

Adelanto Child Nutrition

Sep 1, 2017 thru Sep 29, 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 - 09/01/2017 | | | | | | | | | | | | | | | |
| 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 |
| 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 |
| 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 | 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 | 3 | 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 | 3 | 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 | 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 |
| 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 | 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 | | | 533 | 39 | 1433 | 8.70 | 4.37 | 467.2 | 974 | 4.93 | 38 | 27.13 | 77.59 | 11.67 | 0.00 |
| % of Calories | | | | | | | | | | | 28.6% | 20.4% | 58.2% | 19.7% | 0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | |

| | | | | | | | | | | | | | | | |
|------------------------|--------|---|---------|---|------|------|------|-----|---|------|------|------|------|------|------|
| Mon - 09/04/2017 | | | | | | | | | | | | | | | |
| 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 |
| Weighted Daily Average | | | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 |
| % of Calories | | | | | | | | | | | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| Nutrient Guideline | | | 600-650 | | 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

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2017 thru Sep 29, 2017

MIDDLE SCHOOL LUNCH OVS

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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 | | | | | | | | | | | | | | | |
| 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, 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 |
| 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 | 3 | 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 | 3 | 41 | 2 | 132 | 2.81 | 0.34 | 18.8 | 12697 | 0.0 | 4 | 0.94 | 7.5 | 0.81 | 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 | | | 570 | 38 | 917 | 13.54 | 4.06 | 642.3 | 14357 | 81.88 | 42 | 31.02 | 81.16 | 13.69 | 0.00 |
| % of Calories | | | | | | | | | | | 29.1% | 21.8% | 56.9% | 21.6% | 0.0% |
| Nutrient Guideline | | | 600-650 | | 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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Sep 1, 2017 thru Sep 29, 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 - 09/06/2017 | | | | | | | | | | | | | | | |
| MIDDLE SCHOOL LUNCH | Total | 3 | | | | | | | | | | | | | |
| CHOICE OF: | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| 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 | serving | 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 | 1 EACH | 1 | 270 | 30 | 740 | 1.00 | 2.70 | 80.0 | 0 | 0.0 | 9 | 10.0 | 27.0 | 14.0 | 0.00 |
| RMS | | | | | | | | | | | | | | | |
| 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 | 3 | 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 | 3 | 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 | 3 | 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 | 3 | 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 | 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 |
| 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 | 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 | | | 739 | 35 | 1819 | 13.90 | 5.00 | 514.2 | 7369 | 120.70 | 38 | 28.18 | 107.03 | 22.39 | 0.00 |
| % of Calories | | | | | | | | | | | 20.8% | 15.3% | 58.0% | 27.3% | 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) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | Tr-Fat ¹ (g) |
|----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Thu - 09/07/2017 | | | | | | | | | | | | | | | |
| 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 | 1 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 | 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 |
| 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 | 1/4 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 | 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 | 3 | 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 | | | 630 | 36 | 1255 | 11.70 | 4.20 | 484.3 | 2019 | 26.87 | 36 | 23.48 | 89.70 | 21.00 | 0.00 |
| % of Calories | | | | | | | | | | | 22.8% | 14.9% | 57.0% | 30.0% | 0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | |

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Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | 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 | | | | | | | | | | | | | | | |
| 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 |
| 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 |
| 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 |
| 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 | 2 | 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 | 3 | 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 | 3 | 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 | 3 | 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 | | | 754 | 55 | 1299 | 11.83 | 4.31 | 651.4 | 2318 | 164.59 | 41 | 37.73 | 101.80 | 21.62 | 0.00 |
| % of Calories | | | | | | | | | | | 22.0% | 20.0% | 54.0% | 25.8% | 0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | |

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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 - 09/11/2017 | | | | | | | | | | | | | | | |
| MIDDLE SCHOOL LUNCH | Total | 3 | | | | | | | | | | | | | |
| CHOICE OF: | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| 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 | 3.08 OZ | 1 | 207 | 47 | 400 | 2.00 | 2.00 | 16.0 | 112 | 1.0 | 1 | 14.0 | 13.0 | 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 |
| 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 PEAS | 1/2 CUP | 3 | 100 | 2 | 129 | 5.29 | 1.56 | 5.4 | 552 | 7.88 | 5 | 6.51 | 16.3 | 0.84 | 0.00 |
| 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 |
| 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 |
| 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 | | | 630 | 40 | 1283 | 16.13 | 5.23 | 492.1 | 1501 | 80.38 | 41 | 34.99 | 92.16 | 13.71 | 0.00 |
| % of Calories | | | | | | | | | | | 26.2% | 22.2% | 58.5% | 19.6% | 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

