

Adelanto Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

BREAKFAST OVS

Portion Values - Detailed

Page 1

Generated on: 12/21/2018 2:50:44 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | Tr-Fat ¹ (g) |
|--|----------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-------------|----------------|----------------|---------------|-------------------------|
| Mon - 01/07/2019 | | | | | | | | | | | | | | | |
| BREAKFAST 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 |
| FRENCH TOAST BENEFIT BAR | 1 EACH | 1 | 289 | 25 | 200 | 2.99 | 1.80 | 39.9 | 105 | 0.0 | 21 | 4.99 | 46.92 | 8.98 | 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 |
| CEREAL MARSHMALLOW MATEY WITH PEACHES, CANNED, IN PEAR JUICE | 1 EACH | 1 | 220 | 0 | 370 | 3.00 | 18.00 | 200.0 | 1000 | 12.0 | 23 | 4.0 | 47.0 | 2.0 | 0.00 |
| | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| APPLESAUCE , UNSWEETENED | 1/2 CUP | 2 | 48 | 0 | 5 | 0.91 | 0.00 | 0.0 | 274 | 1.1 | 9 | 0.91 | 10.97 | 0.0 | 0.00 |
| MILK, 1% ROCKVIEW | 1/2 CUP carton | 2 | 47 | 0 | 0 | 1.21 | 0.00 | 9.3 | 46 | 0.56 | 11 | 0.0 | 13.01 | 0.0 | 0.00 |
| MILK, NONFAT CHOC ROCKVIEW | carton | 1 | 120 | 15 | 135 | 0.00 | 0.00 | 300.0 | 750 | 0.0 | 16 | 10.0 | 16.0 | 2.5 | 0.00 |
| | carton | 1 | 120 | 5 | 200 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 22 | 8.0 | 23.0 | 0.0 | 0.00 |
| Weighted Daily Average % of Calories | | | 470 | 22 | 457 | 5.12 | 9.90 | 379.3 | 1623 | 7.66 | 61 52.2% | 14.41 12.3% | 90.44 77.0% | 6.74 12.9% | 0.00 0.0% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | |

| | 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 - 01/08/2019 | | | | | | | | | | | | | | | |
| BREAKFAST 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 |
| EGG & CHEESE SAND, WG BUN | 1 EACH | 1 | 162 | 71 | 283 | 2.02 | 1.09 | 80.8 | 303 | 9.08 | 4 | 6.06 | 19.18 | 7.07 | 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 |
| CEREAL: COCOA PUFFS | 1 EACH | 1 | 110 | 0 | 160 | 2.00 | 4.50 | 100.0 | 500 | 6.0 | 8 | 2.0 | 25.0 | 1.5 | 0.00 |
| CHEESE, STRING RV | 1 oz | 1 | 81 | 15 | 202 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 0 | 8.1 | 1.01 | 5.06 | 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 |
| FRUIT COCKTAIL: canned, lt syrup | 1/2 CUP | 2 | 63 | 0 | 5 | 1.39 | 0.36 | 0.0 | 298 | 2.39 | 13 | 0.47 | 15.92 | 0.0 | 0.00 |
| VERY BERRY JUICE 4 OZ | 1/2 CUP | 2 | 60 | 0 | 1 | 0.00 | 0.00 | 10.0 | 0 | 0.0 | 15 | 0.0 | 15.0 | 0.0 | 0.00 |
| MILK, 1% ROCKVIEW | carton | 1 | 120 | 15 | 135 | 0.00 | 0.00 | 300.0 | 750 | 0.0 | 16 | 10.0 | 16.0 | 2.5 | 0.00 |
| MILK, NONFAT CHOC ROCKVIEW | carton | 1 | 120 | 5 | 200 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 22 | 8.0 | 23.0 | 0.0 | 0.00 |
| Weighted Daily Average % of Calories | | | 419 | 53 | 496 | 3.40 | 3.15 | 451.6 | 1551 | 9.93 | 53 50.6% | 17.54 16.8% | 73.01 69.7% | 8.06 17.3% | 0.00 0.0% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | |

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

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

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

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Adelanto Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

