

# Escondido Union School District

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

Page 1

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/02/2018															
Elementary Lunch K-5 RECESS	Total 1 EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average % of Calories		*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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## Base Menu Spreadsheet

Elementary Lunch K-5

### Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/03/2018															
Elementary Lunch K-5	Total														
Beef, Teriyaki/Brown Rice -EL	SERVING	312	40	1132	2.50	2.23	33.1	50	0.0	10	17.77	39.28	8.67	3.50	0.50
Sand: Turkey Ham & Cheese Elem	1 Each	305	70	1060	3.00	2.88	175.0	200	1.2	*4	25.5	34.5	10.0	3.75	0.00
Sand: PBJ, Grape, WG	EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Chs, PZA Guy, LUNCH	SLICE	347	36	384	4.16	2.43	411.3	825	5.08	2	20.4	38.98	12.69	6.48	0.00
Pizza, Pepp, PZA Guy, LUNCH	SLICE	359	42	490	4.16	2.89	417.9	819	2.08	2	21.75	21.75	15.59	7.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots, Raw, Baby: 3.0 oz	3.0 SVG	30	0	67	3.04	9.11	0.8	11728	2.28	5	0.0	7.59	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Grape	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD, Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.0	0	0.0	3	7.0	8.0	15.0	2.00	0.00
SB, Corn: Frozen, yellow	SERVING, 3 oz	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
SB, Pasta Salad	SVG	418	0	789	5.70	26.84	1628.3	960	48.65	*6	8.63	48.39	21.17	4.06	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Mandarin Oranges,	SERVING 4 oz	31	0	4	0.44	0.32	8.9	133	94.19	8	0.44	7.54	0.0	0.00	0.00
Fruit, Mix Fzn Mango	SERVING, 3 oz	65	0	0	1.80	0.00	0.0	765	27.7	15	0.27	17.0	0.0	0.00	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00

\*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

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# Escondido Union School District

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

Page 3

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/03/2018															
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		301	4	339	3.49	*3.27	*332.1	*2528	*30.77	*34	11.59	46.17	8.74	1.82	*0.01
% of Calories										*45.1%	15.4%	61.3%	26.1%	5.4%	*0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 04/04/2018															
Elementary Lunch K-5	Total														
Pizza, Pepperoni, WG	1 EACH	340	35	580	3.00	1.80	400.0	500	9.0	4	20.0	34.0	18.0	9.00	0.00
FP: Pasta w/Meat Sauce/GBr.	2/3 Cup	*419	*25	*418	*6.29	*4.19	*187.2	*152	*6.02	*3	*21.9	*58.35	*11.26	*4.29	*0.00
FP: Pasta w/Meatless Sce/GBr.	SVG	*500	*10	*1359	*10.98	*7.14	*331.2	*1733	*10.35	*8	*23.48	*71.62	*12.66	*3.20	*0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Chs, PZA Guy, LUNCH	SLICE	347	36	384	4.16	2.43	411.3	825	5.08	2	20.4	38.98	12.69	6.48	0.00
Pizza, Pepp, PZA Guy, LUNCH	SLICE	359	42	490	4.16	2.89	417.9	819	2.08	2	21.75	21.75	15.59	7.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots,Rainbow	3 oz.svg.	35	0	65	2.00	0.00	200.0	*N/A*	*N/A*	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Grape	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Bell,Peppers,Mixed	SERVING, 2.75oz	22	0	2	1.41	0.24	4.8	1312	66.64	2	0.79	4.64	0.16	0.02	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Beans, Garbanzo	1/2 CUP	131	0	504	9.08	1.36	32.3	24	3.83	*N/A*	6.05	22.19	2.02	0.50	*N/A*
SB, Broccoli Florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.6	0	24.55	0	2.52	2.52	0.0	0.00	0.00
SB, Raisins, Ind Box	1 EACH	129	0	5	1.59	0.81	21.5	0	0.99	25	1.32	34.05	0.2	0.02	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pinappl Tidbt, Draind	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.8	0	12.07	19	1.01	22.8	0.0	0.00	0.00
Bananas, Whole,	EACH	147	0	2	4.28	0.43	8.2	105	14.33	20	1.8	37.62	0.54	0.18	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00

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Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 04/04/2018															
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		*551	*22	*636	*7.19	*2.86	*548.8	*1378	*19.03	*43 *31.0%	*24.31 *17.6%	*81.67 *59.2%	*17.84 *29.1%	*6.35 *10.4%	*0.00 *0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/05/2018															
Elementary Lunch K-5	Total														
Wrapped Pup	1 EACH	292	20	697	3.00	1.46	7.4	101	0.0	4	13.09	30.01	13.15	4.05	*0.00
Burrito, Bean & Cheese	1 EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots, Raw, Baby: 3.0 oz	SERVING	30	0	67	3.04	9.11	0.8	11728	2.28	5	0.0	7.59	0.0	0.00	0.00
SB, Cucumber, Sliced	2.50 oz														
	SERVING,	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
	3.0 oz														
SB, Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Jicama Sticks	SERVING,	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
	2.5 oz														
SB, Tomatoes, Grape	SERVING,	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
	2.61oz														
SB, Celery Sticks	SERVING	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
	-2.5 oz														
CD, Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.0	0	0.0	3	7.0	8.0	15.0	2.00	0.00
SB, Corn: Frozen, yellow	SERVING,	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
	3 oz														
SB, Black Bean Salad	SVG	117	0	461	5.08	0.53	94.0	524	32.57	*3	4.44	19.71	2.89	0.27	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	SERVING,	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
	4.5 oz														
Strawberries, Raw	SERVING,	27	0	1	1.70	0.35	13.6	10	50.01	4	0.57	6.53	0.26	0.13	0.00
	3 oz														
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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# Escondido Union School District