Sep 1, 2017 thru Sep 29, 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 - 09/12/2017 | | | | | | | | | | | | | | | |
| 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 |
| 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, 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 |
| 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 |
| CHARD,RAINBOW | 1 CUP | 3 | 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 | 3 | 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 | 3 | 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 | 3 | 55 | 13 | 190 | 0.00 | 0.00 | 14.6 | 21 | 0.1 | 1 | 0.42 | 1.84 | 5.14 | 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 | | | 514 | 43 | 1178 | 8.94 | 3.42 | 578.8 | 9911 | 110.20 | 38 | 23.59 | 69.38 | 16.36 | 0.00 |
| % of Calories | | | | | | | | | | | 29.8% | 18.4% | 54.0% | 28.7% | 0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | |

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Adelanto Child Nutrition

Sep 1, 2017 thru Sep 29, 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 - 09/13/2017 | | | | | | | | | | | | | | | |
| MIDDLE SCHOOL LUNCH | Total | 3 | | | | | | | | | | | | | |
| CHOICE OF: | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| 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 | 3 | 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 | 3 | 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 | 3 | 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 | 3 | 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 | 3 | 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 | 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 | | | 565 | 90 | 1048 | 7.58 | 2.37 | 448.8 | 1891 | 118.06 | 38 | 18.53 | 80.34 | 18.96 | 0.00 |
| % of Calories | | | | | | | | | | | 26.8% | 13.1% | 56.9% | 30.2% | 0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | |

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Adelanto Child Nutrition

Sep 1, 2017 thru Sep 29, 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 - 09/14/2017 | | | | | | | | | | | | | | | |
| 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 | 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 |
| 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 |
| 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 | 3 | 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 | 3 | 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 | | | 587 | 43 | 1142 | 10.38 | 3.43 | 416.7 | 2990 | 32.56 | 36 | 25.12 | 79.86 | 17.25 | 0.00 |
| % of Calories | | | | | | | | | | | 24.7% | 17.1% | 54.5% | 26.5% | 0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | |

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Adelanto Child Nutrition

Sep 1, 2017 thru Sep 29, 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) |
|-----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Fri - 09/15/2017 | | | | | | | | | | | | | | | |
| 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 |
| 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 |
| OR | serving | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| MAC & CHEESE:Land O Lakes,W | 6 oz | 1 | 290 | 30 | 1030 | 1.00 | 1.08 | 400.0 | 750 | 1.2 | 6 | 16.0 | 33.0 | 11.0 | 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 |
| BREAD STICK, WG | 1 EA | 3 | 140 | 7 | 212 | 3.00 | 0.90 | 85.0 | 0 | 0.0 | 1 | 5.84 | 22.0 | 2.88 | 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 GREENBEANS | 1/2 CUP | 3 | 30 | 2 | 135 | 1.95 | 0.71 | 22.0 | 327 | 2.41 | 2 | 1.04 | 4.46 | 0.82 | 0.00 |
| 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 |
| 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 | | | 586 | 44 | 1209 | 7.61 | 3.47 | 668.4 | 7566 | 6.53 | 35 | 29.02 | 85.35 | 13.34 | 0.06 |
| % of Calories | | | | | | | | | | | 24.0% | 19.8% | 58.2% | 20.5% | 0.1% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | |

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Adelanto Child Nutrition

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2017 thru Sep 29, 2017

MIDDLE SCHOOL LUNCH OVS

Generated on: 8/31/2017 9:05:52 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 ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Mon - 09/18/2017 | | | | | | | | | | | | | | | |
| 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 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 |
| 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 |
| 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 | 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 | 1/4 CUP | 3 | 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 | 3 | 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 JUICE | 1/2 CUP | 3 | 48 | 0 | 5 | 0.91 | 0.00 | 0.0 | 274 | 1.1 | 9 | 0.91 | 10.97 | 0.0 | 0.00 |
| 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 | 27 | 1286 | 6.27 | 2.78 | 465.4 | 866 | 11.81 | 29 | 26.66 | 84.14 | 20.54 | 0.00 |
| % of Calories | | | | | | | | | | | 19.2% | 17.4% | 55.0% | 30.2% | 0.0% |
| Nutrient Guideline | | | 600-650 | | 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

