

Adelanto Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

ELEM LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/01/2017															
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
CORNDOG, TURKEY, FOSTER FA RMS	1 EACH	1	270	30	740	1.00	2.70	80.0	0	0.0	9	10.0	27.0	14.0	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
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
COOKED GREENBEANS	1/2 CUP	2	30	2	135	1.95	0.71	22.0	327	2.41	2	1.04	4.46	0.82	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
MUSTARD: individual PC	1 EA	1	0	0	70	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
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 % of Calories			588	33	1461	8.70	4.79	649.6	1192	6.13	47 32.2%	28.82 19.6%	90.60 61.6%	11.59 17.7%	0.00 0.0%
Nutrient Guideline			550-650		1230										

Mon - 09/04/2017															
ELEM LUNCH OVS	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
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%	0.00 0.0%
Nutrient Guideline			550-650		1230										

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

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Adelanto Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

ELEM LUNCH OVS

Portion Values - Detailed

Page 2

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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 - 09/05/2017															
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, 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
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 CARROTS	1/2 CUP	2	41	2	132	2.81	0.34	18.8	12697	0.0	4	0.94	7.5	0.81	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			584	35	910	13.20	4.25	726.4	14412	81.08	50	32.71	86.84	11.61	0.00
% of Calories											34.2%	22.4%	59.5%	17.9%	0.0%
Nutrient Guideline			550-650		1230										

Wed - 09/06/2017															
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
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
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;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
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
TATER TOTS; OREIDA	1/2 CUP	1	150	0	360	2.00	0.36	0.0	0	3.6	0	2.0	19.0	7.0	0.00
BAKED BEANS	1/2 CUP	1	123	0	482	5.74	1.73	60.3	101	0.12	5	6.73	24.1	0.01	0.00
LETTUCE/ROMAINE	1/2 cup	1	4	0	2	0.84	0.30	8.4	2056	5.54	0	0.0	0.84	0.0	0.00
CARROTS/FRESH SHREDDED	1/4 CUP	1	11	0	19	0.77	0.08	9.1	4594	1.62	1	0.26	2.63	0.07	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
MUSTARD: individual PC	1 EA	1	0	0	70	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00
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
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

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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Base Menu Spreadsheet

ELEM 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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			640	38	1344	9.40	3.50	634.3	4250	117.70	41	27.64	90.14	19.19	0.00
% of Calories											25.5%	17.3%	56.3%	27.0%	0.0%
Nutrient Guideline			550-650		1230										

Thu - 09/07/2017															
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
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
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
FRIES;SEASONED;THIN CUT	2.41 OZ	1	131	0	402	2.01	0.72	0.0	0	0.0	0	1.01	17.08	7.03	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
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
RANCH DRESSING	1 oz	1	55	13	190	0.00	0.00	14.6	21	0.1	1	0.42	1.84	5.14	0.00
APPLE Fresh	1 EACH	2	80	0	0	5.00	0.36	20.0	100	12.0	17	0.0	22.0	0.0	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
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
Weighted Daily Average			590	41	1198	8.11	3.35	609.7	1588	24.34	44	25.96	81.05	18.46	0.00
% of Calories											29.8%	17.6%	55.0%	28.2%	0.0%
Nutrient Guideline			550-650		1230										

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Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

ELEM LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/08/2017															
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
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	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
CHILI CON CARNE & BEANS	4 OZ	1	127	21	334	2.84	1.42	31.2	623	7.09	2	9.22	9.22	6.38	0.00
COOKED BROCCOLI	1/2 CUP	1	49	2	28	3.24	0.58	48.6	445	97.2	0	3.24	7.29	0.81	0.00
CORN: canned, yellow	1/4 CUP	1	32	0	8	1.00	0.36	0.0	10	1.8	2	1.0	7.5	0.5	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
JALAPENOS	3 TBSP	1	5	0	262	0.26	0.00	0.0	0	0.0	0	0.19	0.72	0.0	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			559	42	962	5.67	1.66	581.7	1290	56.95	37	27.88	74.40	15.86	0.00
% of Calories											26.3%	19.9%	53.2%	25.5%	0.0%
Nutrient Guideline			550-650		1230										

