

Escondido Union School District

Sep 15, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Elementary Breakfast 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 ¹ (g)
Fri - 09/15/2017															
Elementary Breakfast K-5	Total														
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bk, Fr.Tst. Sausage	SERVING	227	22	324	2.75	2.26	157.8	308	4.97	6	11.04	25.03	9.47	2.19	0.00
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Yogurt with Cinn Bitz	1 EACH	226	4	104	2.10	1.28	343.0	681	1.67	26	5.3	42.3	4.51	0.60	0.00
Bagel, Pizza , Breakfast	1 EACH	192	15	363	1.80	1.59	217.0	73	3.8	4	11.65	23.16	5.71	3.01	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
Preschool Items	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt with Cinn Bitz	1 EACH	226	4	104	2.10	1.28	343.0	681	1.67	26	5.3	42.3	4.51	0.60	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, Apricots, Sliced	SERVING, 4.25oz	101	0	3	3.31	4.30	41.3	91	4.3	18	1.65	24.79	0.0	0.00	0.00
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Apples, 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
.....	...	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
Juice, Assorted, 4 oz. each	1 EACH	110	0	29	0.00	0.00	10.0	230	30.0	27	1.0	27.5	0.0	0.00	0.00
Milk/PK-ONLY/1/2 GAL/6 oz.	6 oz svg	71	9	75	0.00	0.00	200.0	350	0.0	9	5.73	8.49	1.65	1.08	*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
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, 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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average		362	13	363	3.92	4.82	388.2	770	5.90	*33	15.99	60.71	7.16	1.81	*0.00
% of Calories										*36.7%	17.7%	67.1%	17.8%	4.5%	*0.0%
Nutrient Guideline		350-500		540									<=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

Sep 15, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Elementary Breakfast 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 ¹ (g)
Mon - 09/18/2017															
Elementary Breakfast K-5	Total														
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Coffee Cake WG	1 EACH	251	34	241	1.93	1.39	57.9	0	0.0	18	4.83	37.65	8.69	0.97	0.00
Brkfst, Eggs Scram. w/Muffin	1 EACH	253	348	449	1.70	1.84	54.1	525	0.5	*7	11.39	22.75	12.19	3.60	*0.00
Yogurt with Cinn Bitz	1 EACH	226	4	104	2.10	1.28	343.0	681	1.67	26	5.3	42.3	4.51	0.60	0.00
Bar, Peanut Butter & Jelly	1 EACH	300	0	220	4.00	1.44	20.0	70	0.0	14	9.0	32.0	17.0	3.50	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
Preschool Items	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Brkfst, Eggs Scram. w/Muffin	1 EACH	253	348	449	1.70	1.84	54.1	525	0.5	*7	11.39	22.75	12.19	3.60	*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, Fruit Mixed, Lt Syrup	SERVING, 3.5 oz	72	0	8	1.40	0.40	7.6	132	2.4	*N/A*	0.6	18.8	0.0	0.00	*N/A*
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Apples, 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
Apples, Gala,138 ct.	EACH	98	*N/A*	2	3.96	0.21	12.0	48	*N/A*	18	0.43	23.53	0.21	*N/A*	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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	1 EACH	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	0.0	0.00	0.00
Milk/PK-ONLY/1/2 GAL/6 oz.	6 oz svg	71	9	75	0.00	0.00	200.0	350	0.0	9	5.73	8.49	1.65	1.08	*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
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, 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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average		381	*121	436	3.24	4.32	338.5	894	*3.95	*36	14.55	61.11	9.23	*1.90	*0.00
% of Calories										*37.3%	15.3%	64.1%	21.8%	*4.5%	*0.0%
Nutrient Guideline		350-500		540									<=35.0	<10.00	

