

Del Dios Curbside 2021-22

Wednesday, Sep 1, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ON MON MPR	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Del Dios Curbside 2021-22

Thursday, Sep 2, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
THUR-FRI MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
BREAKFAST ITEMS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apple Cinnamon BK Round	1 EACH	283	10	243	4.05	1.62	30.36	0	0.00	14.17	5.06	38.45	12.14	4.55
Mini Maple Pancakes	SERVING	210	10	320	4.00	2.70	59.93	499	0.00	10.99	4.00	34.96	5.99	1.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
LUNCH ITEM	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pepperoni Pizza, PZA Guy	SLICE	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
Corn Dog w/Bag	1 EACH	250	40	450	5.00	1.44	60.00	0	0.00	9.00	9.00	30.00	9.00	2.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
SUPPER ITEM	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PB & J Grape Sandwich	1 Each	600	0	540	7.00	3.00	78.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Bean&Cheese Burrito/WGR	1 EACH	296	18	498	8.81	3.01	182.49	322	1.28	1.09	15.12	40.86	8.94	4.05
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk 1-1/2 Gallon	8 OZ SVG	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Celery Sticks W/PB-3 Days	1 EACH	19	0	18	0.26	0.01	1.94	4	0.16	0.45	0.58	0.96	1.55	0.37
Tropical Trio Juice-Frozen	1 EACH	80	0	5	0.00	0.00	0.00	0	72.00	17.00	0.00	20.00	0.00	0.00
Plums	SVG.	58	0	0	1.74	2.09	57.99	387	11.60	12.37	0.97	14.50	0.39	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	0.00	0.00
Red Apple	1 EACH	125	0	2	4.90	0.18	10.00	100	0.00	22.00	0.60	30.00	0.40	0.00
Raisins, Box	1 EACH	120	0	5	2.00	0.00	0.00	0	0.00	27.00	1.00	29.00	0.00	0.00
Mountain Quest Dried Fruit	BOX	120	0	25	2.00	0.36	26.00	0	3.60	24.00	1.00	30.00	0.00	0.00

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Del Dios Curbside 2021-22

Friday, Sep 3, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ON THUR MPR	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Del Dios Curbside 2021-22

Tuesday, Sep 7, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
TUE-WED MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
BREAKFAST ITEMS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Black Bean & Egg Burrito	5.50 oz.	249	0	531	8.53	2.01	117.09	16	1.28	2.87	9.47	38.33	6.48	2.00
Honey Bun	1 Each	350	0	270	2.00	1.40	100.00	0	0.00	17.00	4.00	40.00	19.00	10.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
LUNCH ITEM	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PB & J Grape Sandwich	1 Each	600	0	540	7.00	3.00	78.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Bean & Rice Burrito	1 EACH	400	10	500	8.00	5.40	150.00	100	0.00	4.00	16.00	53.00	14.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
SUPPER ITEM	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mini Cheese Burger/WGR	1 EACH	273	45	339	2.60	2.90	82.00	25	0.00	3.40	19.70	31.10	8.00	2.90
Chicken Tamale w/ Green Sauce	1 EACH	330	40	510	3.00	2.00	57.00	0	0.00	1.00	18.00	28.00	17.00	2.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk 1-1/2 Gallon	8 OZ SVG	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Baby Carrots Indv-3 Each	3.0 OZ SVG.	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Paradise Punch	1 EACH	90	0	10	0.00	0.00	0.00	0	60.00	21.00	0.00	23.00	0.00	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	0.00	0.00
Sour Tropical Dried Fruit	1 EACH	120	0	5	3.00	0.36	26.00	100	9.00	23.00	1.00	30.00	0.00	0.00
Mountain Quest Dried Fruit	BOX	120	0	25	2.00	0.36	26.00	0	3.60	24.00	1.00	30.00	0.00	0.00
Raisins, Box	1 EACH	120	0	5	2.00	0.00	0.00	0	0.00	27.00	1.00	29.00	0.00	0.00
Red Apple	1 EACH	125	0	2	4.90	0.18	10.00	100	0.00	22.00	0.60	30.00	0.40	0.00

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Del Dios Curbside 2021-22

Wednesday, Sep 8, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ON TUE MPR	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Del Dios Curbside 2021-22