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/05/2018															
	1 OZ														
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		303	6	374	3.85	*2.61	*308.8	*2156	*34.84	*30	12.73	44.05	9.46	2.28	*0.00
% of Calories										*40.0%	16.8%	58.1%	28.1%	6.8%	*0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Escondido Union School District

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/06/2018															
Elementary Lunch K-5															
Tostada, Sriracha Tuna - GF	Total														
Cheeseburger, Mini	5.50 oz.	239	*15	2516	5.10	1.24	188.1	*1026	*23.29	*1	6.82	23.45	13.16	*3.85	*0.00
Sand: PBJ, Grape, WG	1 EACH	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
Cheese, String 2/Cracker 1	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Yogurt w Pretzels	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
.....	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MEXICAN CONDIMENTS															
CD, Pico de Gallo	1 EA	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Lettuce, Shredded	2 OZ. SVG	15	0	1171	0.63	0.22	5.0	386	9.27	*0	0.48	3.83	0.21	0.02	*0.00
CD, Shredded Cheese	SVG	3	0	3	0.40	0.14	5.4	94	1.11	*N/A*	0.29	0.59	0.05	0.01	*N/A*
CD, Sour Cream	SVG	58	15	91	0.00	0.10	101.2	152	0.0	0	3.54	0.51	4.56	3.04	0.00
.....	SVG	28	7	7	0.00	0.00	9.4	94	0.57	0	0.47	0.94	2.36	1.42	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots,Rainbow	3 oz.svg.	35	0	65	2.00	0.00	200.0	*N/A*	*N/A*	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING,	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
	3.0 oz														
SB, Tomatoes, Grape	SERVING,	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
	2.61oz														
SB, Zucchini	SERVING,	12	0	5	0.68	0.25	10.9	136	12.18	2	0.82	2.12	0.22	0.06	0.00
	2.4 oz														
SB, Peas, thawed	SERVING,	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
	3.5 oz														
SB, Black Bean Salad	SVG	117	0	461	5.08	0.53	94.0	524	32.57	*3	4.44	19.71	2.89	0.27	*0.00
SB, Broccoli Florets	SERVING,	18	0	4	0.00	0.00	12.6	0	24.55	0	2.52	2.52	0.0	0.00	0.00
	1.1 oz														
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pears	SERVING,	74	0	12	2.46	0.00	0.0	74	0.0	15	0.0	17.24	0.0	0.00	0.00
	3.5 oz														
Halo, Mandarin Oranges	EACH	50	0	0	2.00	0.00	40.0	300	27.0	9	1.0	13.0	0.0	0.00	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00

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**Escondido Union School District**

**Apr 2, 2018 thru Apr 30, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/06/2018															
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		421	*27	680	5.07	*2.68	*367.7	*1236	*39.25	*32 *30.9%	21.54 20.5%	59.05 56.2%	11.99 25.6%	*3.24 *6.9%	*0.00 *0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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**Escondido Union School District**

**Apr 2, 2018 thru Apr 30, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/09/2018															
Elementary Lunch K-5	Total														
Quesadilla, Chicken	SERVING	300	45	560	3.00	2.70	250.0	200	0.0	1	19.0	31.0	11.0	4.50	0.00
FP: Taco, Beef Dip/ Nacho Chip	5.75 oz/serving	*603	*64	*1237	*9.93	*5.26	*283.0	*785	*7.0	*2	*23.93	*48.9	*32.53	*12.46	*0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots,Rainbow	3 oz.svg.	35	0	65	2.00	0.00	200.0	*N/A*	*N/A*	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Grape	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Bell,Peppers,Mixed	SERVING, 2.75oz	22	0	2	1.41	0.24	4.8	1312	66.64	2	0.79	4.64	0.16	0.02	0.00
SB, Peas, thawed	SERVING, 3.5 oz	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Broccoli Florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.6	0	24.55	0	2.52	2.52	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Applesauce Cinnamon	SERVING, 4.5 oz	87	0	3	1.54	0.16	4.1	8	2.17	19	0.21	22.33	0.22	0.04	0.00
Orange, Smiles	SERVING 4.95	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Jalapenos,	1.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00

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**Escondido Union School District**

**Apr 2, 2018 thru Apr 30, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/09/2018															
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		*580	*38	*845	*9.04	*4.29	*593.3	*1536	*80.22	*37 *25.2%	*26.16 *18.0%	*76.01 *52.4%	*19.86 *30.8%	*6.57 *10.2%	*0.00 *0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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**Escondido Union School District**