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Base Menu Spreadsheet

Elementary Breakfast 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 ¹ (g)
Tue - 09/19/2017															
Elementary Breakfast K-5	Total														
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Pizza, Breakfast Sausage	1 EACH	185	16	355	1.87	0.83	191.2	246	7.51	2	9.96	18.49	8.67	4.18	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Yogurt with Cinn Bitz	1 EACH	226	4	104	2.10	1.28	343.0	681	1.67	26	5.3	42.3	4.51	0.60	0.00
Brkfst,Burrito, Egg & Chorizo	1 EACH	200	40	370	3.00	2.70	150.0	500	1.2	0	9.0	22.0	9.0	3.50	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
Preschool Items	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
PK-Pizza,Bk.Turkey Sausage	1 Each	182	19	373	2.49	1.76	181.0	49	375.0	3	11.0	22.0	5.47	2.36	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, 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
Apples, Gala,138 ct.	EACH	98	*N/A*	2	3.96	0.21	12.0	48	*N/A*	18	0.43	23.53	0.21	*N/A*	0.00
Apples, 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
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	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
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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk/PK-ONLY/1/2 GAL/6 oz.	6 oz svg	71	9	75	0.00	0.00	200.0	350	0.0	9	5.73	8.49	1.65	1.08	*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
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, 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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average		444	*18	411	6.30	4.57	368.7	856	*9.34	*41	14.07	80.84	8.03	*2.66	*0.00
% of Calories										*36.7%	12.7%	72.9%	16.3%	*5.4%	*0.0%
Nutrient Guideline		350-500		540									<=35.0	<10.00	

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Elementary Breakfast 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 ¹ (g)
Wed - 09/20/2017															
Elementary Breakfast K-5															
	Total														
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Burrito,Bacon,Egg,chs&tots	1 EACH	349	195	716	5.05	2.49	161.9	354	1.35	1	12.75	35.38	16.25	5.87	0.00
Pancakes,Mini, Maple	1 EACH	230	0	150	3.00	0.72	40.0	0	0.0	14	4.0	41.0	7.0	0.50	0.00
Yogurt with Cinn Bitz	1 EACH	226	4	104	2.10	1.28	343.0	681	1.67	26	5.3	42.3	4.51	0.60	0.00
Bar, Peanut Butter & Jelly	1 EACH	300	0	220	4.00	1.44	20.0	70	0.0	14	9.0	32.0	17.0	3.50	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
Preschool Items															
Pancakes,Mini, Maple	1 EACH	230	0	150	3.00	0.72	40.0	0	0.0	14	4.0	41.0	7.0	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, 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
Apples, Gala,138 ct.	EACH	98	*N/A*	2	3.96	0.21	12.0	48	*N/A*	18	0.43	23.53	0.21	*N/A*	0.00
Apples, 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
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	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
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
.....	...	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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	1 EACH	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	0.0	0.00	0.00
Milk/PK-ONLY/1/2 GAL/6 oz.	6 oz svg	71	9	75	0.00	0.00	200.0	350	0.0	9	5.73	8.49	1.65	1.08	*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
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, 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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average		473	*69	530	7.13	5.18	392.9	1030	*5.46	*45	15.12	81.77	10.29	*2.71	*0.00
% of Calories										*38.5%	12.8%	69.1%	19.6%	*5.2%	*0.0%
Nutrient Guideline		350-500		540									<=35.0	<10.00	

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Elementary Breakfast 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 ¹ (g)
Thu - 09/21/2017															
Elementary Breakfast K-5	Total														
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Breakfast "Jax" Sandwich	1 EACH	385	150	911	0.00	0.92	91.8	364	0.61	*0	19.31	33.1	20.4	7.76	*0.00
Bar, Peanut Butter & Jelly	1 EACH	300	0	220	4.00	1.44	20.0	70	0.0	14	9.0	32.0	17.0	3.50	0.00
Yogurt with Cinn Bitz	1 EACH	226	4	104	2.10	1.28	343.0	681	1.67	26	5.3	42.3	4.51	0.60	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	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
Preschool Items	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cereal: Chex & Cinn Bitz	1 EACH	240	0	240	3.00	5.58	120.0	500	6.0	18	4.0	49.0	4.0	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
Juice, Orange 4 oz.Hollandia	1 EACH	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	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, 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
Apples, Gala, 138 ct.	EACH	98	*N/A*	2	3.96	0.21	12.0	48	*N/A*	18	0.43	23.53	0.21	*N/A*	0.00
Apples, 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
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	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
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
Milk/PK-ONLY/1/2 GAL/6 oz.	6 oz svg	71	9	75	0.00	0.00	200.0	350	0.0	9	5.73	8.49	1.65	1.08	*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
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, 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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average		427	*38	516	3.77	4.91	347.4	910	*5.23	*32	15.23	70.51	10.28	*3.15	*0.00
% of Calories										*29.7%	14.3%	66.1%	21.7%	*6.7%	*0.0%
Nutrient Guideline		350-500		540									<=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