Mon - 09/11/2017															
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 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
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
BAKED BEANS	1/2 CUP	1	123	0	482	5.74	1.73	60.3	101	0.12	5	6.73	24.1	0.01	0.00
COOKED PEAS	1/2 CUP	1	100	2	129	5.29	1.56	5.4	552	7.88	5	6.51	16.3	0.84	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
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

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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			557	34	1031	8.43	3.55	589.5	1431	8.76	41	31.36	75.68	13.91	0.00
% of Calories											29.1%	22.5%	54.3%	22.5%	0.0%
Nutrient Guideline			550-650		1230										

Tue - 09/12/2017															
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
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	1	30	0	245	1.00	0.54	10.0	250	4.5	2	1.0	4.5	1.0	0.00
CHARD,RAINBOW	1 CUP	1	7	0	77	0.60	0.54	10.0	2200	10.8	0	0.6	1.3	0.1	0.00
BELPEPPERS,STRIPS	1/4 CUP	1	5	0	1	0.50	0.00	0.0	100	21.6	1	0.2	1.3	0.0	0.00
COOKED CARROTS	1/4 CUP	1	20	1	66	1.41	0.17	9.4	6349	0.0	2	0.47	3.75	0.4	0.00
RANCH DRESSING	1 oz	1	55	13	190	0.00	0.00	14.6	21	0.1	1	0.42	1.84	5.14	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			476	35	929	6.85	2.52	674.2	5672	93.50	41	24.10	69.38	11.79	0.00
% of Calories											34.4%	20.2%	58.2%	22.3%	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

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Adelanto Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

ELEM LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/13/2017															
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
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
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	1	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	1	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	1	7	0	2	0.50	0.09	2.5	312	4.8	1	0.25	1.5	0.0	0.00
RANCH DRESSING	1 oz	1	55	13	190	0.00	0.00	14.6	21	0.1	1	0.42	1.84	5.14	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
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			564	123	1008	7.06	2.75	628.5	1768	113.90	42	24.28	81.52	15.98	0.00
% of Calories											29.8%	17.2%	57.8%	25.5%	0.0%
Nutrient Guideline			550-650		1230										

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Adelanto Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

ELEM LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/14/2017															
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 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 "4"	1 EACH	1	149	0	239	1.99	1.43	39.8	15	8.95	3	4.97	28.84	1.99	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
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
FRENCH FRIES;CRINKLE CUT	2.54 OZ	1	110	0	20	2.00	0.36	0.0	0	4.8	0	2.0	17.0	2.5	0.00
LETTUCE/ROMAINE	1/2 cup	1	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	1	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
RANCH DRESSING	1 oz	1	55	13	190	0.00	0.00	14.6	21	0.1	1	0.42	1.84	5.14	0.00
APPLE Fresh	1 EACH	2	80	0	0	5.00	0.36	20.0	100	12.0	17	0.0	22.0	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			640	37	1101	9.69	3.37	600.2	2067	27.70	45	26.97	89.15	18.67	0.00
% of Calories											28.0%	16.9%	55.7%	26.3%	0.0%
Nutrient Guideline			550-650		1230										

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Adelanto Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

ELEM LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/15/2017															
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
CHIPOTLE MAC	6 OZ	1	245	41	551	1.75	2.01	201.5	395	3.98	3	16.95	23.35	9.19	0.17
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
BREAD STICK, WG	1 EA	1	140	7	212	3.00	0.90	85.0	0	0.0	1	5.84	22.0	2.88	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 GREENBEANS	1/2 CUP	2	30	2	135	1.95	0.71	22.0	327	2.41	2	1.04	4.46	0.82	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
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			539	43	981	6.23	3.33	701.9	7635	8.00	41	28.95	78.42	11.02	0.08
% of Calories											30.7%	21.5%	58.2%	18.4%	0.1%
Nutrient Guideline			550-650		1230										