**Apr 2, 2018 thru Apr 30, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/10/2018															
Elementary Lunch K-5	Total														
Chix, Oven, & Waffle	SVG	257	73	656	2.51	1.63	50.3	0	0.0	2	18.2	17.57	12.89	2.78	0.00
Cheesy Bread	1 EACH	399	30	501	3.00	2.80	424.0	108	4.5	3	22.85	37.96	17.26	6.81	0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Sauce, Marinara	1 EACH	40	0	230	1.00	*N/A*	*N/A*	*N/A*	*N/A*	4	1.0	7.0	1.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Chs, PZA Guy, LUNCH	SLICE	347	36	384	4.16	2.43	411.3	825	5.08	2	20.4	38.98	12.69	6.48	0.00
Pizza, Pepp, PZA Guy, LUNCH	SLICE	359	42	490	4.16	2.89	417.9	819	2.08	2	21.75	21.75	15.59	7.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Caesar Salad	3 oz. svg.	199	10	159	10.07	4.08	155.3	*39438	*108.79	5	5.5	17.6	12.06	1.45	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots, Raw, Baby: 3.0 oz	3.0 SVG	30	0	67	3.04	9.11	0.8	11728	2.28	5	0.0	7.59	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Grape	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD, Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.0	0	0.0	3	7.0	8.0	15.0	2.00	0.00
SB, Corn: Frozen, yellow	SERVING, 3 oz	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Mandarin Oranges,	SERVING 4 oz	31	0	4	0.44	0.32	8.9	133	94.19	8	0.44	7.54	0.0	0.00	0.00
Fruit, Mix Fzn Mango	SERVING, 3 oz	65	0	0	1.80	0.00	0.0	765	27.7	15	0.27	17.0	0.0	0.00	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00

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**Escondido Union School District**

**Apr 2, 2018 thru Apr 30, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/10/2018															
Milk, FF, Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		557	46	805	5.55	*4.03	*518.6	*3114	*32.13	*39 *27.7%	27.43 19.7%	69.70 50.1%	19.64 31.7%	5.58 9.0%	*0.00 *0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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**Escondido Union School District**

**Apr 2, 2018 thru Apr 30, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 04/11/2018															
Elementary Lunch K-5															
Turkey & Gravy w Mash Potato	9 OZ SVG.	247	44	876	2.03	0.71	20.3	0	6.08	1	19.33	22.17	8.86	2.45	0.00
Sand: Veggie Burger, Twin	1 EACH	310	15	460	6.00	2.70	150.0	200	15.0	7	14.0	40.0	12.0	3.50	0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Roll, WG, - on Salad Bar	1 EACH	140	0	260	3.00	1.80	60.0	0	0.0	3	7.0	28.0	2.0	0.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Chs, PZA Guy, LUNCH	SLICE	347	36	384	4.16	2.43	411.3	825	5.08	2	20.4	38.98	12.69	6.48	0.00
Pizza, Pepp, PZA Guy, LUNCH	SLICE	359	42	490	4.16	2.89	417.9	819	2.08	2	21.75	21.75	15.59	7.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Caesar Salad	3 oz. svg.	199	10	159	10.07	4.08	155.3	*39438	*108.79	5	5.5	17.6	12.06	1.45	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots,Rainbow	3 oz.svg.	35	0	65	2.00	0.00	200.0	*N/A*	*N/A*	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Grape	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Bell,Peppers,Mixed	SERVING, 2.75oz	22	0	2	1.41	0.24	4.8	1312	66.64	2	0.79	4.64	0.16	0.02	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
A to Z Tomatoes, Heirloom	.5 CUP	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
SB, CND, Beans, Garbanzo	1/2 CUP	131	0	504	9.08	1.36	32.3	24	3.83	*N/A*	6.05	22.19	2.02	0.50	*N/A*
SB, Broccoli Florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.6	0	24.55	0	2.52	2.52	0.0	0.00	0.00
SB, Raisins, Ind Box	1 EACH	129	0	5	1.59	0.81	21.5	0	0.99	25	1.32	34.05	0.2	0.02	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pinappl Tidbt, Draind	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.8	0	12.07	19	1.01	22.8	0.0	0.00	0.00
Bananas, Whole,	EACH	147	0	2	4.28	0.43	8.2	105	14.33	20	1.8	37.62	0.54	0.18	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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**Escondido Union School District**

**Apr 2, 2018 thru Apr 30, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 04/11/2018															
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
	1 OZ														
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		600	29	898	8.49	*3.26	*458.4	*1668	*23.04	*44	27.73	88.27	17.11	4.57	*0.00
% of Calories										*29.3%	18.5%	58.8%	25.7%	6.9%	*0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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**Escondido Union School District**

