



## Adelanto Elementary School District

(1040) 1 % WHITE MILK 8 OZ	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH
1 % WHITE MILK 8 OZ	119.9998	119.9998	1.5	1.5	134.9999	134.9999	16	16
	<b>119.9998</b>	<b>119.9998</b>	<b>1.5</b>	<b>1.5</b>	<b>134.9999</b>	<b>134.9999</b>	<b>16</b>	<b>16</b>

\* Total includes one or more missing nutrient data.

(1054) APPLE JUICE 4OZ	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH
APPLE JUICE 4OZ	59.9999	59.9999	0	0	0	0	14	14
	<b>59.9999</b>	<b>59.9999</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>14</b>	<b>14</b>

\* Total includes one or more missing nutrient data.

(416) APPLESAUCE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
APPLESAUCE UNSWEETENED (CANNED)	47.4004	47.4004	0	0	1.8484	1.8484	13.0068	13.0068
	<b>47.4004</b>	<b>47.4004</b>	<b>0</b>	<b>0</b>	<b>1.8484</b>	<b>1.8484</b>	<b>13.0068</b>	<b>13.0068</b>

\* Total includes one or more missing nutrient data.

(204) BANANA CHOCOLATE CHIP BENEFIT BAR	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
BENEFIT BAR, BANANA CHOCOLATE	280	280	3	3	220	220	48	48
	<b>280</b>	<b>280</b>	<b>3</b>	<b>3</b>	<b>220</b>	<b>220</b>	<b>48</b>	<b>48</b>

\* Total includes one or more missing nutrient data.

(245) BLUEBERRY MUFFIN	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
MUFFIN, BLUEBERRY, 60 CT PER CS	223	223	0.9	0.9	115	115	38.5	38.5
	<b>223</b>	<b>223</b>	<b>0.9</b>	<b>0.9</b>	<b>115</b>	<b>115</b>	<b>38.5</b>	<b>38.5</b>

\* Total includes one or more missing nutrient data.



(1250) CINNAMON TOASTERS CEREAL	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
CINNAMON TOASTERS CEREAL	238.7326	238.7326	0.4974	0.4974	268.5742	268.5742	43.7677	43.7677
	<b>238.7326</b>	<b>238.7326</b>	<b>0.4974</b>	<b>0.4974</b>	<b>268.5742</b>	<b>268.5742</b>	<b>43.7677</b>	<b>43.7677</b>

\* Total includes one or more missing nutrient data.

(236) COCOA PUFFS CEREAL	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
COCOA PUFFS CEREAL	229.9998	229.9998	0	0	219.9998	219.9998	47	47
	<b>229.9998</b>	<b>229.9998</b>	<b>0</b>	<b>0</b>	<b>219.9998</b>	<b>219.9998</b>	<b>47</b>	<b>47</b>

\* Total includes one or more missing nutrient data.

(sys-136) COFFEE CAKE IW	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
COFFEE CAKE IW	249.9998	249.9998	1	1	249.9998	249.9998	32	32
	<b>249.9998</b>	<b>249.9998</b>	<b>1</b>	<b>1</b>	<b>249.9998</b>	<b>249.9998</b>	<b>32</b>	<b>32</b>

\* Total includes one or more missing nutrient data.

(1022) DICED PEACHES	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
DICED PEACHES	49.8951	49.8951	0.0045	0.0045	4.5359	4.5359	13.1201	13.1201
	<b>49.8951</b>	<b>49.8951</b>	<b>0.0045</b>	<b>0.0045</b>	<b>4.5359</b>	<b>4.5359</b>	<b>13.1201</b>	<b>13.1201</b>

\* Total includes one or more missing nutrient data.

(432) DICED PEARS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
PEARS, DICED 6/#10	56.699	56.699	0.0045	0.0045	4.5359	4.5359	14.6737	14.6737
	<b>56.699</b>	<b>56.699</b>	<b>0.0045</b>	<b>0.0045</b>	<b>4.5359</b>	<b>4.5359</b>	<b>14.6737</b>	<b>14.6737</b>

\* Total includes one or more missing nutrient data.