Sep 15, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Elementary Breakfast 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 ¹ (g)
Fri - 09/22/2017															
Elementary Breakfast K-5	Total														
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bk, Fr.Tst. Sausage	SERVING	227	22	324	2.75	2.26	157.8	308	4.97	6	11.04	25.03	9.47	2.19	0.00
Bagel, Pizza , Breakfast	1 EACH	192	15	363	1.80	1.59	217.0	73	3.8	4	11.65	23.16	5.71	3.01	0.00
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Yogurt with Cinn Bitz	1 EACH	226	4	104	2.10	1.28	343.0	681	1.67	26	5.3	42.3	4.51	0.60	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
Preschool Items	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
PK-Bk.Cinn Fr.Tst/Turk Sausage	1 Each	300	40	350	2.00	1.08	40.0	0	0.0	*10	12.0	38.0	11.0	2.00	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
Juice,Assorted, 4 oz.each	1 EACH	110	0	29	0.00	0.00	10.0	230	30.0	27	1.0	27.5	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, Apricots, Sliced	SERVING, 4.25oz	101	0	3	3.31	4.30	41.3	91	4.3	18	1.65	24.79	0.0	0.00	0.00
Apples, Gala,138 ct.	EACH	98	*N/A*	2	3.96	0.21	12.0	48	*N/A*	18	0.43	23.53	0.21	*N/A*	0.00
Apples, 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
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	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
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
Milk/PK-ONLY/1/2 GAL/6 oz.	6 oz svg	71	9	75	0.00	0.00	200.0	350	0.0	9	5.73	8.49	1.65	1.08	*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
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, 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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average		362	*10	382	3.94	5.65	403.4	860	*7.07	*35	15.21	63.26	6.50	*1.76	*0.00
% of Calories										*38.4%	16.8%	69.9%	16.2%	*4.4%	*0.0%
Nutrient Guideline		350-500		540									<=35.0	<10.00	

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Escondido Union School District

Sep 15, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Elementary Breakfast 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 ¹ (g)
Mon - 09/25/2017															
Elementary Breakfast K-5	Total														
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Cinnamon Roll, WG, IW	1 EACH	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.01	11.0	6.00	0.00
HomeRun Breakfast-Elem	SVG	591	296	1515	2.00	3.14	86.6	427	7.37	*6	23.35	62.38	27.81	6.10	*0.00
Yogurt with Cinn Bitz	1 EACH	226	4	104	2.10	1.28	343.0	681	1.67	26	5.3	42.3	4.51	0.60	0.00
Bar, Peanut Butter & Jelly	1 EACH	300	0	220	4.00	1.44	20.0	70	0.0	14	9.0	32.0	17.0	3.50	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
Preschool Items	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
PK-Oatmeal Choc. Chip Bar	1 EACH	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	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
Juice, Apple-Berry 4 oz.	1 EACH	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	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, Fruit Mixed, Lt Syrup	SERVING, 3.5 oz	72	0	8	1.40	0.40	7.6	132	2.4	*N/A*	0.6	18.8	0.0	0.00	*N/A*
Fruit, Fresh Mon 1	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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, 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
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	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
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
Milk/PK-ONLY/1/2 GAL/6 oz.	6 oz svg	71	9	75	0.00	0.00	200.0	350	0.0	9	5.73	8.49	1.65	1.08	*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
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, 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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average		506	106	813	3.59	4.85	370.2	996	6.72	*35	19.27	76.42	15.18	3.75	*0.00
% of Calories										*27.9%	15.2%	60.4%	27.0%	6.7%	*0.0%
Nutrient Guideline		350-500		540									<=35.0	<10.00	