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) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Tue - 09/19/2017 | | | | | | | | | | | | | | | |
| 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 |
| 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 |
| 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 |
| CHARD,RAINBOW | 1 CUP | 3 | 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 | 3 | 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 | 3 | 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 | 3 | 55 | 13 | 190 | 0.00 | 0.00 | 14.6 | 21 | 0.1 | 1 | 0.42 | 1.84 | 5.14 | 0.00 |
| ORANGE | 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 | | | 561 | 47 | 1295 | 9.44 | 3.76 | 728.5 | 4183 | 96.91 | 37 | 28.28 | 71.24 | 18.85 | *0.00 |
| % of Calories | | | | | | | | | | | 26.6% | 20.2% | 50.8% | 30.2% | *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

Sep 1, 2017 thru Sep 29, 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 - 09/20/2017 | | | | | | | | | | | | | | | |
| MIDDLE SCHOOL LUNCH | Total | 3 | | | | | | | | | | | | | |
| CHOICE OF: | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| 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 |
| 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 |
| 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 | 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 | 3 | 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 | 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 |
| 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 | 3 | 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 | 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 | | | 599 | 70 | 1347 | 9.96 | 3.95 | 716.1 | 2450 | 118.51 | 41 | 40.13 | 80.02 | 14.70 | *0.00 |
| % of Calories | | | | | | | | | | | 27.3% | 26.8% | 53.4% | 22.1% | *0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | |

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Adelanto Child Nutrition

Sep 1, 2017 thru Sep 29, 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 - 09/21/2017 | | | | | | | | | | | | | | | |
| MIDDLE SCHOOL LUNCH | Total | 3 | | | | | | | | | | | | | |
| CHOICE OF: | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| 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 "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 | 3 | 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 | 3 | 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 | 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 | 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 | 3 | 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 | 3 | 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 | | | 711 | 57 | 1189 | 16.34 | 5.73 | 496.0 | 2725 | 38.23 | 46 | 35.14 | 101.18 | 20.36 | 0.00 |
| % of Calories | | | | | | | | | | | 25.9% | 19.8% | 56.9% | 25.8% | 0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | |

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Adelanto Child Nutrition

Sep 1, 2017 thru Sep 29, 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) |
|------------------------|----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Fri - 09/22/2017 | | | | | | | | | | | | | | | |
| 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, TERIYAKI | 2.6 oz serving | 1 | 130 | 70 | 480 | 0.00 | 0.72 | 0.0 | 45 | 0.0 | 9 | 16.0 | 10.0 | 3.5 | 0.00 |
| OR | 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 WITH | 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 |
| 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 | 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 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 |
| 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 |
| 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 | | | 452 | 50 | 620 | 6.15 | 2.17 | 416.0 | 7334 | 100.00 | 36 | 25.09 | 71.99 | 6.48 | 0.00 |
| % of Calories | | | | | | | | | | | 31.7% | 22.2% | 63.8% | 12.9% | 0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | |

| | | | | | | | | | | | | | | | |
|---------------------------------|-----------|---|-----|----|------|------|-------|-------|-----|------|-------|-------|-------|-------|------|
| Mon - 09/25/2017 | | | | | | | | | | | | | | | |
| 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 |
| 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 | 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 | 3 | 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 | 3 | 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 ICE | 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 |
| 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

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

Page 16

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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 | | | 699 | 50 | 1417 | 15.99 | 10.07 | 580.1 | 2558 | 20.76 | *49 | 37.03 | 100.77 | 15.87 | 0.75 |
| % of Calories | | | | | | | | | | | *28.3% | 21.2% | 57.7% | 20.4% | 1.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | |

| Tue - 09/26/2017 | | | | | | | | | | | | | | | |
|--------------------------|---------|---|---------|----|------|------|------|-------|-------|-------|-------|-------|-------|-------|------|
| 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 |
| 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 |
| CHARD,RAINBOW | 1 CUP | 3 | 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 | 3 | 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 | 3 | 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 | 3 | 55 | 13 | 190 | 0.00 | 0.00 | 14.6 | 21 | 0.1 | 1 | 0.42 | 1.84 | 5.14 | 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 | | | 524 | 43 | 1177 | 9.44 | 3.78 | 598.8 | 10011 | 94.60 | 40 | 24.39 | 71.08 | 16.36 | 0.00 |
| % of Calories | | | | | | | | | | | 30.3% | 18.6% | 54.3% | 28.1% | 0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | |

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Adelanto Child Nutrition

Sep 1, 2017 thru Sep 29, 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 - 09/27/2017 | | | | | | | | | | | | | | | |
| MIDDLE SCHOOL LUNCH | Total | 3 | | | | | | | | | | | | | |
| CHOICE OF: | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| 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 |
| 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 |
| 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 | 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 |
| CHEESE, SHREDDED | 1 oz | 3 | 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 | 3 | 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 | 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 | | | 519 | 64 | 1297 | 11.46 | 7.92 | 665.8 | 2550 | 118.51 | 30 | 37.71 | 68.30 | 11.38 | 0.00 |
| % of Calories | | | | | | | | | | | 23.3% | 29.0% | 52.6% | 19.7% | 0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | |

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* - 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

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) |
|----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Thu - 09/28/2017 | | | | | | | | | | | | | | | |
| MIDDLE SCHOOL LUNCH | Total | 3 | | | | | | | | | | | | | |
| CHOICE OF: | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| 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 | 1 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 | 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 |
| 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 |
| 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 |
| 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 | 3 | 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 | | | 609 | 36 | 1126 | 11.69 | 3.84 | 484.3 | 2019 | 31.67 | 36 | 24.47 | 89.62 | 16.47 | 0.00 |
| % of Calories | | | | | | | | | | | 23.6% | 16.1% | 58.9% | 24.3% | 0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | |

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Adelanto Child Nutrition

Sep 1, 2017 thru Sep 29, 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) |
|----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Fri - 09/29/2017 | | | | | | | | | | | | | | | |
| 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 |
| GRILLED CHEESE/ WHOLE GRAI | 1 EA | 1 | 282 | 32 | 651 | 2.25 | 1.22 | 464.3 | 520 | 0.0 | 7 | 18.41 | 30.32 | 10.08 | 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 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 |
| 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 |
| 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 | 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 | | | 644 | 52 | 814 | 9.48 | 4.27 | 616.4 | 1354 | 16.94 | 38 | 29.38 | 94.60 | 18.33 | 0.00 |
| % of Calories | | | | | | | | | | | 23.6% | 18.3% | 58.8% | 25.6% | 0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | |

| | | | | | | | | | | | | | | | |
|------------------|--|--|-----|----|------|-------|------|-------|------|-------|--------|-------|-------|-------|-------|
| Weighted Average | | | 602 | 48 | 1208 | 10.83 | 4.41 | 556.6 | 4347 | 69.73 | *38 | 29.35 | 84.86 | 16.47 | *0.04 |
| | | | | | | | | | | | *57.4% | 19.5% | 56.4% | 24.6% | *0.1% |

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Adelanto Child Nutrition

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH OVS

Portion Values - Detailed

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Generated on: 8/31/2017 9:05:52 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 ¹ (g) | Error Messages (if any) |
|----------------------------|----------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-------------------------|-------------------------|
| Calories | 602 | | | 600 - 650 | 100% | | | | | | | | | | | | |
| Cholesterol (mg) | 48 | | | | | | | | | | | | | | | | |
| Sodium (mg) | 1208 | | | 1230 | | | | | | | | | | | | | |
| Fiber (g) | 10.83 | | | | | | | | | | | | | | | | |
| Iron (mg) | 4.41 | | | | | | | | | | | | | | | | |
| Calcium (mg) | 556.6 | | | | | | | | | | | | | | | | |
| Vitamin A (IU) | 4347 | | | | | | | | | | | | | | | | |
| Sugars (g) | 38 | 25.49% | | | | Missing | | | | | | | | | | | |
| Vitamin C (mg) | 69.73 | | | | | | | | | | | | | | | | |
| Protein (g) | 29.35 | 19.51% | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 84.86 | 56.40% | | | | | | | | | | | | | | | |
| Total Fat (g) | 16.47 | 24.62% | | | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.04 | 0.06% | | | | Missing | | | | | | | | | | | |

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