(sys-234) EGG AND CHEESE ROLLED TACOS IW	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
EGG AND CHEESE ROLLED TACOS IW	150	150	2	2	360	360	17	17
	<b>150</b>	<b>150</b>	<b>2</b>	<b>2</b>	<b>360</b>	<b>360</b>	<b>17</b>	<b>17</b>

\* Total includes one or more missing nutrient data.



(sys-235) EGG, CHEESE, TURKEY, SAUSAGE BREAKFAST WRAP	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
EGG, CHEESE, TURKEY, SAUSAGE BREAKFAST WRAP	172.0099	172.0099	2.9	2.9	261.2898	261.2898	17.71	17.71
	<b>172.0099</b>	<b>172.0099</b>	<b>2.9</b>	<b>2.9</b>	<b>261.2898</b>	<b>261.2898</b>	<b>17.71</b>	<b>17.71</b>

\* Total includes one or more missing nutrient data.

(215) FRENCH TOAST STICKS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	3 OZ	Recipe	3 OZ	Recipe	3 OZ	Recipe	3 OZ
FRENCH TOAST STICKS	217.2412	217.2412	2.5862	2.5862	331.0342	331.0342	28.9655	28.9655
	<b>217.2412</b>	<b>217.2412</b>	<b>2.5862</b>	<b>2.5862</b>	<b>331.0342</b>	<b>331.0342</b>	<b>28.9655</b>	<b>28.9655</b>

\* Total includes one or more missing nutrient data.

(0521) FROZEN BLUEBERRIES	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4OZ	Recipe	4OZ	Recipe	4OZ	Recipe	4OZ
FROZEN BLUEBERRIES	40	58.1529	0	0	1	1.4539	9	13.0844
	<b>40</b>	<b>58.1529</b>	<b>0</b>	<b>0</b>	<b>1</b>	<b>1.4539</b>	<b>9</b>	<b>13.0844</b>

\* Total includes one or more missing nutrient data.

(1063) HAWAIIAN BREAKFAST SANDWICH	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
HAWAIIAN BREAKFAST SANDWICH 100 SRV PER CS	186.16	186.16	1.37	1.37	516.92	516.92	27.21	27.21
	<b>186.16</b>	<b>186.16</b>	<b>1.37</b>	<b>1.37</b>	<b>516.92</b>	<b>516.92</b>	<b>27.21</b>	<b>27.21</b>

\* Total includes one or more missing nutrient data.

(sys-423) HONEY NUT CHEERIO CEREAL CUP	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	CUP	Recipe	CUP	Recipe	CUP	Recipe	CUP
HONEY NUT CHEERIO CEREAL CUP	210	210	0	0	320	320	45	45
	<b>210</b>	<b>210</b>	<b>0</b>	<b>0</b>	<b>320</b>	<b>320</b>	<b>45</b>	<b>45</b>

\* Total includes one or more missing nutrient data.



(234) HONEY WHEAT BREAKFAST BAR	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
HONEY WHEAT BAR	230	230	2	2	220	220	39	39
	<b>230</b>	<b>230</b>	<b>2</b>	<b>2</b>	<b>220</b>	<b>220</b>	<b>39</b>	<b>39</b>

\* Total includes one or more missing nutrient data.

(216) LEMON CHIP CRUNCH BAR	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
LEMON CHIP CRUNCH BAR	250	250	2	2	160	160	41	41
	<b>250</b>	<b>250</b>	<b>2</b>	<b>2</b>	<b>160</b>	<b>160</b>	<b>41</b>	<b>41</b>

\* Total includes one or more missing nutrient data.

(238) MARSHMELLOW MATEYS CEREAL	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
MARSHMELLOW MATEYS CEREAL	210	210	0	0	380	380	47	47
	<b>210</b>	<b>210</b>	<b>0</b>	<b>0</b>	<b>380</b>	<b>380</b>	<b>47</b>	<b>47</b>

\* Total includes one or more missing nutrient data.