BREAKFAST 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 - 01/09/2019 | | | | | | | | | | | | | | | |
| BREAKFAST 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 |
| SCONE, STRAWBERRY | 1 EACH | 1 | 272 | 9 | 180 | 3.30 | 1.62 | 110.0 | 150 | 5.4 | 23 | 3.9 | 50.9 | 6.7 | 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 |
| APPLE CINNAMON CHEERIOS | BOWL | 1 | 110 | 0 | 110 | 2.00 | 3.60 | 100.0 | 500 | 6.0 | 10 | 2.0 | 22.0 | 1.5 | 0.00 |
| CHEESE, STRING RV | 1 oz | 1 | 81 | 15 | 202 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 0 | 8.1 | 1.01 | 5.06 | 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 |
| APPLE PEAR | 1 EACH | 2 | 51 | 0 | 0 | 4.00 | 0.00 | 0.0 | 0 | 4.8 | 9 | 1.0 | 13.0 | 0.0 | 0.00 |
| ORANGE JUICE 4 OZ RV | 1/2 CUP | 2 | 60 | 0 | 10 | 1.00 | 0.00 | 0.0 | 0 | 42.0 | 13 | 1.0 | 13.0 | 0.0 | 0.00 |
| MILK, 1% ROCKVIEW | carton | 1 | 120 | 15 | 135 | 0.00 | 0.00 | 300.0 | 750 | 0.0 | 16 | 10.0 | 16.0 | 2.5 | 0.00 |
| MILK, NONFAT CHOC ROCKVIEW | carton | 1 | 120 | 5 | 200 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 22 | 8.0 | 23.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 463 | 22 | 424 | 7.65 | 2.61 | 456.2 | 1176 | 52.50 | 57 | 18.00 | 82.46 | 7.88 | 0.00 |
| % of Calories | | | | | | | | | | | 49.7% | 15.6% | 71.3% | 15.3% | 0.0% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | |

| | | | | | | | | | | | | | | | |
|----------------------------|---------|---|---------|----|-----|------|------|-------|------|-------|-------|-------|-------|-------|------|
| Thu - 01/10/2019 | | | | | | | | | | | | | | | |
| BREAKFAST 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 |
| CRUMB SQUARE, WG | 3.6 OZ | 1 | 283 | 32 | 215 | 3.00 | 1.20 | 16.0 | 0 | 0.01 | 24 | 3.4 | 47.0 | 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 |
| CEREAL: RICE CHEX | BOWL | 1 | 70 | 0 | 170 | 1.00 | 5.40 | 60.0 | 300 | 3.6 | 2 | 1.0 | 16.0 | 0.0 | 0.00 |
| CHEESE, STRING RV | 1 oz | 1 | 81 | 15 | 202 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 0 | 8.1 | 1.01 | 5.06 | 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 |
| APPLE JUICE 4 OZ | 1/2 CUP | 2 | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 14.0 | 0.0 | 0.00 |
| BANANA | 1 EACH | 2 | 110 | 0 | 1 | 4.00 | 0.00 | 0.0 | 40 | 9.0 | 21 | 1.0 | 29.0 | 0.0 | 0.00 |
| MILK, 1% ROCKVIEW | carton | 1 | 120 | 15 | 135 | 0.00 | 0.00 | 300.0 | 750 | 0.0 | 16 | 10.0 | 16.0 | 2.5 | 0.00 |
| MILK, NONFAT CHOC ROCKVIEW | carton | 1 | 120 | 5 | 200 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 22 | 8.0 | 23.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 507 | 34 | 462 | 6.00 | 3.30 | 389.2 | 1041 | 10.81 | 67 | 16.25 | 94.51 | 8.28 | 0.00 |
| % of Calories | | | | | | | | | | | 52.9% | 12.8% | 74.6% | 14.7% | 0.0% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | |

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

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

BREAKFAST 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 - 01/11/2019 | | | | | | | | | | | | | | | |
| BREAKFAST 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 |
| BREAKFAST CHORIZO QUESADILLA | 1 EACH | 1 | 271 | 41 | 447 | 2.22 | 1.45 | 388.0 | 440 | 0.26 | 0 | 17.47 | 22.16 | 12.77 | 0.31 |
| OR | serving | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| YAMI YOGURT WITH CHEX WITH | 1 EACH | 1 | 230 | 0 | 115 | 2.00 | 0.72 | *100.0 | *0 | *3.6 | 21 | 6.0 | 43.0 | 4.0 | 0.00 |
| RED APPLE | 1 each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| FRUIT COCKTAIL:canned,lt syrup | 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% ROCKVIEW | 1/2 CUP | 2 | 63 | 0 | 5 | 1.39 | 0.36 | 0.0 | 298 | 2.39 | 13 | 0.47 | 15.92 | 0.0 | 0.00 |
| MILK, NONFAT CHOC ROCKVIEW | carton | 1 | 120 | 15 | 135 | 0.00 | 0.00 | 300.0 | 750 | 0.0 | 16 | 10.0 | 16.0 | 2.5 | 0.00 |
| | carton | 1 | 120 | 5 | 200 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 22 | 8.0 | 23.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 513 | 31 | 454 | 8.50 | 1.80 | *514.0 | *1369 | *16.32 | 59 | 21.20 | 90.00 | 9.64 | 0.16 |
| % of Calories | | | | | | | | | | | 46.3% | 16.5% | 70.1% | 16.9% | 0.3% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | |

| | | | | | | | | | | | | | | | |
|--------------------------------|---------|---|---------|----|-----|------|-------|-------|------|------|-------|-------|-------|-------|------|
| Mon - 01/14/2019 | | | | | | | | | | | | | | | |
| BREAKFAST 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 |
| BREAKFAST BAR BANANA CHOC | 1 EA | 1 | 280 | 15 | 220 | 2.99 | 1.80 | 20.0 | 115 | 0.0 | 23 | 4.99 | 47.91 | 7.99 | 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 |
| CEREAL MARSHMALLOW MATEY | 1 EACH | 1 | 220 | 0 | 370 | 3.00 | 18.00 | 200.0 | 1000 | 12.0 | 23 | 4.0 | 47.0 | 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 |
| FRUIT COCKTAIL:canned,lt syrup | 1/2 CUP | 2 | 63 | 0 | 5 | 1.39 | 0.36 | 0.0 | 298 | 2.39 | 13 | 0.47 | 15.92 | 0.0 | 0.00 |
| PEACHES, CANNED, IN PEAR JUICE | 1/2 CUP | 2 | 48 | 0 | 5 | 0.91 | 0.00 | 0.0 | 274 | 1.1 | 9 | 0.91 | 10.97 | 0.0 | 0.00 |
| MILK, 1% ROCKVIEW | carton | 1 | 120 | 15 | 135 | 0.00 | 0.00 | 300.0 | 750 | 0.0 | 16 | 10.0 | 16.0 | 2.5 | 0.00 |
| MILK, NONFAT CHOC ROCKVIEW | carton | 1 | 120 | 5 | 200 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 22 | 8.0 | 23.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 480 | 17 | 472 | 5.30 | 10.26 | 360.0 | 1880 | 9.48 | 64 | 14.88 | 93.85 | 6.24 | 0.00 |
| % of Calories | | | | | | | | | | | 53.4% | 12.4% | 78.2% | 11.7% | 0.0% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | |

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

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Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

BREAKFAST 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 - 01/15/2019 | | | | | | | | | | | | | | | |
| BREAKFAST 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 | 1 EACH | 1 | 75 | 4 | 200 | 2.00 | 0.72 | 20.0 | 200 | 0.0 | 3 | 1.5 | 15.5 | 1.0 | 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 |
| CEREAL:COCOA PUFFS | 1 EACH | 1 | 110 | 0 | 160 | 2.00 | 4.50 | 100.0 | 500 | 6.0 | 8 | 2.0 | 25.0 | 1.5 | 0.00 |
| CHEESE, STRING RV | 1 oz | 1 | 81 | 15 | 202 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 0 | 8.1 | 1.01 | 5.06 | 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 |
| VERY BERRY JUICE 4 OZ | 1/2 CUP | 2 | 60 | 0 | 1 | 0.00 | 0.00 | 10.0 | 0 | 0.0 | 15 | 0.0 | 15.0 | 0.0 | 0.00 |
| APPLESAUCE ,UNSWEETENED | 1/2 CUP | 2 | 47 | 0 | 0 | 1.21 | 0.00 | 9.3 | 46 | 0.56 | 11 | 0.0 | 13.01 | 0.0 | 0.00 |
| MILK, 1% ROCKVIEW | carton | 1 | 120 | 15 | 135 | 0.00 | 0.00 | 300.0 | 750 | 0.0 | 16 | 10.0 | 16.0 | 2.5 | 0.00 |
| MILK, NONFAT CHOC ROCKVIEW | carton | 1 | 120 | 5 | 200 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 22 | 8.0 | 23.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 420 | 117 | 585 | 3.21 | 2.97 | 460.5 | 1448 | 3.56 | 50 | 18.80 | 68.77 | 9.53 | 0.00 |
| % of Calories | | | | | | | | | | | 48.0% | 17.9% | 65.4% | 20.4% | 0.0% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | |