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Escondido Union School District

Sep 15, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Elementary Breakfast 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 ¹ (g)
Tue - 09/26/2017															
Elementary Breakfast K-5	Total														
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Pizza,BK,Turk,Egg,Cheese	1 Each	200	45	320	2.00	1.44	150.0	200	0.0	4	9.0	26.0	7.0	2.00	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Yogurt with Cinn Bitz	EACH	226	4	104	2.10	1.28	343.0	681	1.67	26	5.3	42.3	4.51	0.60	0.00
Brkfst,Burrito, Egg & Chorizo	1 EACH	200	40	370	3.00	2.70	150.0	500	1.2	0	9.0	22.0	9.0	3.50	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
Preschool Items	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza,BK,Turk,Egg,Cheese	1 Each	200	45	320	2.00	1.44	150.0	200	0.0	4	9.0	26.0	7.0	2.00	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
Juice, Orange 4 oz.Hollandia	1 EACH	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	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, 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
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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, 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
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	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
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
Milk/PK-ONLY/1/2 GAL/6 oz.	6 oz svq	71	9	75	0.00	0.00	200.0	350	0.0	9	5.73	8.49	1.65	1.08	*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
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, 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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average		435	20	391	5.02	4.45	342.0	1231	20.97	*39	13.41	80.59	7.67	2.28	*0.00
% of Calories										*36.0%	12.3%	74.0%	15.8%	4.7%	*0.0%
Nutrient Guideline		350-500		540									<=35.0	<10.00	

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Escondido Union School District

Sep 15, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Elementary Breakfast 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 ¹ (g)
Wed - 09/27/2017															
Elementary Breakfast K-5	Total														
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Burrito, Ham,Egg,chs&tots	1 EACH	405	150	835	5.05	2.51	320.9	448	1.55	*1	17.3	35.9	20.39	9.60	*9.40
Waffles, Mini, Maple	1 EACH	174	9	183	1.83	0.33	18.3	0	0.0	13	2.74	30.16	4.57	0.91	0.00
Yogurt with Cinn Bitz	EACH	226	4	104	2.10	1.28	343.0	681	1.67	26	5.3	42.3	4.51	0.60	0.00
Bar, Peanut Butter & Jelly	1 EACH	300	0	220	4.00	1.44	20.0	70	0.0	14	9.0	32.0	17.0	3.50	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
Preschool Items	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Waffles, Mini, Maple	1 EACH	174	9	183	1.83	0.33	18.3	0	0.0	13	2.74	30.16	4.57	0.91	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
Juice, Apple-Berry 4 oz.	1 EACH	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	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, 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
Fruit, Fresh Wed 1	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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo	.25 CUP	4	0	293	0.16	0.06	1.2	97	2.32	*0	0.12	0.96	0.05	0.00	*0.00
Apples, 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
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	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
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
Milk/PK-ONLY/1/2 GAL/6 oz.	6 oz svg	71	9	75	0.00	0.00	200.0	350	0.0	9	5.73	8.49	1.65	1.08	*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
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, 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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average		399	41	515	4.19	4.76	406.5	990	5.40	*36	14.74	64.99	9.52	3.23	*2.35
% of Calories										*35.8%	14.8%	65.1%	21.5%	7.3%	*5.3%
Nutrient Guideline		350-500		540									<=35.0	<10.00	

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Escondido Union School District

