



Adelanto Elementary School District

(451) BABY CARROTS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
BABY CARROTS	29.767	29.767	0.0196	0.0196	66.3378	66.3378	7.008	7.008
	29.767	29.767	0.0196	0.0196	66.3378	66.3378	7.008	7.008

* Total includes one or more missing nutrient data.

(446) BANANA	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
BANANA	72.09	72.09	0.0907	0.0907	0.81	0.81	18.5004	18.5004
	72.09	72.09	0.0907	0.0907	0.81	0.81	18.5004	18.5004

* Total includes one or more missing nutrient data.

(895) BROCCOLI BUDS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH	Recipe	1 EACH
BROCCOLI BUDS	19.2777	19.2777	0.0646	0.0646	18.7107	18.7107	3.7648	3.7648
	19.2777	19.2777	0.0646	0.0646	18.7107	18.7107	3.7648	3.7648

* Total includes one or more missing nutrient data.

(732) CELERY STICKS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
CELERY STICKS	15.8757	15.8757	0.0476	0.0476	90.7184	90.7184	3.3679	3.3679
	15.8757	15.8757	0.0476	0.0476	90.7184	90.7184	3.3679	3.3679

* Total includes one or more missing nutrient data.

(715) FRESH TANGERINE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
FRESH TANGERINE	46.64	46.64	0.0343	0.0343	1.76	1.76	11.7392	11.7392
	46.64	46.64	0.0343	0.0343	1.76	1.76	11.7392	11.7392

* Total includes one or more missing nutrient data.



(1462) GRAPE ESCAPES	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
GRAPE ESCAPES	44.9999	44.9999	0	0	8	8	11	11
	44.9999	44.9999	0	0	8	8	11	11

* Total includes one or more missing nutrient data.

(444) GREEN APPLE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
GREEN APPLE	95.004	95.004	0.0546	0.0546	2.002	2.002	25.1342	25.1342
	95.004	95.004	0.0546	0.0546	2.002	2.002	25.1342	25.1342

* Total includes one or more missing nutrient data.

(709) RED APPLE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
RED APPLE	80.388	80.388	0.0462	0.0462	1.694	1.694	21.2674	21.2674
	80.388	80.388	0.0462	0.0462	1.694	1.694	21.2674	21.2674

* Total includes one or more missing nutrient data.

(sys-271) YAMS, FRESH	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	YAM	Recipe	YAM	Recipe	YAM	Recipe	YAM
YAMS, FRESH	118	200.7145	0.037	0.0629	9	15.3087	27.88	47.423
	118	200.7145	0.037	0.0629	9	15.3087	27.88	47.423

* Total includes one or more missing nutrient data.

FILTERS	
Name(s)	Value(s)
Date Range	(Start = 5/2/2022, End = 5/31/2022)
Menu Plans	(FFVP 2021/2022)
Nutrients	(Calories, Total Carbohydrate, Sodium, Saturated Fat)