95	0.00	0.72	0.0	70	0.0	0	19.0	0.0	10.0	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
BISCUIT, MINI	1 EACH	3	100	0	230	1.00	0.36	80.0	5	0.0	1	2.0	13.0	5.0	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
CHICKEN GRAVY	2 OZ	3	20	0	270	0.00	0.00	0.0	0	0.0	0	0.0	4.0	1.0	0.00
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
APRICOTS, DICED	1/2 CUP	3	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			574	60	1154	4.35	1.87	441.8	484	11.51	31	27.75	80.66	17.21	0.00
% of Calories											21.9%	19.3%	56.2%	27.0%	0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

May 1, 2017 thru May 31, 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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/23/2017															
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
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	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
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	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
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
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
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	3	30	0	245	1.00	0.54	10.0	250	4.5	2	1.0	4.5	1.0	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	0.00
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
CUCUMBER:RAW	1/2 cup	3	8	0	1	0.00	0.18	10.0	50	1.2	1	0.0	2.0	0.0	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	0.00
PEACHES,FRESH	1 EACH	3	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			581	52	1288	7.99	3.97	834.0	12766	26.66	41	27.61	72.24	20.87	0.00
% of Calories											28.3%	19.0%	49.7%	32.3%	0.0%
Nutrient Guideline			600-650		1230										

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Adelanto Child Nutrition

May 1, 2017 thru May 31, 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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/24/2017															
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
PANCAKE;KRUSTEAZ	2 EACH	1	150	7	400	4.00	1.44	40.0	400	0.0	5	3.0	31.0	2.0	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
EggStravaganza, bacon\cheese	2 oz	1	120	195	270	0.00	0.72	60.0	400	0.0	0	8.0	1.0	9.0	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
TATER TOTS; OREIDA	1/2 CUP	2	150	0	360	2.00	0.36	0.0	0	3.6	0	2.0	19.0	7.0	0.00
SPINACH; RAW	1/4 CUP	2	2	0	6	0.21	0.19	8.5	687	2.22	0	0.21	0.32	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
RANCH MALIBU	1 OZ	2	50	11	187	0.00	0.00	18.8	27	0.13	1	0.54	1.83	4.45	0.00
SYRUP, SIMPLY HEINZ	1 EACH	1	35	0	5	0.00	0.00	0.0	0	0.0	8	0.0	8.0	0.0	0.00
ORANGE	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			658	127	1281	8.31	2.72	657.0	2438	83.95	45	25.75	91.18	20.92	0.00
% of Calories											27.2%	15.7%	55.4%	28.6%	0.0%
Nutrient Guideline			600-650		1230										

Thu - 05/25/2017															
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
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	0.00
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
RICE, BRWN ASIAN STYLE	1/2 CUP	2	105	0	225	1.00	0.36	10.0	8	0.0	1	2.5	21.0	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
CELERY STICKS	1/4 cup	2	5	0	26	0.71	0.06	14.1	141	0.85	1	0.35	1.06	0.0	0.00
RANCH MALIBU	1 OZ	2	50	11	187	0.00	0.00	18.8	27	0.13	1	0.54	1.83	4.45	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

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Adelanto Child Nutrition

May 1, 2017 thru May 31, 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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			543	49	898	8.15	1.71	651.7	1343	205.81	42	28.47	83.87	10.92	0.00
% of Calories											30.7%	21.0%	61.8%	18.1%	0.0%
Nutrient Guideline			600-650		1230										

Fri - 05/26/2017															
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
CHEESEBURGER SLIDERS	1 EA	1	274	34	518	2.30	3.02	103.7	86	9.81	2	18.14	28.18	10.22	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
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	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
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
COOKED CORN	1/4 CUP	3	52	1	11	1.54	0.61	1.2	36	2.7	2	1.5	11.18	1.15	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
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
PICKLES,DILL	1 oz	3	0	0	380	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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
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
PEACHES, CANNED, IN PEAR JU	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
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			623	32	1541	12.88	5.46	521.0	2323	18.75	35	31.47	96.26	13.41	0.00
% of Calories											22.5%	20.2%	61.8%	19.4%	0.0%
Nutrient Guideline			600-650		1230										

Mon - 05/29/2017															
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

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Adelanto Child Nutrition

May 1, 2017 thru May 31, 2017

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)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00
Nutrient Guideline			600-650		1230						0.0%	0.0%	0.0%	0.0%	0.0%

Tue - 05/30/2017															
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
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	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
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	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
MARINARA SAUCE	1/4 CUP	3	30	0	245	1.00	0.54	10.0	250	4.5	2	1.0	4.5	1.0	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	0.00
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
CUCUMBER:RAW	1/4 cup	3	4	0	0	0.00	0.09	5.0	25	0.6	0	0.0	1.0	0.0	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	0.00
PEACHES,FRESH	1 EACH	3	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 % of Calories			564	45	1217	9.40	3.75	869.7	19213	27.93	40	28.54	73.83	18.15	0.00
Nutrient Guideline			600-650		1230						28.4%	20.2%	52.3%	28.9%	0.0%

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Adelanto Child Nutrition

May 1, 2017 thru May 31, 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)	Tr-Fat ¹ (g)
Wed - 05/31/2017															
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
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	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
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	0.00
OR	serving	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
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	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
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
BAKED BEANS	1/2 CUP	2	123	0	482	5.74	1.73	60.3	101	0.12	5	6.73	24.1	0.01	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	0.00
RANCH MALIBU	1 OZ	3	50	11	187	0.00	0.00	18.8	27	0.13	1	0.54	1.83	4.45	0.00
KETCHUP: individual	1 EACH	2	10	0	80	0.00	0.00	0.0	5	0.0	1	0.0	2.0	0.0	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
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
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			668	38	1367	12.17	3.49	504.6	6220	86.33	40	26.59	97.48	18.09	0.00
% of Calories											23.7%	15.9%	58.4%	24.4%	0.0%
Nutrient Guideline			600-650		1230										
Weighted Average			610	51	1170	9.89	3.85	636.1	7158	65.62	39	29.12	84.82	17.60	0.02
											57.4%	19.1%	55.6%	26.0%	0.0%

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Adelanto Child Nutrition

May 1, 2017 thru May 31, 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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	610		600 - 650	100%													
Cholesterol (mg)	51																
Sodium (mg)	1170		1230														
Fiber (g)	9.89																
Iron (mg)	3.85																
Calcium (mg)	636.1																
Vitamin A (IU)	7158																
Sugars (g)	39	25.51%															
Vitamin C (mg)	65.62																
Protein (g)	29.12	19.10%															
Carbohydrate (g)	84.82	55.63%															
Total Fat (g)	17.60	25.97%															
Trans Fat ¹ (g)	0.02	0.03%															

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