



Adelanto Elementary School District

(476) BELL PEPPERS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
BELL PEPPERS	20	45.3592	0.058	0.1315	3	6.8039	4.64	10.5233
	20	45.3592	0.058	0.1315	3	6.8039	4.64	10.5233

* Total includes one or more missing nutrient data.

(sys-67) CANTALOUPE CHUNKS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
CANTALOUPE CHUNKS	19.2777	19.2777	0.0289	0.0289	9.0718	9.0718	4.6266	4.6266
	19.2777	19.2777	0.0289	0.0289	9.0718	9.0718	4.6266	4.6266

* Total includes one or more missing nutrient data.

(sys-127) CUCUMBERS W/ TAJIN	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ	Recipe	4 OZ
CUCUMBERS W/ TAJIN	19.0097	19.0097	0.042	0.042	187.268	187.268	4.1163	4.1163
TAJIN (1 GRAM/.25 TSP)	2	2	0	0	185	185	0	0
	19.0097	19.0097	0.042	0.042	187.268	187.268	4.1163	4.1163

* Total includes one or more missing nutrient data.

(906) EDAMAME	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
EDAMAME	102.9087	102.9087	0.5273	0.5273	5.1029	5.1029	7.5778	7.5778
	102.9087	102.9087	0.5273	0.5273	5.1029	5.1029	7.5778	7.5778

* Total includes one or more missing nutrient data.

(702) FRESH NECTARINE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
FRESH NECTARINE	62.92	62.92	0.0358	0.0358	0	0	15.0865	15.0865
	62.92	62.92	0.0358	0.0358	0	0	15.0865	15.0865

* Total includes one or more missing nutrient data.



(700) FRESH ORANGE	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
FRESH ORANGE	60.48	60.48	0.0336	0.0336	1.92	1.92	14.88	14.88
	60.48	60.48	0.0336	0.0336	1.92	1.92	14.88	14.88

* Total includes one or more missing nutrient data.

(701) FRESH PEACH	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
FRESH PEACH	57.33	57.33	0.0279	0.0279	0	0	14.0238	14.0238
	57.33	57.33	0.0279	0.0279	0	0	14.0238	14.0238

* Total includes one or more missing nutrient data.

(sys-666) FRESH PINEAPPLE CHUNKS	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	1OZ	2OZ	Recipe	1OZ	2OZ	Recipe	1OZ	2OZ	Recipe	1OZ	2OZ
FRESH PINEAPPLE CHUNKS	14	14	28	0.003	0.003	0.006	0	0	0	3.58	3.58	7.16
	14	14	28	0.003	0.003	0.006	0	0	0	3.58	3.58	7.16

* Total includes one or more missing nutrient data.

(703) FRESH PLUM	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
FRESH PLUM	75.9	75.9	0.028	0.028	0	0	18.843	18.843
	75.9	75.9	0.028	0.028	0	0	18.843	18.843

* 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.

(28) GRAPE TOMATOES	Calories (kcal)			Saturated Fat (g)			Sodium (mg)			Total Carbohydrate (g)		
	Recipe	2 OZ	4 OZ	Recipe	2 OZ	4 OZ	Recipe	2 OZ	4 OZ	Recipe	2 OZ	4 OZ
GRAPE TOMATOES	10.2058	10.2058	20.4116	0.0159	0.0159	0.0318	2.835	2.835	5.67	2.2056	2.2056	4.4112
	10.2058	10.2058	20.4116	0.0159	0.0159	0.0318	2.835	2.835	5.67	2.2056	2.2056	4.4112

* Total includes one or more missing nutrient data.



(sys-669) GRAPEFRUIT	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	EACH	Recipe	EACH	Recipe	EACH	Recipe	EACH
GRAPEFRUIT	71	71	0.103	0.103	10	10	15.9	15.9
	71	71	0.103	0.103	10	10	15.9	15.9

* Total includes one or more missing nutrient data.

(sys-117) MANGO CHUNKS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	3 OZ	Recipe	3 OZ	Recipe	3 OZ	Recipe	3 OZ
MANGO CHUNKS	51.0291	51.0291	0.0782	0.0782	0.8505	0.8505	12.7403	12.7403
	51.0291	51.0291	0.0782	0.0782	0.8505	0.8505	12.7403	12.7403

* Total includes one or more missing nutrient data.

(sys-672) PEAS SNOW	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	2OZ	Recipe	2OZ	Recipe	2OZ	Recipe	2OZ
PEAS SNOW	21	21.2621	0	0	2	2.0249	4	4.05
	21	21.2621	0	0	2	2.0249	4	4.05

* Total includes one or more missing nutrient data.

(sys-581) WATERMELON CHUNKS IW	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	BAG	Recipe	BAG	Recipe	BAG	Recipe	BAG
WATERMELON CHUNKS IW	30	27.2155	0	0	0	0	8	7.2575
	30	27.2155	0	0	0	0	8	7.2575

* Total includes one or more missing nutrient data.

(sys-673) YELLOW SQUASH STICK	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	2 OZ	Recipe	2 OZ	Recipe	2 OZ	Recipe	2 OZ
YELLOW SQUASH STICK	20	19.5514	0	0	2	1.9552	5	4.8879
	20	19.5514	0	0	2	1.9552	5	4.8879

* Total includes one or more missing nutrient data.

(sys-573) ZUCHINNI STICKS	Calories (kcal)		Saturated Fat (g)		Sodium (mg)		Total Carbohydrate (g)	
	Recipe	BAG	Recipe	BAG	Recipe	BAG	Recipe	BAG
ZUCHINNI STICKS	17	14.4582	0.084	0.0714	8	6.8039	3.11	2.645
	17	14.4582	0.084	0.0714	8	6.8039	3.11	2.645



* Total includes one or more missing nutrient data.

FILTERS	
Name(s)	Value(s)
Date Range	(Start = 5/1/2023, End = 5/30/2023)
Menu Plans	(FFVP 2022/2023)
Nutrients	(Calories, Total Carbohydrate, Sodium, Saturated Fat)