Sep 15, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Elementary Breakfast 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 ¹ (g)
Thu - 09/28/2017															
Elementary Breakfast K-5															
	Total														
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Brkfst-Egg,Cheese,Sau, Biscuit	1 each	346	142	751	2.10	2.22	203.8	416	0.01	*6	16.21	30.1	17.65	6.71	*0.00
Bar, Breakfast, Oatmeal CC	1 EACH	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Bar, Peanut Butter & Jelly	1 EACH	300	0	220	4.00	1.44	20.0	70	0.0	14	9.0	32.0	17.0	3.50	0.00
Yogurt with Cinn Bitz	1 EACH	226	4	104	2.10	1.28	343.0	681	1.67	26	5.3	42.3	4.51	0.60	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
Preschool Items															
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	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
Juice, Orange 4 oz.Hollandia	1 EACH	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	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, 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
Fruit, Fresh Thurs 1	1 ea	4	*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*
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, 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
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	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
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
Milk/PK-ONLY/1/2 GAL/6 oz.	6 oz svg	71	9	75	0.00	0.00	200.0	350	0.0	9	5.73	8.49	1.65	1.08	*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
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, 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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average		427	*37	*475	*4.20	*4.54	*352.4	*828	*3.97	*32	*14.99	*69.08	*10.44	*3.18	*0.00
% of Calories										*29.6%	*14.1%	*64.8%	*22.0%	*6.7%	*0.0%
Nutrient Guideline		350-500		540									<=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

Sep 15, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Elementary Breakfast 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 ¹ (g)
Fri - 09/29/2017															
Elementary Breakfast K-5	Total														
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bk, Fr.Tst. Sausage	SERVING	227	22	324	2.75	2.26	157.8	308	4.97	6	11.04	25.03	9.47	2.19	0.00
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Yogurt with Cinn Bitz	1 EACH	226	4	104	2.10	1.28	343.0	681	1.67	26	5.3	42.3	4.51	0.60	0.00
Bagel, Pizza , Breakfast	1 EACH	192	15	363	1.80	1.59	217.0	73	3.8	4	11.65	23.16	5.71	3.01	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
Preschool Items	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt with Cinn Bitz	1 EACH	226	4	104	2.10	1.28	343.0	681	1.67	26	5.3	42.3	4.51	0.60	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
Juice,Assorted, 4 oz.each	1 EACH	110	0	29	0.00	0.00	10.0	230	30.0	27	1.0	27.5	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, Apricots, Sliced	SERVING, 4.25oz	101	0	3	3.31	4.30	41.3	91	4.3	18	1.65	24.79	0.0	0.00	0.00
Fruit, Fresh Fri 1	1 EACH	4	*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*
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, 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
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	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
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
Milk/PK-ONLY/1/2 GAL/6 oz.	6 oz svq	71	9	75	0.00	0.00	200.0	350	0.0	9	5.73	8.49	1.65	1.08	*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
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, 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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average		363	*12	*337	*3.89	*4.80	*373.5	*751	*5.46	*34	*15.35	*61.70	*7.00	*1.70	*0.00
% of Calories										*37.0%	*16.9%	*67.9%	*17.3%	*4.2%	*0.0%
Nutrient Guideline		350-500		540									<=35.0	<10.00	

Weighted Average		416	*44	*470	*4.47	*4.80	*371.3	*920	*7.22	*36	*15.27	*70.09	*9.21	*2.56	*0.21
										*78.0%	*14.7%	*67.3%	*19.9%	*5.5%	*0.5%

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Escondido Union School District

Sep 15, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Elementary Breakfast 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 ¹ (g)
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	416		350 - 500	100%				
Cholesterol (mg)	44				Missing			
Sodium (mg)	470		540		Missing			
Fiber (g)	4.47				Missing			
Iron (mg)	4.80				Missing			
Calcium (mg)	371.3				Missing			
Vitamin A (IU)	920				Missing			
Sugars (g)	36	34.65%			Missing			
Vitamin C (mg)	7.22				Missing			
Protein (g)	15.27	14.67%			Missing			
Carbohydrate (g)	70.09	67.33%			Missing			
Total Fat (g)	9.21	19.90%	<=35.00%		Missing			
Saturated Fat (g)	2.56	5.53%	<10.00%		Missing			
Trans Fat ¹ (g)	0.21	0.46%			Missing			

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