



## 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.

(412) APPLESAUCE CUPS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
APPLESAUCE CUPS	53.3254	53.3254	0	0	2.0794	2.0794	14.6326	14.6326
	<b>53.3254</b>	<b>53.3254</b>	<b>0</b>	<b>0</b>	<b>2.0794</b>	<b>2.0794</b>	<b>14.6326</b>	<b>14.6326</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.

(sys-42) BEAN AND CHEESE CHIMINADA	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
BEAN AND CHEESE CHIMINADA	239.1989	239.1989	0.9967	0.9967	468.4312	468.4312	39.8665	39.8665
	<b>239.1989</b>	<b>239.1989</b>	<b>0.9967</b>	<b>0.9967</b>	<b>468.4312</b>	<b>468.4312</b>	<b>39.8665</b>	<b>39.8665</b>

\* Total includes one or more missing nutrient data.



(7558) BLUEBERRY MUFFIN TOP	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
BLUEBERRY MUFFIN TOP	240	240	0.5	0.5	210	210	42	42
	<b>240</b>	<b>240</b>	<b>0.5</b>	<b>0.5</b>	<b>210</b>	<b>210</b>	<b>42</b>	<b>42</b>

\* Total includes one or more missing nutrient data.

(sys-240) BURRITO EGG CHEESE SAUSAGE WG IW	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	Each	Recipe	Each	Recipe	Each	Recipe	Each
BURRITO EGG CHEESE SAUSAGE WG IW	199.9999	199.9999	3	3	239.9998	239.9998	21	21
	<b>199.9999</b>	<b>199.9999</b>	<b>3</b>	<b>3</b>	<b>239.9998</b>	<b>239.9998</b>	<b>21</b>	<b>21</b>

\* Total includes one or more missing nutrient data.

(211) CINNAMON TOAST	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
CINNAMON TOAST	209.9998	209.9998	2	2	239.9998	239.9998	26	26
	<b>209.9998</b>	<b>209.9998</b>	<b>2</b>	<b>2</b>	<b>239.9998</b>	<b>239.9998</b>	<b>26</b>	<b>26</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-301) COUNTRY BREAKFAST SCRAMBLE 131/3.65 OZ SERVINGS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	3.65 OZ	Recipe	3.65 OZ	Recipe	3.65 OZ	Recipe	3.65 OZ
COUNTRY BREAKFAST SCRAMBLE 131/3.65 OZ SERVINGS	179.9999	179.9999	4.4	4.4	430.9997	430.9997	9	9

\* Total includes one or more missing nutrient data.



(sys-301) COUNTRY BREAKFAST SCRAMBLE 131/3.65 OZ SERVINGS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	3.65 OZ	Recipe	3.65 OZ	Recipe	3.65 OZ	Recipe	3.65 OZ
	179.9999	179.9999	4.4	4.4	430.9997	430.9997	9	9

\* Total includes one or more missing nutrient data.

(212) CRUMB SQUARE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
CRUMB SQUARE 28 CT PER CS	283	283	1.2	1.2	215	215	47	47
	283	283	1.2	1.2	215	215	47	47

\* 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
	49.8951	49.8951	0.0045	0.0045	4.5359	4.5359	13.1201	13.1201

\* 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
	56.699	56.699	0.0045	0.0045	4.5359	4.5359	14.6737	14.6737

\* 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
	150	150	2	2	360	360	17	17

\* Total includes one or more missing nutrient data.

(1021) FLUFFY PANCAKE	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	1 PANCAKE	2 PANCAKES	Recipe	1 PANCAKE	2 PANCAKES	Recipe	1 PANCAKE	2 PANCAKES	Recipe	1 PANCAKE	2 PANCAKES
KRUSTEAZ PANCAKE	150	75	150	0.5	0.25	0.5	400	200	400	31	15.5	31
	150	75	150	0.5	0.25	0.5	400	200	400	31	15.5	31

\* 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.

(7215) KETCHUP PACKET	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	1 EACH	2 EACH	Recipe	1 EACH	2 EACH	Recipe	1 EACH	2 EACH	Recipe	1 EACH	2 EACH
KETCHUP PACKET	20	10	20	0	0	0	170	85	170	6	3	6
	<b>20</b>	<b>10</b>	<b>20</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>170</b>	<b>85</b>	<b>170</b>	<b>6</b>	<b>3</b>	<b>6</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.

(401) MINI BISCUIT	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
MINI BISCUIT	100	100	4.5	4.5	230	230	13	13
	<b>100</b>	<b>100</b>	<b>4.5</b>	<b>4.5</b>	<b>230</b>	<b>230</b>	<b>13</b>	<b>13</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.

(427) MIXED FRUIT	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
MIXED FRUIT	52.1631	52.1631	0.0011	0.0011	4.5359	4.5359	13.449	13.449
	<b>52.1631</b>	<b>52.1631</b>	<b>0.0011</b>	<b>0.0011</b>	<b>4.5359</b>	<b>4.5359</b>	<b>13.449</b>	<b>13.449</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.

(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.

(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

\* 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
	119.9998	119.9998	0	0	199.9998	199.9998	23.0001	23.0001

\* 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
	210	210	2	2	470	470	26	26

\* Total includes one or more missing nutrient data.

(1010) SAUSAGE PATTY	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
	70	70	1.5	1.5	240	240	1	1

\* Total includes one or more missing nutrient data.

(sys-320) SNACK'N MAPLE WAFFLE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
SNACK'N MAPLE WAFFLE	249.9998	249.9998	4	4	289.9997	289.9997	37	37
	249.9998	249.9998	4	4	289.9997	289.9997	37	37

\* Total includes one or more missing nutrient data.

(1072) STRING CHEESE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
STRING CHEESE	80	80	3	3	200	200	1	1
	80	80	3	3	200	200	1	1

\* 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
	159	159	2.6	2.6	312	312	16	16

\* 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.

(sys-302) TRIX CEREAL BAR	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
TRIX CEREAL BAR	160	160	0.5	0.5	105	105	29	29
	<b>160</b>	<b>160</b>	<b>0.5</b>	<b>0.5</b>	<b>105</b>	<b>105</b>	<b>29</b>	<b>29</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.

FILTERS	
Name(s)	Value(s)
Date Range	(Start = 9/1/2021, End = 9/30/2021)
Menu Plans	(Breakfast 2021/2022)
Nutrients	(Calories, Total Carbohydrate, Sodium, Saturated Fat)