(243) MINI BREAKFAST BITES	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
BREAKFAST BITES, GLAZED 72 CT PER CS	260	260	4.5	4.5	190	190	38	38
	<b>260</b>	<b>260</b>	<b>4.5</b>	<b>4.5</b>	<b>190</b>	<b>190</b>	<b>38</b>	<b>38</b>

\* Total includes one or more missing nutrient data.

(219) MUFFIN, DOUBLE CHOCOLATE 60 CT	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
MUFFIN, DOUBLE CHOCOLATE 60 CT	229	227.2212	0.9	0.893	125	124.0291	40	39.6893
	<b>229</b>	<b>227.2212</b>	<b>0.9</b>	<b>0.893</b>	<b>125</b>	<b>124.0291</b>	<b>40</b>	<b>39.6893</b>

\* Total includes one or more missing nutrient data.

(1050) ORANGE JUICE 4 OZ	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH
ORANGE JUICE 4 OZ	59.9999	59.9999	0	0	10	10	12.9999	12.9999
	<b>59.9999</b>	<b>59.9999</b>	<b>0</b>	<b>0</b>	<b>10</b>	<b>10</b>	<b>12.9999</b>	<b>12.9999</b>

\* Total includes one or more missing nutrient data.



(9023) PANCAKE GRIDDLE SANDWICH	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
SAUSAGE PATTY	70	70	1.5	1.5	240	240	1	1
SLICED CHEESE	54.999	54.999	2.5	2.5	134.9992	134.9992	0.9996	0.9996
KRUSTEAZ PANCAKE	150	150	0.5	0.5	400	400	31	31
	<b>274.999</b>	<b>274.999</b>	<b>4.5</b>	<b>4.5</b>	<b>774.9992</b>	<b>774.9992</b>	<b>32.9996</b>	<b>32.9996</b>

\* Total includes one or more missing nutrient data.

(222) PANCAKE ON A STICK	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
PANCAKE ON A STICK	180.2813	180.2813	1.8867	1.8867	460.1367	460.1367	22.9544	22.9544
	<b>180.2813</b>	<b>180.2813</b>	<b>1.8867</b>	<b>1.8867</b>	<b>460.1367</b>	<b>460.1367</b>	<b>22.9544</b>	<b>22.9544</b>

\* Total includes one or more missing nutrient data.

(223) PANCAKE, CINNAMON GLAZED 80 CT	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 PACKAGE	Recipe	1 PACKAGE	Recipe	1 PACKAGE	Recipe	1 PACKAGE
PANCAKE, CINNAMON GLAZED 80 CT	210	175.4117	1	0.8353	300	250.5883	36	30.0706
	<b>210</b>	<b>175.4117</b>	<b>1</b>	<b>0.8353</b>	<b>300</b>	<b>250.5883</b>	<b>36</b>	<b>30.0706</b>

\* Total includes one or more missing nutrient data.

(202) PIZZA BAGEL	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
PIZZA, BREAKFAST BAGEL 96 CT PER CS	191.9998	191.9998	3.01	3.01	362.9997	362.9997	23.16	23.16
	<b>191.9998</b>	<b>191.9998</b>	<b>3.01</b>	<b>3.01</b>	<b>362.9997</b>	<b>362.9997</b>	<b>23.16</b>	<b>23.16</b>

\* Total includes one or more missing nutrient data.

(9050) QUESADILLA (HOMEMADE)	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
ULTRA GRAIN TORTILLA 8"	154.6457	154.6457	1.3332	1.3332	143.9805	143.9805	26.663	26.663
CHEESE MOZPART SKIM SHRD	121.4946	121.4946	4.0483	4.0483	344.2423	344.2423	2.0242	2.0242
	<b>276.1403</b>	<b>276.1403</b>	<b>5.3815</b>	<b>5.3815</b>	<b>488.2228</b>	<b>488.2228</b>	<b>28.6872</b>	<b>28.6872</b>

\* Total includes one or more missing nutrient data.