**Apr 2, 2018 thru Apr 30, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/12/2018															
Elementary Lunch K-5	Total														
Sopes, Beef	SVG	328	78	505	2.00	1.72	810.1	404	5.67	4	24.33	25.96	14.58	7.29	0.00
Chix, Nuggets	SERVING, 5 Pcs	208	42	457	2.00	1.00	20.0	178	0.0	1	19.0	15.0	8.0	1.00	0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cracker, Goldfish, Chs	1 EACH	100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MEXICAN CONDIMENTS	1 EA	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Lettuce, Shredded	SVG	3	0	3	0.40	0.14	5.4	94	1.11	*N/A*	0.29	0.59	0.05	0.01	*N/A*
CD, Pico de Gallo	2 OZ. SVG	15	0	1171	0.63	0.22	5.0	386	9.27	*0	0.48	3.83	0.21	0.02	*0.00
CD, Shredded Cheese	SVG	58	15	91	0.00	0.10	101.2	152	0.0	0	3.54	0.51	4.56	3.04	0.00
CD, Sour Cream	SVG	28	7	7	0.00	0.00	9.4	94	0.57	0	0.47	0.94	2.36	1.42	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots, Raw, Baby: 3.0 oz	SERVING, 2.50 oz	30	0	67	3.04	9.11	0.8	11728	2.28	5	0.0	7.59	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Tomatoes, Grape	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Celery Sticks	SERVING, -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD, Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.0	0	0.0	3	7.0	8.0	15.0	2.00	0.00
SB, Corn: Frozen, yellow	SERVING, 3 oz	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
SB, Black Bean Salad	SVG	117	0	461	5.08	0.53	94.0	524	32.57	*3	4.44	19.71	2.89	0.27	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	SERVING, 4.5 oz	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
Strawberries, Raw	SERVING, 3 oz	27	0	1	1.70	0.35	13.6	10	50.01	4	0.57	6.53	0.26	0.13	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00

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**Escondido Union School District**

**Apr 2, 2018 thru Apr 30, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/12/2018															
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		515	51	754	5.20	*3.63	*704.4	*2508	*37.48	*35 *27.1%	28.69 22.3%	63.05 49.0%	17.52 30.6%	5.64 9.8%	*0.00 *0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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**Escondido Union School District**

**Apr 2, 2018 thru Apr 30, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/13/2018															
Elementary Lunch K-5	Total														
Sand: Fish Fillet	1 EACH	330	55	600	6.00	3.24	160.0	0	0.0	*4	26.0	50.0	5.0	0.00	*0.00
Cheeseburger, Mini	1 EACH	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots,Rainbow	3 oz.svg.	35	0	65	2.00	0.00	200.0	*N/A*	*N/A*	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Grape	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Zucchini	SERVING, 2.4 oz	12	0	5	0.68	0.25	10.9	136	12.18	2	0.82	2.12	0.22	0.06	0.00
SB, Peas, thawed	SERVING, 3.5 oz	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
SB, Black Bean Salad	SVG	117	0	461	5.08	0.53	94.0	524	32.57	*3	4.44	19.71	2.89	0.27	*0.00
SB, Broccoli Florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.6	0	24.55	0	2.52	2.52	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pears	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.0	74	0.0	15	0.0	17.24	0.0	0.00	0.00
Halo, Mandarin Oranges	EACH	50	0	0	2.00	0.00	40.0	300	27.0	9	1.0	13.0	0.0	0.00	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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**Escondido Union School District**

**Apr 2, 2018 thru Apr 30, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/13/2018															
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		536	42	739	6.91	*3.66	*496.8	*1314	*38.26	*37 *27.4%	29.81 22.2%	78.86 58.8%	13.15 22.1%	3.13 5.3%	*0.00 *0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/16/2018															
Elementary Lunch K-5	Total														
FP: Travelin' Taco -	4.0 serving	*177	*15	*316	*6.27	*2.16	*162.9	*337	*2.64	*1	*9.83	*21.29	*5.93	*3.30	*0.00
Tamale, Chicken, Green Sauce	1 EACH	340	40	800	3.00	2.70	80.0	300	21.0	1	19.0	32.0	18.0	2.00	0.00
Chix, Drummys	SERVING	254	37	360	2.12	1.52	21.2	0	0.0	1	14.83	15.89	14.83	3.71	0.00
	4 EA														
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pretzel, Goldfish, 300/.75oz/c	1 EACH	90	0	250	1.00	0.72	0.0	0	0.0	*N/A*	2.0	16.0	1.5	0.00	*N/A*
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots,Rainbow	3 oz.svg.	35	0	65	2.00	0.00	200.0	*N/A*	*N/A*	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Grape	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Bell,Peppers,Mixed	SERVING, 2.75oz	22	0	2	1.41	0.24	4.8	1312	66.64	2	0.79	4.64	0.16	0.02	0.00
SB, Peas, thawed	SERVING, 3.5 oz	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Broccoli Florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.6	0	24.55	0	2.52	2.52	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Applesauce Cinnamon	SERVING, 4.5 oz	87	0	3	1.54	0.16	4.1	8	2.17	19	0.21	22.33	0.22	0.04	0.00
Orange, Smiles	SERVING 4.95	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00

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**Escondido Union School District**

**Apr 2, 2018 thru Apr 30, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/16/2018															
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		*555	*34	*807	*7.76	*3.73	*476.7	*1422	*87.25	*37 *26.4%	*25.94 *18.7%	*71.77 *51.8%	*20.68 *33.6%	*4.23 *6.9%	*0.00 *0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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**Escondido Union School District**