Mon - 09/18/2017															
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 TENDERS, TYSON	3ea	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
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
MASHED POTATOES	1/2 CUP	2	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	1	20	0	270	0.00	0.00	0.0	0	0.0	0	0.0	4.0	1.0	0.00
CORN: canned, yellow	1/4 CUP	1	32	0	8	1.00	0.36	0.0	10	1.8	2	1.0	7.5	0.5	0.00
BISCUIT, MINI	1 EACH	1	100	0	230	1.00	0.36	80.0	5	0.0	1	2.0	13.0	5.0	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

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Adelanto Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

ELEM LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			571	28	1097	4.93	2.45	594.5	1096	12.11	36	28.01	80.06	16.05	0.00
% of Calories											25.3%	19.6%	56.1%	25.3%	0.0%
Nutrient Guideline			550-650		1230										

Tue - 09/19/2017															
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,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
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
CHARD,RAINBOW	1 CUP	2	7	0	77	0.60	0.54	10.0	2200	10.8	0	0.6	1.3	0.1	0.00
TOMATOES; GRAPE DROP	2 OZ	2	7	0	2	0.45	0.10	3.7	310	5.1	1	0.33	1.45	0.07	*N/A*
COOKED GREENBEANS	1/2 CUP	2	30	2	135	1.95	0.71	22.0	327	2.41	2	1.04	4.46	0.82	0.00
RANCH DRESSING	1 oz	1	55	13	190	0.00	0.00	14.6	21	0.1	1	0.42	1.84	5.14	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			539	44	1032	8.10	3.25	820.3	4235	94.56	42	28.93	72.17	15.53	*0.00
% of Calories											31.3%	21.5%	53.6%	25.9%	*0.0%
Nutrient Guideline			550-650		1230										

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Adelanto Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

ELEM 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)
Wed - 09/20/2017															
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
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
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
TORTILLAS,RTB/RTF,FLR,6"	2 each	1	176	0	425	1.50	1.96	76.2	0	0.0	2	4.76	30.71	3.52	*N/A*
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	2	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
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	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
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			650	53	1132	9.91	4.70	805.8	1781	114.13	47	39.22	93.76	14.67	*0.00
% of Calories											29.1%	24.1%	57.7%	20.3%	*0.0%
Nutrient Guideline			550-650		1230										

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Adelanto Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

ELEM LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/21/2017															
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 "4"	1 EACH	1	149	0	239	1.99	1.43	39.8	15	8.95	3	4.97	28.84	1.99	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
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	1	52	13	233	0.00	0.03	80.5	146	0.0	0	2.66	0.7	4.2	0.00
COOKED CORN	1/2 CUP	1	104	2	22	3.08	1.22	2.5	72	5.4	4	2.99	22.36	2.29	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
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 PEAS	1/2 CUP	1	100	2	129	5.29	1.56	5.4	552	7.88	5	6.51	16.3	0.84	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
APPLE Fresh	1 EACH	2	80	0	0	5.00	0.36	20.0	100	12.0	17	0.0	22.0	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			641	55	1163	11.19	4.45	618.7	1927	30.50	49	33.20	91.90	16.63	0.00
% of Calories											30.6%	20.7%	57.3%	23.3%	0.0%
Nutrient Guideline			550-650		1230										

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

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Adelanto Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

ELEM 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)
Fri - 09/22/2017															
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, 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
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 BROWN, Cooked	1 cup	1	216	0	10	3.51	0.82	19.5	0	0.0	1	5.03	44.77	1.76	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 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
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			538	54	738	6.90	2.52	595.0	7579	100.80	42	30.28	85.96	7.61	0.00
% of Calories											31.4%	22.5%	63.9%	12.7%	0.0%
Nutrient Guideline			550-650		1230										