Thursday, Sep 9, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
THUR-FRI MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
BREAKFAST ITEMS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cinnamon Toast Crunch	1 EACH	233	0	324	6.07	8.20	404.99	1012	9.11	11.14	3.04	44.55	5.06	1.01
Croissant w/Strawberry Jam	1 EACH	255	5	300	2.00	1.80	20.00	0	0.00	13.10	6.00	39.11	9.00	3.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
LUNCH ITEM	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mini Cheese Burger/WGR	1 EACH	273	45	339	2.60	2.90	82.00	25	0.00	3.40	19.70	31.10	8.00	2.90
PB & J Grape Sandwich	1 Each	600	0	540	7.00	3.00	78.00	0	0.00	29.00	18.00	64.00	34.00	6.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
SUPPER ITEM	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Jalapeno Cheese Dip w/ Chips	1 EACH	510	60	1100	7.00	0.80	442.00	600	2.40	4.00	19.00	39.00	33.00	13.50
Hot Dog w/Bag	1 EACH	260	20	740	2.00	1.72	79.00	100	0.00	4.00	11.00	27.00	12.50	4.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1%, 1/2 Gal 8/8 oz. svgs.	8 OZ. SVGS	90	5	5	0.00	0.00	300.00	500	2.40	12.00	9.00	4.00	0.00	0.00
Celery Sticks W/PB-3 Days	1 EACH	19	0	18	0.26	0.01	1.94	4	0.16	0.45	0.58	0.96	1.55	0.37
Paradise Punch	1 EACH	90	0	10	0.00	0.00	0.00	0	60.00	21.00	0.00	23.00	0.00	0.00
Plums	SVG.	58	0	0	1.74	2.09	57.99	387	11.60	12.37	0.97	14.50	0.39	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	0.00	0.00
Sour Pineapple Dried Fruit	1 EACH	140	0	0	1.00	36.00	0.00	0	4.80	32.00	1.00	35.00	0.00	0.00
Tropical Trio Juice-Frozen	1 EACH	80	0	5	0.00	0.00	0.00	0	72.00	17.00	0.00	20.00	0.00	0.00
Raisins, Box	1 EACH	120	0	5	2.00	0.00	0.00	0	0.00	27.00	1.00	29.00	0.00	0.00

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Del Dios Curbside 2021-22

Friday, Sep 10, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ON THUR MPR	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Del Dios Curbside 2021-22

Monday, Sep 13, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
MON-WED MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
BREAKFAST ITEMS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Oatmeal Choc. Chip Bar	1 EACH	290	20	240	3.00	1.80	20.00	0	0.00	22.00	5.00	47.00	9.00	3.00
Honey Bun	1 Each	350	0	270	2.00	1.40	100.00	0	0.00	17.00	4.00	40.00	19.00	10.00
Crumb Cake	1 EACH	280	32	213	2.97	1.19	15.85	0	0.10	23.78	3.37	46.57	8.92	1.19
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
LUNCH ITEM	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PB & J Grape Sandwich	1 Each	600	0	540	7.00	3.00	78.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Bean&Cheese Burrito/WGR	1 EACH	296	18	498	8.81	3.01	182.49	322	1.28	1.09	15.12	40.86	8.94	4.05
Corn Dog	SERVING	250	40	450	5.00	1.44	60.00	0	0.00	9.00	9.00	30.00	9.00	2.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
SUPPER ITEM	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mini Cheese Burger/WGR	1 EACH	273	45	339	2.60	2.90	82.00	25	0.00	3.40	19.70	31.10	8.00	2.90
Pizza Sticks	SVG/2 Each	420	40	640	4.00	2.88	500.00	0	0.00	4.00	28.00	42.00	16.00	8.00
Chicken Tamale w/ Green Sauce	1 EACH	330	40	510	3.00	2.00	57.00	0	0.00	1.00	18.00	28.00	17.00	2.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk 1-1/2 Gallon	8 OZ SVG	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Baby Carrots Indv-3 Each	3.0 OZ SVG.	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Paradise Punch/ Veggie-3 Each	1 EACH	90	0	10	0.00	0.00	0.00	0	60.00	21.00	0.00	23.00	0.00	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	0.00	0.00
Sour Tropical Dried Fruit	1 EACH	120	0	5	3.00	0.36	26.00	100	9.00	23.00	1.00	30.00	0.00	0.00
Mountain Quest Dried Fruit	BOX	120	0	25	2.00	0.36	26.00	0	3.60	24.00	1.00	30.00	0.00	0.00
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Raisins, Box	1 EACH	120	0	5	2.00	0.00	0.00	0	0.00	27.00	1.00	29.00	0.00	0.00