**Apr 2, 2018 thru Apr 30, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/17/2018															
Elementary Lunch K-5	Total														
Corn Dog w/Tots	SVG	370	40	700	7.80	1.80	80.0	0	3.6	5	11.0	47.0	14.0	3.50	0.00
Sand: Chix, Spicy Patty	SANDWIC	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Chs, PZA Guy, LUNCH	SLICE	347	36	384	4.16	2.43	411.3	825	5.08	2	20.4	38.98	12.69	6.48	0.00
Pizza, Pepp, PZA Guy, LUNCH	SLICE	359	42	490	4.16	2.89	417.9	819	2.08	2	21.75	21.75	15.59	7.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Caesar Salad	3 oz. svg.	199	10	159	10.07	4.08	155.3	*39438	*108.79	5	5.5	17.6	12.06	1.45	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots, Raw, Baby: 3.0 oz	3.0 SVG	30	0	67	3.04	9.11	0.8	11728	2.28	5	0.0	7.59	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Grape	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD, Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.0	0	0.0	3	7.0	8.0	15.0	2.00	0.00
SB, Corn: Frozen, yellow	SERVING, 3 oz	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Mandarin Oranges,	SERVING 4 oz	31	0	4	0.44	0.32	8.9	133	94.19	8	0.44	7.54	0.0	0.00	0.00
Fruit, Mix Fzn Mango	SERVING, 3 oz	65	0	0	1.80	0.00	0.0	765	27.7	15	0.27	17.0	0.0	0.00	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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# Escondido Union School District

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/17/2018															
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
	1 OZ														
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		595	37	917	8.55	*4.09	*438.7	*3134	*32.22	*40	26.09	84.41	17.90	4.13	*0.00
% of Calories										*26.9%	17.5%	56.8%	27.1%	6.2%	*0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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**Escondido Union School District**

**Apr 2, 2018 thru Apr 30, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 04/18/2018															
Elementary Lunch K-5	Total														
FP: Macaroni & Cheese	Pan 31 6 o z ser	140	0	260	3.00	1.80	60.0	0	0.0	3	7.0	28.0	2.0	0.50	0.00
Cheeseburger, Mini	1 EACH	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Roll, WG, - on Salad Bar	1 EACH	140	0	260	3.00	1.80	60.0	0	0.0	3	7.0	28.0	2.0	0.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Caesar Salad	3 oz. svg.	199	10	159	10.07	4.08	155.3	*39438	*108.79	5	5.5	17.6	12.06	1.45	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots,Rainbow	3 oz.svg.	35	0	65	2.00	0.00	200.0	*N/A*	*N/A*	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Grape	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Bell,Peppers,Mixed	SERVING, 2.75oz	22	0	2	1.41	0.24	4.8	1312	66.64	2	0.79	4.64	0.16	0.02	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
A to Z Ugli Fruit	CUP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Beans, Garbanzo	1/2 CUP	131	0	504	9.08	1.36	32.3	24	3.83	*N/A*	6.05	22.19	2.02	0.50	*N/A*
SB, Broccoli Florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.6	0	24.55	0	2.52	2.52	0.0	0.00	0.00
SB, Raisins, Ind Box	1 EACH	129	0	5	1.59	0.81	21.5	0	0.99	25	1.32	34.05	0.2	0.02	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pinappl Tidbt, Draind	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.8	0	12.07	19	1.01	22.8	0.0	0.00	0.00
Bananas, Whole,	EACH	147	0	2	4.28	0.43	8.2	105	14.33	20	1.8	37.62	0.54	0.18	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00

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**Escondido Union School District**

**Apr 2, 2018 thru Apr 30, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 04/18/2018															
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		539	20	612	7.78	*3.68	*445.7	*1621	*16.04	*44 *32.4%	24.08 17.9%	87.39 64.9%	12.83 21.4%	3.47 5.8%	*0.00 *0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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**Escondido Union School District**

**Apr 2, 2018 thru Apr 30, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/19/2018															
Elementary Lunch K-5	Total														
Salisbury Steak	SVG.	240	32	958	3.23	2.20	43.4	7	1.2	2	15.13	23.73	9.84	3.65	*0.00
Sand: Cheese, Grilled, WG	1 EACH	280	32	581	3.00	1.64	4650.2	524	0.0	6	18.55	30.96	9.91	5.56	0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Roll, WG, - on Salad Bar	1 EACH	140	0	260	3.00	1.80	60.0	0	0.0	3	7.0	28.0	2.0	0.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots, Raw, Baby: 3.0 oz	SERVING	30	0	67	3.04	9.11	0.8	11728	2.28	5	0.0	7.59	0.0	0.00	0.00
	2.50 oz														
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Tomatoes, Grape	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD, Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.0	0	0.0	3	7.0	8.0	15.0	2.00	0.00
SB, Corn: Frozen, yellow	SERVING, 3 oz	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
SB, Black Bean Salad	SVG	117	0	461	5.08	0.53	94.0	524	32.57	*3	4.44	19.71	2.89	0.27	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	SERVING, 4.5 oz	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
Strawberries, Raw	SERVING, 3 oz	27	0	1	1.70	0.35	13.6	10	50.01	4	0.57	6.53	0.26	0.13	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00