| | 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 - 01/16/2019 | | | | | | | | | | | | | | | |
| BREAKFAST 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 |
| MUFFIN, WG CHOC CHIP | 1 EA | 1 | 249 | 26 | 110 | 2.60 | 1.00 | 6.0 | 49 | 0.1 | 19 | 2.8 | 41.5 | 7.9 | 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 |
| APPLE CINNAMON CHEERIOS | BOWL | 1 | 110 | 0 | 110 | 2.00 | 3.60 | 100.0 | 500 | 6.0 | 10 | 2.0 | 22.0 | 1.5 | 0.00 |
| CHEESE, STRING RV | 1 oz | 1 | 81 | 15 | 202 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 0 | 8.1 | 1.01 | 5.06 | 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 |
| ORANGE JUICE 4 OZ RV | 1/2 CUP | 2 | 60 | 0 | 10 | 1.00 | 0.00 | 0.0 | 0 | 42.0 | 13 | 1.0 | 13.0 | 0.0 | 0.00 |
| FRUIT COCKTAIL:canned,lt syrup | 1/2 CUP | 2 | 63 | 0 | 5 | 1.39 | 0.36 | 0.0 | 298 | 2.39 | 13 | 0.47 | 15.92 | 0.0 | 0.00 |
| MILK, 1% ROCKVIEW | carton | 1 | 120 | 15 | 135 | 0.00 | 0.00 | 300.0 | 750 | 0.0 | 16 | 10.0 | 16.0 | 2.5 | 0.00 |
| MILK, NONFAT CHOC ROCKVIEW | carton | 1 | 120 | 5 | 200 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 22 | 8.0 | 23.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 463 | 31 | 394 | 4.69 | 2.66 | 404.2 | 1424 | 47.44 | 59 | 16.92 | 80.67 | 8.48 | 0.00 |
| % of Calories | | | | | | | | | | | 51.4% | 14.6% | 69.7% | 16.5% | 0.0% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | |

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|----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Thu - 01/17/2019 | | | | | | | | | | | | | | | |
| BREAKFAST 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 |
| BREAKFAST BAR, HONEY WHEA | 2.5 oz | 1 | 205 | 13 | 196 | 1.79 | 1.29 | 89.3 | 67 | 0.0 | 13 | 3.57 | 34.82 | 6.25 | 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 |
| CEREAL: RICE CHEX | BOWL | 1 | 70 | 0 | 170 | 1.00 | 5.40 | 60.0 | 300 | 3.6 | 2 | 1.0 | 16.0 | 0.0 | 0.00 |
| CHEESE, STRING RV | 1 oz | 1 | 81 | 15 | 202 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 0 | 8.1 | 1.01 | 5.06 | 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 |
| APPLE JUICE 4 OZ | 1/2 CUP | 2 | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 14.0 | 0.0 | 0.00 |
| BANANA | 1 EACH | 1 | 110 | 0 | 1 | 4.00 | 0.00 | 0.0 | 40 | 9.0 | 21 | 1.0 | 29.0 | 0.0 | 0.00 |
| MILK, 1% ROCKVIEW | carton | 1 | 120 | 15 | 135 | 0.00 | 0.00 | 300.0 | 750 | 0.0 | 16 | 10.0 | 16.0 | 2.5 | 0.00 |
| MILK, NONFAT CHOC ROCKVIEW | carton | 1 | 120 | 5 | 200 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 22 | 8.0 | 23.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 413 | 24 | 452 | 3.39 | 3.34 | 425.9 | 1055 | 6.30 | 51 | 15.84 | 73.92 | 6.91 | 0.00 |
| % of Calories | | | | | | | | | | | 49.6% | 15.3% | 71.6% | 15.0% | 0.0% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | |

| | | | | | | | | | | | | | | | |
|-----------------------------|---------|---|---------|----|-----|------|------|--------|-------|--------|-------|-------|-------|-------|------|
| Fri - 01/18/2019 | | | | | | | | | | | | | | | |
| BREAKFAST 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 |
| BREAKFAST SAUSAGE BISCUIT | 1 EACH | 1 | 292 | 14 | 638 | 2.10 | 1.87 | 192.5 | 173 | 0.0 | 6 | 14.06 | 29.2 | 13.7 | 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 |
| YAMI YOGURT WITH CHEX | 1 EACH | 1 | 230 | 0 | 115 | 2.00 | 0.72 | *100.0 | *0 | *3.6 | 21 | 6.0 | 43.0 | 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 |
| RED APPLE | 1 EACH | 2 | 80 | 0 | 0 | 5.00 | 0.36 | 20.0 | 100 | 12.0 | 17 | 0.0 | 22.0 | 0.0 | 0.00 |
| PEACHES, CANNED, IN PEAR JU | 1/2 CUP | 2 | 48 | 0 | 5 | 0.91 | 0.00 | 0.0 | 274 | 1.1 | 9 | 0.91 | 10.97 | 0.0 | 0.00 |
| ICE | | | | | | | | | | | | | | | |
| MILK, 1% ROCKVIEW | carton | 1 | 120 | 15 | 135 | 0.00 | 0.00 | 300.0 | 750 | 0.0 | 16 | 10.0 | 16.0 | 2.5 | 0.00 |
| MILK, NONFAT CHOC ROCKVIEW | carton | 1 | 120 | 5 | 200 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 22 | 8.0 | 23.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 509 | 17 | 549 | 7.96 | 1.65 | *416.2 | *1211 | *14.90 | 58 | 19.94 | 88.57 | 10.10 | 0.00 |
| % of Calories | | | | | | | | | | | 46.0% | 15.7% | 69.6% | 17.9% | 0.0% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | |

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

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

BREAKFAST 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 - 01/22/2019 | | | | | | | | | | | | | | | |
| BREAKFAST 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 BAGEL | 3 oz | 1 | 192 | 15 | 383 | 0.90 | 1.59 | 217.0 | 86 | 3.8 | *N/A* | 11.65 | 23.16 | 5.71 | 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 |
| CEREAL:COCOA PUFFS | 1 EACH | 1 | 110 | 0 | 160 | 2.00 | 4.50 | 100.0 | 500 | 6.0 | 8 | 2.0 | 25.0 | 1.5 | 0.00 |
| CHEESE, STRING RV | 1 oz | 1 | 81 | 15 | 202 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 0 | 8.1 | 1.01 | 5.06 | 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 |
| APPLESAUCE ,UNSWEETENED | 1/2 CUP | 2 | 47 | 0 | 0 | 1.21 | 0.00 | 9.3 | 46 | 0.56 | 11 | 0.0 | 13.01 | 0.0 | 0.00 |
| ORANGE JUICE 4 OZ RV | 1/2 CUP | 2 | 60 | 0 | 10 | 1.00 | 0.00 | 0.0 | 0 | 42.0 | 13 | 1.0 | 13.0 | 0.0 | 0.00 |
| MILK, 1% ROCKVIEW | carton | 1 | 120 | 15 | 135 | 0.00 | 0.00 | 300.0 | 750 | 0.0 | 16 | 10.0 | 16.0 | 2.5 | 0.00 |
| MILK, NONFAT CHOC ROCKVIEW | carton | 1 | 120 | 5 | 200 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 22 | 8.0 | 23.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 419 | 25 | 550 | 3.66 | 3.05 | 519.0 | 1191 | 47.46 | *47 | 20.87 | 70.10 | 7.39 | 0.00 |
| % of Calories | | | | | | | | | | | *45.0% | 19.9% | 66.9% | 15.9% | 0.0% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | |

| | 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 - 01/23/2019 | | | | | | | | | | | | | | | |
| BREAKFAST 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 |
| BREAKFAST ROUND OAT CHOC CHIP | 1 EACH | 1 | 260 | 5 | 190 | 6.25 | 0.10 | 23.4 | 12 | 0.0 | 17 | 5.0 | 43.0 | 7.0 | 0.00 |
| OR | serving | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 |
| APPLE CINNAMON CHEERIOS | BOWL | 1 | 110 | 0 | 110 | 2.00 | 3.60 | 100.0 | 500 | 6.0 | 10 | 2.0 | 22.0 | 1.5 | 0.00 |
| CHEESE, STRING RV | 1 oz | 1 | 81 | 15 | 202 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 0 | 8.1 | 1.01 | 5.06 | 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 |
| PEARS: canned,light syrup | 1/2 cup | 2 | 55 | 0 | 5 | 1.83 | 0.00 | 0.0 | 55 | 0.0 | 11 | 0.0 | 14.63 | 0.0 | 0.00 |
| VERY BERRY JUICE 4 OZ | 1/2 CUP | 2 | 60 | 0 | 1 | 0.00 | 0.00 | 10.0 | 0 | 0.0 | 15 | 0.0 | 15.0 | 0.0 | 0.00 |
| MILK, 1% ROCKVIEW | carton | 1 | 120 | 15 | 135 | 0.00 | 0.00 | 300.0 | 750 | 0.0 | 16 | 10.0 | 16.0 | 2.5 | 0.00 |
| MILK, NONFAT CHOC ROCKVIEW | carton | 1 | 120 | 5 | 200 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 22 | 8.0 | 23.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 460 | 20 | 424 | 5.95 | 1.85 | 422.9 | 1162 | 3.00 | 58 | 16.55 | 82.14 | 8.03 | 0.00 |
| % of Calories | | | | | | | | | | | 50.8% | 14.4% | 71.4% | 15.7% | 0.0% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | |

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Adelanto Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

BREAKFAST 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 - 01/24/2019 | | | | | | | | | | | | | | | |
| BREAKFAST 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 |
| BREAKFAST SANDWICH; SAU & CHEE | 1 EA | 1 | 157 | 25 | 368 | 1.40 | 1.10 | 105.0 | 96 | 0.0 | 3 | 9.8 | 15.1 | 6.2 | 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 |
| CEREAL: RICE CHEX BOWL | 1 | 1 | 70 | 0 | 170 | 1.00 | 5.40 | 60.0 | 300 | 3.6 | 2 | 1.0 | 16.0 | 0.0 | 0.00 |
| CHEESE, STRING RV | 1 oz | 1 | 81 | 15 | 202 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 0 | 8.1 | 1.01 | 5.06 | 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 |
| FRUIT COCKTAIL:canned,lt syrup | 1/2 CUP | 2 | 63 | 0 | 5 | 1.39 | 0.36 | 0.0 | 298 | 2.39 | 13 | 0.47 | 15.92 | 0.0 | 0.00 |
| APPLE JUICE 4 OZ | 1/2 CUP | 2 | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 14.0 | 0.0 | 0.00 |
| MILK, 1% ROCKVIEW | carton | 1 | 120 | 15 | 135 | 0.00 | 0.00 | 300.0 | 750 | 0.0 | 16 | 10.0 | 16.0 | 2.5 | 0.00 |
| MILK, NONFAT CHOC ROCKVIEW | carton | 1 | 120 | 5 | 200 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 22 | 8.0 | 23.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 397 | 30 | 543 | 2.59 | 3.61 | 433.7 | 1348 | 4.19 | 48 | 18.92 | 65.47 | 6.88 | 0.00 |
| % of Calories | | | | | | | | | | | 48.6% | 19.1% | 66.0% | 15.6% | 0.0% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | |

| | 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 - 01/25/2019 | | | | | | | | | | | | | | | |
| BREAKFAST 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 |
| FRENCH TOAST BAKE | SERVING (2 EA) | 1 | 215 | 113 | 389 | 1.80 | 3.50 | 118.3 | 92 | 0.29 | *7 | 8.57 | 33.6 | 5.16 | *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 |
| YAMI YOGURT WITH CHEX | 1 EACH | 1 | 230 | 0 | 115 | 2.00 | 0.72 | *100.0 | *0 | *3.6 | 21 | 6.0 | 43.0 | 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 |
| STRAWBERRIES,FRESH | 1/2 CUP | 1 | 37 | 0 | 0 | 2.24 | 0.54 | 14.9 | 0 | 67.14 | 5 | 0.75 | 8.95 | 0.0 | 0.00 |
| PEACHES, CANNED, IN PEAR JUICE | 1/2 CUP | 1 | 48 | 0 | 5 | 0.91 | 0.00 | 0.0 | 274 | 1.1 | 9 | 0.91 | 10.97 | 0.0 | 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 |
| MILK, 1% ROCKVIEW | carton | 1 | 120 | 15 | 135 | 0.00 | 0.00 | 300.0 | 750 | 0.0 | 16 | 10.0 | 16.0 | 2.5 | 0.00 |
| MILK, NONFAT CHOC ROCKVIEW | carton | 1 | 120 | 5 | 200 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 22 | 8.0 | 23.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 402 | 67 | 425 | 3.48 | 2.38 | *366.6 | *933 | *36.07 | *44 | 17.11 | 71.76 | 5.83 | *0.00 |
| % of Calories | | | | | | | | | | | *44.1% | 17.0% | 71.4% | 13.0% | *0.0% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | |

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Adelanto Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