Mon - 09/25/2017															
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
CHILI W/ BEANS	3/4 CUP	1	240	34	1148	4.50	11.25	4.5	15	0.0	2	14.25	14.25	14.25	1.50
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
CORN BREAD, WG	1.9 OZ	1	154	21	105	2.00	0.08	19.0	116	0.15	*N/A*	2.3	25.0	5.0	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
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 GREENBEANS	1/2 CUP	2	30	2	135	1.95	0.71	22.0	327	2.41	2	1.04	4.46	0.82	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

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Adelanto Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

ELEM 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			610	47	1283	11.91	8.93	566.4	1981	15.06	*41	32.79	84.90	15.05	0.75
% of Calories											*27.2%	21.5%	55.6%	22.2%	1.1%
Nutrient Guideline			550-650		1230										

Tue - 09/26/2017															
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, 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
CHARD, RAINBOW	1 CUP	2	7	0	77	0.60	0.54	10.0	2200	10.8	0	0.6	1.3	0.1	0.00
CUCUMBER, BABY	1 EACH	2	15	0	0	1.00	0.36	20.0	200	6.0	2	1.0	3.0	0.0	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
RANCH DRESSING	1 oz	2	55	13	190	0.00	0.00	14.6	21	0.1	1	0.42	1.84	5.14	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			540	44	982	8.11	3.42	756.2	9932	90.10	46	27.74	72.93	15.62	0.00
% of Calories											34.0%	20.5%	54.0%	26.0%	0.0%
Nutrient Guideline			550-650		1230										

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Adelanto Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

ELEM LUNCH OVS

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/27/2017															
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
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
TOSTADA BOWL	1 each	1	100	0	0	0.00	0.36	20.0	0	0.0	0	1.0	13.0	5.0	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
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	1/4 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
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
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
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			610	67	1509	11.62	8.07	844.9	2804	119.71	39	42.17	81.64	13.46	0.00
% of Calories											25.4%	27.6%	53.5%	19.8%	0.0%
Nutrient Guideline			550-650		1230										

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Adelanto Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

ELEM 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 - 09/28/2017															
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
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
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
FRENCH FRIES;CRINKLE CUT	2.54 OZ	1	110	0	20	2.00	0.36	0.0	0	4.8	0	2.0	17.0	2.5	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
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	2	10	0	80	0.00	0.00	0.0	5	0.0	1	0.0	2.0	0.0	0.00
RANCH DRESSING	1 oz	2	55	13	190	0.00	0.00	14.6	21	0.1	1	0.42	1.84	5.14	0.00
APPLE Fresh	1 EACH	2	80	0	0	5.00	0.36	20.0	100	12.0	17	0.0	22.0	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			612	47	1142	8.11	3.17	617.0	1601	26.79	45	26.67	82.93	18.77	0.00
% of Calories											29.2%	17.4%	54.2%	27.6%	0.0%
Nutrient Guideline			550-650		1230										

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Adelanto Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

ELEM 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 - 09/29/2017															
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
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	2	104	2	22	3.08	1.22	2.5	72	5.4	4	2.99	22.36	2.29	0.00
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
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
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			655	41	793	10.23	4.80	651.6	1306	17.14	43	30.79	102.52	15.35	0.00
% of Calories											26.5%	18.8%	62.6%	21.1%	0.0%
Nutrient Guideline			550-650		1230										

Weighted Average			585	47	1090	8.72	3.94	663.3	3777	57.95	*43	29.92	83.30	14.84	*0.04
											*66.1%	20.5%	56.9%	22.8%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	585		550 - 650	100%				
Cholesterol (mg)	47							
Sodium (mg)	1090		1230					
Fiber (g)	8.72							
Iron (mg)	3.94							
Calcium (mg)	663.3							
Vitamin A (IU)	3777							
Sugars (g)	43	29.37%			Missing			
Vitamin C (mg)	57.95							
Protein (g)	29.92	20.45%						
Carbohydrate (g)	83.30	56.93%						
Total Fat (g)	14.84	22.82%						
Trans Fat ¹ (g)	0.04	0.06%			Missing			

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.