**\*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  
**1-** Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Escondido Union School District

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/19/2018															
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		501	29	961	6.01	*4.03	*1786.0	*2448	*35.72	*36	24.88	67.05	16.11	5.50	*0.00
% of Calories										*28.4%	19.9%	53.5%	28.9%	9.9%	*0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**Escondido Union School District**

**Apr 2, 2018 thru Apr 30, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/20/2018															
Elementary Lunch K-5	Total														
Beef, Chs-Burger, Smokie Grill	1 EACH	435	80	900	3.00	3.24	195.0	200	0.0	*4	26.5	33.5	22.5	9.25	*1.00
Fish Sticks	SERVING	200	55	380	3.00	1.44	60.0	50	0.0	1	18.0	21.0	5.0	0.50	0.00
	4 EACH														
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots,Rainbow	3 oz.svg.	35	0	65	2.00	0.00	200.0	*N/A*	*N/A*	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING,	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
	3.0 oz														
SB, Tomatoes, Grape	SERVING,	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
	2.61oz														
SB, Zucchini	SERVING,	12	0	5	0.68	0.25	10.9	136	12.18	2	0.82	2.12	0.22	0.06	0.00
	2.4 oz														
SB, Peas, thawed	SERVING,	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
	3.5 oz														
SB, Black Bean Salad	SVG	117	0	461	5.08	0.53	94.0	524	32.57	*3	4.44	19.71	2.89	0.27	*0.00
SB, Broccoli Florets	SERVING,	18	0	4	0.00	0.00	12.6	0	24.55	0	2.52	2.52	0.0	0.00	0.00
	1.1 oz														
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pears	SERVING,	74	0	12	2.46	0.00	0.0	74	0.0	15	0.0	17.24	0.0	0.00	0.00
	3.5 oz														
Halo, Mandarin Oranges	EACH	50	0	0	2.00	0.00	40.0	300	27.0	9	1.0	13.0	0.0	0.00	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
	1 OZ														
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00

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**Escondido Union School District**

**Apr 2, 2018 thru Apr 30, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/20/2018															
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		556	55	867	5.83	*3.25	*504.2	*1379	*38.26	*36	29.50	69.17	19.31	6.11	*0.40
% of Calories										*25.8%	21.2%	49.7%	31.2%	9.9%	*0.6%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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Escondido Union School District

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/23/2018															
Elementary Lunch K-5	Total														
Quesadilla, Chicken	1 EACH	300	45	560	3.00	2.70	250.0	200	0.0	1	19.0	31.0	11.0	4.50	0.00
FP: Taco, Beef Dip/ Nacho Chip	5.75 oz/serving	*603	*64	*1237	*9.93	*5.26	*283.0	*785	*7.0	*2	*23.93	*48.9	*32.53	*12.46	*0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Burrito, Bean & Cheese	1 EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots,Rainbow	3 oz.svg.	35	0	65	2.00	0.00	200.0	*N/A*	*N/A*	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Grape	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Bell,Peppers,Mixed	SERVING, 2.75oz	22	0	2	1.41	0.24	4.8	1312	66.64	2	0.79	4.64	0.16	0.02	0.00
SB, Peas, thawed	SERVING, 3.5 oz	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Broccoli Florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.6	0	24.55	0	2.52	2.52	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Applesauce Cinnamon	SERVING, 4.5 oz	87	0	3	1.54	0.16	4.1	8	2.17	19	0.21	22.33	0.22	0.04	0.00
Orange, Smiles	SERVING 4.95	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Jalapenos,	1.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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# Escondido Union School District

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/23/2018															
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		*672	*47	*1017	*10.89	*5.15	*589.2	*1585	*80.95	*36	*29.43	*82.39	*25.36	*8.37	*0.00
% of Calories										*21.3%	*17.5%	*49.0%	*33.9%	*11.2%	*0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

\*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

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**Escondido Union School District**

**Apr 2, 2018 thru Apr 30, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/24/2018															
Elementary Lunch K-5	Total														
Chix: Orange w Brwn Rice-Elem.	SERVING	263	40	280	1.33	1.20	0.0	50	1.2	10	13.67	43.66	3.67	0.50	0.00
Sand: Turkey & Cheese	SANDWIC	380	70	1030	3.00	2.16	250.0	300	0.0	4	30.0	34.0	15.5	6.50	0.00
Sand: PBJ, Grape, WG	EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Chs, PZA Guy, LUNCH	SLICE	347	36	384	4.16	2.43	411.3	825	5.08	2	20.4	38.98	12.69	6.48	0.00
Pizza, Pepp, PZA Guy, LUNCH	SLICE	359	42	490	4.16	2.89	417.9	819	2.08	2	21.75	21.75	15.59	7.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Caesar Salad	3 oz. svg.	199	10	159	10.07	4.08	155.3	*39438	*108.79	5	5.5	17.6	12.06	1.45	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots, Raw, Baby: 3.0 oz	3.0 SVG	30	0	67	3.04	9.11	0.8	11728	2.28	5	0.0	7.59	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Grape	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD, Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.0	0	0.0	3	7.0	8.0	15.0	2.00	0.00
SB, Corn: Frozen, yellow	SERVING, 3 oz	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Mandarin Oranges,	SERVING 4 oz	31	0	4	0.44	0.32	8.9	133	94.19	8	0.44	7.54	0.0	0.00	0.00
Fruit, Mix Fzn Mango	SERVING, 3 oz	65	0	0	1.80	0.00	0.0	765	27.7	15	0.27	17.0	0.0	0.00	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