BREAKFAST OVS

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | Tr-Fat ¹ (g) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Mon - 01/28/2019 | | | | | | | | | | | | | | | |
| BREAKFAST 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 ON A STICK, WG | 3.0 OZ | 1 | 188 | 27 | 406 | 1.60 | 1.10 | 13.0 | 3 | 0.0 | 11 | 8.99 | 23.99 | 6.0 | 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 |
| CEREAL MARSHMALLOW MATEY WITH | 1 EACH | 1 | 220 | 0 | 370 | 3.00 | 18.00 | 200.0 | 1000 | 12.0 | 23 | 4.0 | 47.0 | 2.0 | 0.00 |
| PEARS: canned,light syrup | 1/2 cup | 2 | 55 | 0 | 5 | 1.83 | 0.00 | 0.0 | 55 | 0.0 | 11 | 0.0 | 14.63 | 0.0 | 0.00 |
| APPLESAUCE ,UNSWEETENED | 1/2 CUP | 2 | 47 | 0 | 0 | 1.21 | 0.00 | 9.3 | 46 | 0.56 | 11 | 0.0 | 13.01 | 0.0 | 0.00 |
| MILK, 1% ROCKVIEW | carton | 1 | 120 | 15 | 135 | 0.00 | 0.00 | 300.0 | 750 | 0.0 | 16 | 10.0 | 16.0 | 2.5 | 0.00 |
| MILK, NONFAT CHOC ROCKVIEW | carton | 1 | 120 | 5 | 200 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 22 | 8.0 | 23.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 426 | 23 | 560 | 5.34 | 9.55 | 365.8 | 1353 | 6.56 | 58 | 15.50 | 82.64 | 5.25 | 0.00 |
| % of Calories | | | | | | | | | | | 54.4% | 14.5% | 77.6% | 11.1% | 0.0% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | |

| | 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 - 01/29/2019 | | | | | | | | | | | | | | | |
| BREAKFAST 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 |
| BREAKFAST PIZZA, WG SAUSAG | 1 EACH | 1 | 210 | 15 | 480 | 3.00 | 1.80 | 150.0 | 300 | 0.0 | 8 | 10.0 | 27.0 | 8.0 | 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 |
| CEREAL:COCOA PUFFS | 1 EACH | 1 | 110 | 0 | 160 | 2.00 | 4.50 | 100.0 | 500 | 6.0 | 8 | 2.0 | 25.0 | 1.5 | 0.00 |
| CHEESE, STRING RV | 1 oz | 1 | 81 | 15 | 202 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 0 | 8.1 | 1.01 | 5.06 | 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 |
| PEACHES, CANNED, IN PEAR JU ICE | 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 |
| VERY BERRY JUICE 4 OZ | 1/2 CUP | 2 | 60 | 0 | 1 | 0.00 | 0.00 | 10.0 | 0 | 0.0 | 15 | 0.0 | 15.0 | 0.0 | 0.00 |
| MILK, 1% ROCKVIEW | carton | 1 | 120 | 15 | 135 | 0.00 | 0.00 | 300.0 | 750 | 0.0 | 16 | 10.0 | 16.0 | 2.5 | 0.00 |
| MILK, NONFAT CHOC ROCKVIEW | carton | 1 | 120 | 5 | 200 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 22 | 8.0 | 23.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 428 | 25 | 594 | 3.41 | 3.15 | 486.2 | 1526 | 4.10 | 51 | 19.96 | 71.98 | 8.53 | 0.00 |
| % of Calories | | | | | | | | | | | 47.8% | 18.7% | 67.3% | 17.9% | 0.0% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | |

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Adelanto Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

BREAKFAST 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 - 01/30/2019 | | | | | | | | | | | | | | | |
| BREAKFAST 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 |
| WAFFLES;MINI;BLUEBERRY SPL | 1 EACH | 1 | 210 | 0 | 170 | 3.00 | 0.72 | 20.0 | 0 | 0.0 | 12 | 4.0 | 37.0 | 6.0 | 0.00 |
| ASH | | | | | | | | | | | | | | | |
| 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 |
| APPLE CINNAMON CHEERIOS | BOWL | 1 | 110 | 0 | 110 | 2.00 | 3.60 | 100.0 | 500 | 6.0 | 10 | 2.0 | 22.0 | 1.5 | 0.00 |
| CHEESE, STRING RV | 1 oz | 1 | 81 | 15 | 202 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 0 | 8.1 | 1.01 | 5.06 | 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 |
| FRUIT COCKTAIL:canned,lt syrup | 1/2 CUP | 2 | 63 | 0 | 5 | 1.39 | 0.36 | 0.0 | 298 | 2.39 | 13 | 0.47 | 15.92 | 0.0 | 0.00 |
| ORANGE JUICE 4 OZ RV | 1/2 CUP | 2 | 60 | 0 | 10 | 1.00 | 0.00 | 0.0 | 0 | 42.0 | 13 | 1.0 | 13.0 | 0.0 | 0.00 |
| MILK, 1% ROCKVIEW | carton | 1 | 120 | 15 | 135 | 0.00 | 0.00 | 300.0 | 750 | 0.0 | 16 | 10.0 | 16.0 | 2.5 | 0.00 |
| MILK, NONFAT CHOC ROCKVIEW | carton | 1 | 120 | 5 | 200 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 22 | 8.0 | 23.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 443 | 18 | 424 | 4.89 | 2.52 | 411.2 | 1400 | 47.39 | 56 | 17.52 | 78.42 | 7.53 | 0.00 |
| % of Calories | | | | | | | | | | | 50.5% | 15.8% | 70.8% | 15.3% | 0.0% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | |

| | 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 - 01/31/2019 | | | | | | | | | | | | | | | |
| BREAKFAST 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 |
| HAWAIIAN BREAKFAST SANDWICH | 1 EACH | 1 | 209 | 37 | 642 | 2.00 | 1.91 | 121.9 | 133 | 4.74 | 4 | 11.75 | 28.18 | 5.22 | 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 |
| CEREAL; VARIETY | 1 serving | 0 | 179 | 0 | 206 | 3.03 | 8.06 | 3.4 | 792 | 15.34 | 17 | 2.18 | 42.41 | 1.0 | 0.00 |
| CHEESE, STRING RV | 1 oz | 0 | 81 | 15 | 202 | 0.00 | 0.00 | 202.5 | 202 | 0.0 | 0 | 8.1 | 1.01 | 5.06 | 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 |
| PEARS: canned,light syrup | 1/2 cup | 2 | 55 | 0 | 5 | 1.83 | 0.00 | 0.0 | 55 | 0.0 | 11 | 0.0 | 14.63 | 0.0 | 0.00 |
| APPLE JUICE 4 OZ | 1/2 CUP | 2 | 60 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 14.0 | 0.0 | 0.00 |
| MILK, 1% ROCKVIEW | carton | 1 | 120 | 15 | 135 | 0.00 | 0.00 | 300.0 | 750 | 0.0 | 16 | 10.0 | 16.0 | 2.5 | 0.00 |
| MILK, NONFAT CHOC ROCKVIEW | carton | 1 | 120 | 5 | 200 | 0.00 | 0.00 | 200.0 | 750 | 0.0 | 22 | 8.0 | 23.0 | 0.0 | 0.00 |
| Weighted Daily Average | | | 340 | 28 | 493 | 2.83 | 0.96 | 311.0 | 871 | 2.37 | 46 | 14.87 | 62.22 | 3.86 | 0.00 |
| % of Calories | | | | | | | | | | | 54.4% | 17.5% | 73.3% | 10.2% | 0.0% |
| Nutrient Guideline | | | 400-500 | | 540 | | | | | | | | | | |

| | | | | | | | | | | | | | | | |
|------------------|--|--|-----|----|-----|------|------|--------|-------|--------|--------|-------|-------|-------|-------|
| Weighted Average | | | 443 | 34 | 486 | 4.86 | 3.82 | *420.8 | *1309 | *18.33 | *55 | 17.50 | 78.94 | 7.51 | *0.01 |
| | | | | | | | | | | | *111.9 | 15.8% | 71.3% | 15.3% | *0.0% |

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

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

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

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Adelanto Child Nutrition

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

BREAKFAST 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) |
|----------------------------|-----------------|------------------|----------------------|--------------------|------------------|------------------|----------------|--------------------------------|------------|------------|------------|-----------|----------|-----------|-------------------------|
| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) | | | | | | | |
| Calories | 443 | | 400 - 500 | 100% | | | | | | | | | | | |
| Cholesterol (mg) | 34 | | | | | | | | | | | | | | |
| Sodium (mg) | 486 | | 540 | | | | | | | | | | | | |
| Fiber (g) | 4.86 | | | | | | | | | | | | | | |
| Iron (mg) | 3.82 | | | | | | | | | | | | | | |
| Calcium (mg) | 420.8 | | | | Missing | | | | | | | | | | |
| Vitamin A (IU) | 1309 | | | | Missing | | | | | | | | | | |
| Sugars (g) | 55 | 49.73% | | | Missing | | | | | | | | | | |
| Vitamin C (mg) | 18.33 | | | | Missing | | | | | | | | | | |
| Protein (g) | 17.50 | 15.81% | | | | | | | | | | | | | |
| Carbohydrate (g) | 78.94 | 71.30% | | | | | | | | | | | | | |
| Total Fat (g) | 7.51 | 15.26% | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.01 | 0.02% | | | 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

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