Red Apple	1 EACH	125	0	2	4.90	0.18	10.00	100	0.00	22.00	0.60	30.00	0.40	0.00
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Del Dios Curbside 2021-22

Tuesday, Sep 14, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ON MON MPR	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Del Dios Curbside 2021-22

Wednesday, Sep 15, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ON MON MPR	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Del Dios Curbside 2021-22

Thursday, Sep 16, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
THUR-FRI MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
BREAKFAST ITEMS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cinnamon Toast Crunch	1 EACH	233	0	324	6.07	8.20	404.99	1012	9.11	11.14	3.04	44.55	5.06	1.01
Croissant w/Strawberry Jam	1 EACH	255	5	300	2.00	1.80	20.00	0	0.00	13.10	6.00	39.11	9.00	3.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
LUNCH ITEM	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mini Cheese Burger/WGR	1 EACH	273	45	339	2.60	2.90	82.00	25	0.00	3.40	19.70	31.10	8.00	2.90
PB & J Grape Sandwich	1 Each	600	0	540	7.00	3.00	78.00	0	0.00	29.00	18.00	64.00	34.00	6.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
SUPPER ITEM	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Jalapeno Cheese Dip w/ Chips	1 EACH	510	60	1100	7.00	0.80	442.00	600	2.40	4.00	19.00	39.00	33.00	13.50
Hot Dog w/Bag	1 EACH	260	20	740	2.00	1.72	79.00	100	0.00	4.00	11.00	27.00	12.50	4.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1%, 1/2 Gal 8/8 oz. svgs.	8 OZ. SVGS	90	5	5	0.00	0.00	300.00	500	2.40	12.00	9.00	4.00	0.00	0.00
Celery Sticks W/PB-3 Days	1 EACH	19	0	18	0.26	0.01	1.94	4	0.16	0.45	0.58	0.96	1.55	0.37
Paradise Punch	1 EACH	90	0	10	0.00	0.00	0.00	0	60.00	21.00	0.00	23.00	0.00	0.00
Plums	SVG.	58	0	0	1.74	2.09	57.99	387	11.60	12.37	0.97	14.50	0.39	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	0.00	0.00
Sour Pineapple Dried Fruit	1 EACH	140	0	0	1.00	36.00	0.00	0	4.80	32.00	1.00	35.00	0.00	0.00
Tropical Trio Juice-Frozen	1 EACH	80	0	5	0.00	0.00	0.00	0	72.00	17.00	0.00	20.00	0.00	0.00
Raisins, Box	1 EACH	120	0	5	2.00	0.00	0.00	0	0.00	27.00	1.00	29.00	0.00	0.00

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Del Dios Curbside 2021-22

Friday, Sep 17, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ON THUR MPR	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Del Dios Curbside 2021-22

Monday, Sep 20, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
MON-WED MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
BREAKFAST ITEMS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Yogurt with Grahams Bk-4 oz.	1 EACH	355	4	293	3.08	1.99	621.42	681	1.67	31.82	7.28	61.08	8.97	1.10
Honeynut Cherrios	1 EACH	210	0	320	4.00	5.40	150.00	750	9.00	19.00	5.00	45.00	2.50	0.50
Concha	1 EACH	200	0	90	2.00	1.80	40.00	0	0.00	8.00	5.00	34.00	6.00	1.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
LUNCH ITEM	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Hamburger	1 EACH	390	70	670	3.00	3.44	114.85	0	0.00	3.99	20.99	30.95	19.00	7.00
String Cheese & Goldfish	1 EACH	220	20	570	1.00	0.70	416.00	0	0.00	2.00	16.00	16.00	9.50	4.50
Chicken Nuggets & Goldfish WGR	1 Each	310	50	740	3.00	1.78	40.00	200	0.00	0.00	20.00	31.00	11.50	2.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
SUPPER ITEM	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mini Cheese Burger/WGR	1 EACH	273	45	339	2.60	2.90	82.00	25	0.00	3.40	19.70	31.10	8.00	2.90
Bean & 2 Cheese Dip w/ Chips	1 EACH	449	22	682	7.18	2.46	238.77	78	1.39	0.94	14.16	46.70	22.74	5.79
Soft Pretzel w/ Cheese Cup	1 EACH	331	30	721	3.02	1.81	353.12	0	1.21	11.01	15.03	44.18	10.50	6.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk 1-1/2 Gallon	8 OZ SVG	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Baby Carrots Indv-3 Each	3.0 OZ SVG.	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Paradise Punch/ Veggie-3 Each	1 EACH	90	0	10	0.00	0.00	0.00	0	60.00	21.00	0.00	23.00	0.00	0.00
Raisins, Box	1 EACH	120	0	5	2.00	0.00	0.00	0	0.00	27.00	1.00	29.00	0.00	0.00
Nectarine-2 Each	1 EACH	68	0	0	2.67	0.36	9.89	494	0.00	11.86	1.68	15.82	0.50	0.00

Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	0.00	0.00
Sour Tropical Dried Fruit	1 EACH	120	0	5	3.00	0.36	26.00	100	9.00	23.00	1.00	30.00	0.00	0.00
Kiwi- Strawberry Juice-Frozen	1 EACH	60	0	15	0.00	0.36	0.00	500	60.00	12.00	0.00	15.00	0.00	0.00

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Del Dios Curbside 2021-22

Tuesday, Sep 21, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ON MON MPR	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Del Dios Curbside 2021-22

Wednesday, Sep 22, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ON MON MPR	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Del Dios Curbside 2021-22

Thursday, Sep 23, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
THUR-FRI MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
BREAKFAST ITEMS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Apple Cinnamon BK Round	1 EACH	283	10	243	4.05	1.62	30.36	0	0.00	14.17	5.06	38.45	12.14	4.55
Mini Maple Pancakes	SERVING	210	10	320	4.00	2.70	59.93	499	0.00	10.99	4.00	34.96	5.99	1.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
LUNCH ITEM	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Pepperoni Pizza, PZA Guy	SLICE	360	42	491	4.16	2.89	417.94	819	2.08	2.44	21.75	39.37	15.59	7.50
Corn Dog w/Bag	1 EACH	250	40	450	5.00	1.44	60.00	0	0.00	9.00	9.00	30.00	9.00	2.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
SUPPER ITEM	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PB & J Grape Sandwich	1 Each	600	0	540	7.00	3.00	78.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Bean&Cheese Burrito/WGR	1 EACH	296	18	498	8.81	3.01	182.49	322	1.28	1.09	15.12	40.86	8.94	4.05
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk 1-1/2 Gallon	8 OZ SVG	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Celery Sticks W/PB-3 Days	1 EACH	19	0	18	0.26	0.01	1.94	4	0.16	0.45	0.58	0.96	1.55	0.37
Tropical Trio Juice-Frozen	1 EACH	80	0	5	0.00	0.00	0.00	0	72.00	17.00	0.00	20.00	0.00	0.00
Plums	SVG.	58	0	0	1.74	2.09	57.99	387	11.60	12.37	0.97	14.50	0.39	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	0.00	0.00
Red Apple	1 EACH	125	0	2	4.90	0.18	10.00	100	0.00	22.00	0.60	30.00	0.40	0.00
Raisins, Box	1 EACH	120	0	5	2.00	0.00	0.00	0	0.00	27.00	1.00	29.00	0.00	0.00
Mountain Quest Dried Fruit	BOX	120	0	25	2.00	0.36	26.00	0	3.60	24.00	1.00	30.00	0.00	0.00

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Del Dios Curbside 2021-22

Friday, Sep 24, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ON THUR MPR	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Del Dios Curbside 2021-22