**\*N/A\*** - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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**Escondido Union School District**

**Apr 2, 2018 thru Apr 30, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 04/24/2018															
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
	1 OZ														
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		501	37	633	4.66	*3.33	*329.7	*2997	*30.99	*40	23.68	74.78	13.09	3.29	*0.00
% of Calories										*32.0%	18.9%	59.7%	23.5%	5.9%	*0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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**Escondido Union School District**

**Apr 2, 2018 thru Apr 30, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 04/25/2018															
Elementary Lunch K-5	Total														
Sand: Veggie Burger, Twin	1 EACH	310	15	460	6.00	2.70	150.0	200	15.0	7	14.0	40.0	12.0	3.50	0.00
Pizza, Pepperoni, WG	1 EACH	340	35	580	3.00	1.80	400.0	500	9.0	4	20.0	34.0	18.0	9.00	0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Sauce, Marinara	1 EACH	40	0	230	1.00	*N/A*	*N/A*	*N/A*	*N/A*	4	1.0	7.0	1.0	0.00	0.00
.....	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Chs, PZA Guy, LUNCH	SLICE	347	36	384	4.16	2.43	411.3	825	5.08	2	20.4	38.98	12.69	6.48	0.00
Pizza, Pepp, PZA Guy, LUNCH	SLICE	359	42	490	4.16	2.89	417.9	819	2.08	2	21.75	21.75	15.59	7.50	0.00
.....	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Caesar Salad	3 oz. svg.	199	10	159	10.07	4.08	155.3	*39438	*108.79	5	5.5	17.6	12.06	1.45	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots,Rainbow	3 oz.svg.	35	0	65	2.00	0.00	200.0	*N/A*	*N/A*	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Grape	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Bell,Peppers,Mixed	SERVING, 2.75oz	22	0	2	1.41	0.24	4.8	1312	66.64	2	0.79	4.64	0.16	0.02	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
A to Z Vermicelli Stir Fry	2.50 oz svg	71	0	9	1.59	0.83	20.3	676	46.6	*2	1.89	15.21	0.15	0.03	*0.00
SB, CND, Beans, Garbanzo	1/2 CUP	131	0	504	9.08	1.36	32.3	24	3.83	*N/A*	6.05	22.19	2.02	0.50	*N/A*
SB, Broccoli Florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.6	0	24.55	0	2.52	2.52	0.0	0.00	0.00
SB, Raisins, Ind Box	1 EACH	129	0	5	1.59	0.81	21.5	0	0.99	25	1.32	34.05	0.2	0.02	0.00
.....	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pinappl Tidbt, Draind	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.8	0	12.07	19	1.01	22.8	0.0	0.00	0.00
Bananas, Whole,	EACH	147	0	2	4.28	0.43	8.2	105	14.33	20	1.8	37.62	0.54	0.18	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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**Escondido Union School District**

**Apr 2, 2018 thru Apr 30, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 04/25/2018															
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
	1 OZ														
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		498	16	547	6.91	*2.64	*503.8	*1730	*20.21	*43	20.88	78.15	14.16	4.61	*0.00
% of Calories										*34.7%	16.8%	62.7%	25.6%	8.3%	*0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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**Escondido Union School District**

**Apr 2, 2018 thru Apr 30, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/26/2018															
Elementary Lunch K-5	Total														
Corn Dog w/Tots	SVG	370	40	700	7.80	1.80	80.0	0	3.6	5	11.0	47.0	14.0	3.50	0.00
Sand: Cheese, Grilled, WG	1 EACH	280	32	581	3.00	1.64	4650.2	524	0.0	6	18.55	30.96	9.91	5.56	0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots, Raw, Baby: 3.0 oz	SERVING	30	0	67	3.04	9.11	0.8	11728	2.28	5	0.0	7.59	0.0	0.00	0.00
SB, Cucumber, Sliced	2.50 oz SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Tomatoes, Grape	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD, Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.0	0	0.0	3	7.0	8.0	15.0	2.00	0.00
SB, Corn: Frozen, yellow	SERVING, 3 oz	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
SB, Black Bean Salad	SVG	117	0	461	5.08	0.53	94.0	524	32.57	*3	4.44	19.71	2.89	0.27	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	SERVING, 4.5 oz	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
Strawberries, Raw	SERVING, 3 oz	27	0	1	1.70	0.35	13.6	10	50.01	4	0.57	6.53	0.26	0.13	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00

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# Escondido Union School District

