



LIMITED PURCHASE ORDER

(Not to Exceed \$200.00)

Employee Reimbursement

<p>VENDOR NAME AND ADDRESS: Serena Fuller 5101 Sandburg Drive Sacramento, CA 95819</p>	<p>DELIVERY INSTRUCTIONS: <input type="checkbox"/> Deliver to Address Below (Check one) <input type="checkbox"/> Will Call</p> <p>← mail check to Serena Fuller</p>
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ITEM	DESCRIPTION GIVE COMPLETE DESCRIPTION, INCLUDING CAT. NO. & SIZES	ORDERED			UNIT PRICE	TOTAL
		QUANTITY	UNIT	STOCK NO.		
1	Instructional Supplies					
2	for Nutrition Class Teaching Demo.					
3	Target Receipt 2/14/18					34.95
4						
5						
6						
7						
8						
9						
10						

<p>Purchases Charged to Categorical Programs, Grants or Special Projects This purchased is in compliance with the requirements of:</p> <p>Lottery Program Name</p> <p>700P Project/Grant Number</p> <p>Eligible instructional materials Program Goal/Objective Number/Explanation</p>	<p>SUB-TOTAL</p> <p>SALES TAX</p> <p>TOTAL (Not to Exceed \$200.00)</p> <p>\$ 34.95</p>
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VENDOR: Reference P.O. number on all invoices and packing slips. Total invoice may not exceed \$200.00 including tax and shipping costs. Mail invoices in duplicate to: Los Rios Community College District, Accounting Department, 1919 Spanos Court, Sacramento, CA 95825.

I/WE hereby certify the items/services listed above are to be obtained in accordance with District Regulation 8323, Section 4, Conflict of Interest, and all other applicable district, state, and federal policies, rules, regulations, and laws.

REQUESTED BY: **Serena Fuller** TYPED/PRINT DATE: **3-1-18**

REQUESTED BY: **Serena Fuller** SIGNATURE DATE: **3-1-18**

APPROVED: **[Signature]** DEAN OR OTHER AUTHORIZED SIGNATURE DATE: **3.6.18**

APPROVED: **[Signature]** VICE PRESIDENT, ADMINISTRATION DATE: **3.19.18**

Received by _____ Date _____

GENFD 4300 12 FL. VI. NUTR

Bus. Unit Account Fund Org

13060 0000 2018 700P \$ **34.95**

Program Sub-Class BY Proj/Grnt Amount

11 02 8VH 0102

2018 MAR 20 4 10 PM

Bus. Unit Account Fund Org

Program Sub-Class BY Proj/Grnt Amount



SACRAMENTO EAST - 916-503-3678
02/14/2018 10:56 AM EXPIRES 05/15/18



GROCERY

203140152	MARKT PANTRY	FN	\$3.19
211030021	FRESH	FN	\$4.99
224124770	AVOCADO	FN	\$1.98
	2 @ \$0.99 ea		
267008011	BANANA	FN	\$1.74
	6 @ \$0.29 ea		
270140630	SB	FN	\$12.99
284101153	CHOBANI	FN	\$4.99

HOME

253040060	UPUP DISPOSA	T	\$2.69
253050171	DIXIE	T	\$3.69

	SUBTOTAL	\$36.26
	Your REDcard Savings 5%	\$1.81-
T = CA TAX 8.2500% on	\$6.07	\$0.50
	TOTAL	\$34.95

*9222 TARGET DEBIT CARD TOTAL \$34.95
AID: A0000006123333
Target Debit

Questions about this
Target Debit Card transaction?
Call 1-888-729-7331 or write
PO Box 673
Minneapolis, MN 55440-0673

Today's
REDcard
Savings



REDcard
Savings
This Year

\$1 81

\$13 99

Green Berry Power Smoothie - Fat

Makes: 1 serving, **Serving size:** 2 ½ cups

1 cup 100% juice cranberry Juice

1 cup spinach

½ cup frozen power berry blend (raspberries, strawberries, blackberries)

½ medium frozen banana

½ medium avocado, ripe

Blend cranberry juice, spinach and avocado to blender. Blend until liquefied. Add frozen berries and banana. Blend until smooth. Serve immediately.

Nutrition:

Calories – 247 **Carbs – 69 grams** Sugar – 48 grams Added Sugar – 0 grams

Protein- 5 grams Fat – 11 grams Sat Fat – 2 grams Sodium – 35 mg Fiber – 14 grams Vit C – 72 mg

Sensory

Describe sensory aspects of the smoothie. For example taste, texture, mouth feel, smell.

Green Berry Power Smoothie - Carbohydrate

Makes: 1 serving, **Serving size:** 2 cups

1 cup 100% juice cranberry Juice

1 cup spinach

½ cup frozen power berry blend (raspberries, strawberries, blackberries)

½ medium frozen banana

Blend cranberry juice and spinach in blender until spinach is liquefied. Add frozen berries and banana. Blend until smooth. Serve immediately.

Nutrition:

Calories - 247

Carbs – 63 grams

Sugar – 47 grams

Added Sugar – 0 grams

Protein – 2 grams

Fat – 1 gram

Sat Fat – 0 grams

Sodium – 31 mg

Fiber – 9 grams

Vit C – 72 mg

Sensory

Describe sensory aspects of the smoothie. For example taste, texture, mouth feel, smell.

Green Berry Power Smoothie - Protein

Makes: 1 serving, **Serving size:** 2 ½ cups

- 1 cup 100% juice cranberry Juice
- 1 cup spinach
- ½ cup non-fat Greek yogurt, plain
- ½ cup frozen power berry blend (raspberries, strawberries, blackberries)
- ½ medium frozen banana

Blend cranberry juice, spinach and yogurt in blender until liquefied. Add frozen berries and banana. Blend until smooth. Serve immediately.

Nutrition:

Calories – 295 Carbs – 66 grams Sugar – 51 grams Added Sugar – 0 grams

Protein- 12 grams Fat – 2 grams Sat Fat – 0 grams Sodium – 47 mg Fiber – 9 grams Vit C – 42 mg

Sensory

Describe sensory aspects of the smoothie. For example taste, texture, mouth feel, smell.

Satiety

Start Time: _____

End Time: _____