Monday, Sep 27, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
MON-WED MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
BREAKFAST ITEMS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Oatmeal Choc. Chip Bar	1 EACH	290	20	240	3.00	1.80	20.00	0	0.00	22.00	5.00	47.00	9.00	3.00
Honey Bun	1 Each	350	0	270	2.00	1.40	100.00	0	0.00	17.00	4.00	40.00	19.00	10.00
Crumb Cake	1 EACH	280	32	213	2.97	1.19	15.85	0	0.10	23.78	3.37	46.57	8.92	1.19
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
LUNCH ITEM	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
PB & J Grape Sandwich	1 Each	600	0	540	7.00	3.00	78.00	0	0.00	29.00	18.00	64.00	34.00	6.00
Bean&Cheese Burrito/WGR	1 EACH	296	18	498	8.81	3.01	182.49	322	1.28	1.09	15.12	40.86	8.94	4.05
Corn Dog	SERVING	250	40	450	5.00	1.44	60.00	0	0.00	9.00	9.00	30.00	9.00	2.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
SUPPER ITEM	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mini Cheese Burger/WGR	1 EACH	273	45	339	2.60	2.90	82.00	25	0.00	3.40	19.70	31.10	8.00	2.90
Pizza Sticks	SVG/2 Each	420	40	640	4.00	2.88	500.00	0	0.00	4.00	28.00	42.00	16.00	8.00
Chicken Tamale w/ Green Sauce	1 EACH	330	40	510	3.00	2.00	57.00	0	0.00	1.00	18.00	28.00	17.00	2.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
1% Milk 1-1/2 Gallon	8 OZ SVG	120	15	150	0.00	0.00	350.00	500	2.40	14.00	11.00	16.00	2.50	1.50
Baby Carrots Indv-3 Each	3.0 OZ SVG.	35	0	65	2.00	0.36	20.01	6003	6.00	5.00	1.00	8.00	0.00	0.00
Paradise Punch/ Veggie-3 Each	1 EACH	90	0	10	0.00	0.00	0.00	0	60.00	21.00	0.00	23.00	0.00	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	0.00	0.00
Sour Tropical Dried Fruit	1 EACH	120	0	5	3.00	0.36	26.00	100	9.00	23.00	1.00	30.00	0.00	0.00
Mountain Quest Dried Fruit	BOX	120	0	25	2.00	0.36	26.00	0	3.60	24.00	1.00	30.00	0.00	0.00
Sliced Red Apples	1 EACH	34	0	0	2.00	0.18	10.00	50	123.60	6.00	0.00	8.00	0.00	0.00
Raisins, Box	1 EACH	120	0	5	2.00	0.00	0.00	0	0.00	27.00	1.00	29.00	0.00	0.00

Red Apple	1 EACH	125	0	2	4.90	0.18	10.00	100	0.00	22.00	0.60	30.00	0.40	0.00
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Del Dios Curbside 2021-22

Tuesday, Sep 28, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ON MON MPR	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Del Dios Curbside 2021-22

Wednesday, Sep 29, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
ON MON MPR	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00

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Del Dios Curbside 2021-22

Thursday, Sep 30, 2021

Recipes	Portion Size	Calories	Cholesterol mg	Sodium mg	Dietary Fiber g	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg	Sugars g	Protein g	Carbohydrate g	Total Fat g	Saturated Fat g
THUR-FRI MEALS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
BREAKFAST ITEMS	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Cinnamon Toast Crunch	1 EACH	233	0	324	6.07	8.20	404.99	1012	9.11	11.14	3.04	44.55	5.06	1.01
Croissant w/Strawberry Jam	1 EACH	255	5	300	2.00	1.80	20.00	0	0.00	13.10	6.00	39.11	9.00	3.50
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
LUNCH ITEM	1 EA	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Mini Cheese Burger/WGR	1 EACH	273	45	339	2.60	2.90	82.00	25	0.00	3.40	19.70	31.10	8.00	2.90
PB & J Grape Sandwich	1 Each	600	0	540	7.00	3.00	78.00	0	0.00	29.00	18.00	64.00	34.00	6.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
SUPPER ITEM	1 EACH	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Jalapeno Cheese Dip w/ Chips	1 EACH	510	60	1100	7.00	0.80	442.00	600	2.40	4.00	19.00	39.00	33.00	13.50
Hot Dog w/Bag	1 EACH	260	20	740	2.00	1.72	79.00	100	0.00	4.00	11.00	27.00	12.50	4.00
.....	...	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00	0.00
Milk, 1%, 1/2 Gal 8/8 oz. svgs.	8 OZ. SVGS	90	5	5	0.00	0.00	300.00	500	2.40	12.00	9.00	4.00	0.00	0.00
Celery Sticks W/PB-3 Days	1 EACH	19	0	18	0.26	0.01	1.94	4	0.16	0.45	0.58	0.96	1.55	0.37
Paradise Punch	1 EACH	90	0	10	0.00	0.00	0.00	0	60.00	21.00	0.00	23.00	0.00	0.00
Plums	SVG.	58	0	0	1.74	2.09	57.99	387	11.60	12.37	0.97	14.50	0.39	0.00
Apple Juice	1 EACH	55	0	12	0.00	0.36	0.00	0	0.00	12.50	0.00	14.00	0.00	0.00
Sour Pineapple Dried Fruit	1 EACH	140	0	0	1.00	36.00	0.00	0	4.80	32.00	1.00	35.00	0.00	0.00
Tropical Trio Juice-Frozen	1 EACH	80	0	5	0.00	0.00	0.00	0	72.00	17.00	0.00	20.00	0.00	0.00
Raisins, Box	1 EACH	120	0	5	2.00	0.00	0.00	0	0.00	27.00	1.00	29.00	0.00	0.00

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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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.