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/26/2018															
	1 OZ														
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		510	30	779	8.33	*3.58	*400.6	*2157	*36.98	*33	18.84	70.77	17.03	4.25	*0.00
% of Calories										*25.8%	14.8%	55.5%	30.0%	7.5%	*0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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**Escondido Union School District**

**Apr 2, 2018 thru Apr 30, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/27/2018															
Elementary Lunch K-5	Total														
Sand: Fish Fillet	1 EACH	330	55	600	6.00	3.24	160.0	0	0.0	*4	26.0	50.0	5.0	0.00	*0.00
Cheeseburger, Mini	1 EACH	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots,Rainbow	3 oz.svg.	35	0	65	2.00	0.00	200.0	*N/A*	*N/A*	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Grape	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Zucchini	SERVING, 2.4 oz	12	0	5	0.68	0.25	10.9	136	12.18	2	0.82	2.12	0.22	0.06	0.00
SB, Peas, thawed	SERVING, 3.5 oz	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
SB, Black Bean Salad	SVG	117	0	461	5.08	0.53	94.0	524	32.57	*3	4.44	19.71	2.89	0.27	*0.00
SB, Broccoli Florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.6	0	24.55	0	2.52	2.52	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pears	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.0	74	0.0	15	0.0	17.24	0.0	0.00	0.00
Halo, Mandarin Oranges	EACH	50	0	0	2.00	0.00	40.0	300	27.0	9	1.0	13.0	0.0	0.00	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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**Escondido Union School District**

**Apr 2, 2018 thru Apr 30, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 04/27/2018															
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		434	28	517	4.99	*2.74	*415.1	*1266	*37.72	*35 *32.7%	22.30 20.6%	63.67 58.7%	11.09 23.0%	2.85 5.9%	*0.00 *0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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**Escondido Union School District**

**Apr 2, 2018 thru Apr 30, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/30/2018															
Elementary Lunch K-5															
Burrito, Salsa Verde Chicken	Total														
Pizza, Sticks	1 EACH	495	105	877	7.41	3.71	135.2	91	44.0	3	24.04	72.73	11.26	3.00	0.00
Sand: PBJ, Grape, WG	2 EACH	420	30	540	4.00	2.88	0.0	400	0.0	4	24.0	50.0	12.0	6.00	0.00
Cheese, String 2/Cracker 1	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Yogurt w Pretzels	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
.....	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
SB, Sauce, Marinara	1 EACH	40	0	230	1.00	*N/A*	*N/A*	*N/A*	*N/A*	4	1.0	7.0	1.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots,Rainbow	3 oz.svg.	35	0	65	2.00	0.00	200.0	*N/A*	*N/A*	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING,	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Grape	3.0 oz														
SB, Bell,Peppers,Mixed	SERVING,	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Peas, thawed	2.61oz														
.....	SERVING,	22	0	2	1.41	0.24	4.8	1312	66.64	2	0.79	4.64	0.16	0.02	0.00
SB, Broccoli Florets	2.75oz														
.....	SERVING,	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
SB, Broccoli Florets	3.5 oz														
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Broccoli Florets	SERVING,	18	0	4	0.00	0.00	12.6	0	24.55	0	2.52	2.52	0.0	0.00	0.00
SB, Broccoli Florets	1.1 oz														
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Applesauce Cinnamon	SERVING,	87	0	3	1.54	0.16	4.1	8	2.17	19	0.21	22.33	0.22	0.04	0.00
SB, CND, Applesauce Cinnamon	4.5 oz														
Orange, Smiles	SERVING	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Orange, Smiles	4.95														
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	1 OZ														

**\*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**  
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**Escondido Union School District**

**Apr 2, 2018 thru Apr 30, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 04/30/2018															
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		558	33	650	8.89	*3.54	*439.9	*1314	*89.47	*39	23.57	82.01	16.40	3.96	*0.00
% of Calories										*28.2%	16.9%	58.8%	26.5%	6.4%	*0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

Weighted Average		*490	*30	*685	*6.40	*3.29	*507.5	*1833	*39.99	*36 *65.5%	*22.77 *18.6%	*68.45 *55.9%	*15.16 *27.9%	*4.23 *7.8%	*N/A*
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	490		550 - 650	89%	Missing	60		Correction Required - Calories are Low
Cholesterol (mg)	30				Missing			
Sodium 1 (mg)	685		1230		Missing			
Sodium 2 (mg)	685		935		Missing			
Fiber (g)	6.40				Missing			
Iron (mg)	3.29		3.50	94%	Missing	0.21	Correction Required - Iron is Low	
Calcium (mg)	507.5		286.00	177%	Missing			
Vitamin A (IU)	1833		1120	164%	Missing			
Sugars (g)	36	29.09%			Missing			
Vitamin C (mg)	39.99		15.00	267%	Missing			
Protein (g)	22.77	18.60%	10.00	228%	Missing			
Carbohydrate (g)	68.45	55.92%			Missing			
Total Fat (g)	15.16	27.86%	<=35.00%		Missing			
Saturated Fat (g)	4.23	7.78%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	*N/A*				Missing			

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**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.