(1041) RV FF CHOCOLATE MILK 8 OZ	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH
RV FF CHOCOLATE MILK 8 OZ	119.9998	119.9998	0	0	199.9998	199.9998	23.0001	23.0001
	<b>119.9998</b>	<b>119.9998</b>	<b>0</b>	<b>0</b>	<b>199.9998</b>	<b>199.9998</b>	<b>23.0001</b>	<b>23.0001</b>

\* Total includes one or more missing nutrient data.

(224) SAUSAGE BREAKFAST PIZZA	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
SAUSAGE BREAKFAST PIZZA	210	210	2	2	470	470	26	26
	<b>210</b>	<b>210</b>	<b>2</b>	<b>2</b>	<b>470</b>	<b>470</b>	<b>26</b>	<b>26</b>

\* Total includes one or more missing nutrient data.

(sys-269) STRAWBERRY SLICES FRZ CTN	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
STRAWBERRY SLICES FRZ CTN	96	108.8621	0.007	0.0079	3	3.4019	25.92	29.3928
	<b>96</b>	<b>108.8621</b>	<b>0.007</b>	<b>0.0079</b>	<b>3</b>	<b>3.4019</b>	<b>25.92</b>	<b>29.3928</b>

\* Total includes one or more missing nutrient data.

(230) SUNRISE SANDWICH	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
SUNRISE SANDWICH	159	159	2.6	2.6	312	312	16	16
	<b>159</b>	<b>159</b>	<b>2.6</b>	<b>2.6</b>	<b>312</b>	<b>312</b>	<b>16</b>	<b>16</b>

\* Total includes one or more missing nutrient data.

(528) SYRUP PACKET	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
SYRUP PACKET	70	70	0	0	10	10	16	16
	<b>70</b>	<b>70</b>	<b>0</b>	<b>0</b>	<b>10</b>	<b>10</b>	<b>16</b>	<b>16</b>

\* Total includes one or more missing nutrient data.

(529) TACO SAUCE PACKET	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
TACO SAUCE PACKET	5	5	0	0	95	95	1	1
	<b>5</b>	<b>5</b>	<b>0</b>	<b>0</b>	<b>95</b>	<b>95</b>	<b>1</b>	<b>1</b>

\* Total includes one or more missing nutrient data.



(233) TRIPLE BERRY CRUNCH BAR	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
TRIPLE BERRY CRUNCH BAR	259.9998	259.9998	2	2	109.9999	109.9999	43	43
	<b>259.9998</b>	<b>259.9998</b>	<b>2</b>	<b>2</b>	<b>109.9999</b>	<b>109.9999</b>	<b>43</b>	<b>43</b>

\* Total includes one or more missing nutrient data.

(1052) VERY BERRY JUICE 4 OZ	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH
VERY BERRY JUICE 4 OZ	59.9999	59.9999	0	0	0.9999	0.9999	14.9999	14.9999
	<b>59.9999</b>	<b>59.9999</b>	<b>0</b>	<b>0</b>	<b>0.9999</b>	<b>0.9999</b>	<b>14.9999</b>	<b>14.9999</b>

\* Total includes one or more missing nutrient data.

(sys-244) WG WAFFLES MAPLE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
WG WAFFLES MAPLE	100	100	0.5	0.5	120	120	14	14
	<b>100</b>	<b>100</b>	<b>0.5</b>	<b>0.5</b>	<b>120</b>	<b>120</b>	<b>14</b>	<b>14</b>

\* Total includes one or more missing nutrient data.

FILTERS	
Name(s)	Value(s)
Date Range	(Start = 5/2/2022, End = 5/30/2022)
Menu Plans	(Breakfast 2021/2022)
Nutrients	(Calories, Total Carbohydrate, Sodium, Saturated Fat)