

**Escondido Union School District**

**Nov 27, 2017 thru Dec 31, 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 <sup>1</sup> (g)
Mon - 11/27/2017															
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
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*
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, 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
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		318	60	508	2.22	3.82	304.5	789	5.21	*26	13.52	51.20	7.31	1.60	*0.00
% of Calories										*33.4%	17.0%	64.5%	20.7%	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  
**\*** - 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**

**Nov 27, 2017 thru Dec 31, 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 <sup>1</sup> (g)
Tue - 11/28/2017															
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
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	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
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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, 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
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		403	20	388	3.98	4.43	337.0	752	4.30	*30	13.14	71.94	7.76	2.29	*0.00
% of Calories										*30.1%	13.0%	71.4%	17.3%	5.1%	*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**

**Nov 27, 2017 thru Dec 31, 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 <sup>1</sup> (g)
Wed - 11/29/2017															
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
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	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
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
.....	...	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
Apples, 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
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		396	42	513	4.13	4.72	406.6	987	5.38	*36	14.51	65.29	9.07	3.14	*2.35
% of Calories										*36.2%	14.7%	65.9%	20.6%	7.1%	*5.3%
Nutrient Guideline		350-500		540									<=35.0	<10.00	

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**Nov 27, 2017 thru Dec 31, 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 <sup>1</sup> (g)
Thu - 11/30/2017															
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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, 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
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		450	86	682	3.88	4.73	426.2	995	3.98	*34	19.53	62.87	13.99	4.69	*0.00
% of Calories										*30.2%	17.4%	55.9%	28.0%	9.4%	*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  
**1-** Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**Escondido Union School District**

**Nov 27, 2017 thru Dec 31, 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 <sup>1</sup> (g)
Fri - 12/01/2017															
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.Cinn Fr.Tst/Turk Sausage	SVG.	780	60	870	6.00	2.52	120.0	0	0.0	*30	24.0	114.0	25.0	4.00	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
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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, 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
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
.....	...	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		584	27	556	5.25	4.95	354.1	634	3.55	*43	20.57	97.27	13.41	2.41	*0.00
% of Calories										*29.6%	14.1%	66.6%	20.7%	3.7%	*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  
**1** - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**Escondido Union School District**

**Nov 27, 2017 thru Dec 31, 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 <sup>1</sup> (g)
Mon - 12/04/2017															
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
Bagel, Whole Grain & Cr. Cheese	1 EACH	264	30	273	3.30	1.80	33.3	202	0.0	*3	7.93	35.53	9.72	6.13	*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*
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, 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
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
.....	...	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		379	135	446	3.11	4.34	339.9	913	3.97	*35	14.63	60.62	8.96	1.93	*0.00
% of Calories										*37.0%	15.5%	64.1%	21.3%	4.6%	*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  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**Escondido Union School District**

**Nov 27, 2017 thru Dec 31, 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 <sup>1</sup> (g)
Tue - 12/05/2017															
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	191.0	245	7.5	2	9.95	18.47	8.66	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
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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, 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
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
.....	...	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	15	390	3.94	4.32	341.7	757	5.42	*30	13.20	70.55	7.94	2.60	*0.00
% of Calories										*30.1%	13.2%	70.7%	17.9%	5.9%	*0.0%
Nutrient Guideline		350-500		540									<=35.0	<10.00	

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**\*** - 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**

**Nov 27, 2017 thru Dec 31, 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 <sup>1</sup> (g)
Wed - 12/06/2017															
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
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
.....	...	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
Apples, 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
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
.....	...	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		412	69	526	4.73	5.03	386.5	998	5.46	*35	14.66	68.09	9.76	2.59	*0.00
% of Calories										*33.8%	14.2%	66.1%	21.3%	5.7%	*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**

**Nov 27, 2017 thru Dec 31, 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 <sup>1</sup> (g)
Thu - 12/07/2017															
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
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
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
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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, 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
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
.....	...	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		424	50	555	3.24	2.96	346.9	647	2.67	*27	17.99	65.01	10.54	3.98	*0.00
% of Calories										*25.3%	17.0%	61.4%	22.4%	8.5%	*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  
 \* - 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**

**Nov 27, 2017 thru Dec 31, 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 <sup>1</sup> (g)
Fri - 12/08/2017															
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
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
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
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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, 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
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
.....	...	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		377	4	306	4.21	5.54	341.5	800	5.36	*37	13.46	66.54	8.05	1.72	*0.00
% of Calories										*39.3%	14.3%	70.6%	19.2%	4.1%	*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  
**1** - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**Escondido Union School District**

**Nov 27, 2017 thru Dec 31, 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 <sup>1</sup> (g)
Mon - 12/11/2017															
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
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*
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, 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
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
.....	...	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		315	60	506	2.19	3.80	304.3	789	5.21	*26	13.47	50.73	7.22	1.57	*0.00
% of Calories										*33.7%	17.1%	64.5%	20.6%	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  
 \* - 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**

**Nov 27, 2017 thru Dec 31, 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 <sup>1</sup> (g)
Tue - 12/12/2017															
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	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
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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, 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
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
.....	...	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		401	19	385	3.96	4.42	335.5	750	4.30	*30	13.05	71.68	7.69	2.27	*0.00
% of Calories										*30.2%	13.0%	71.5%	17.2%	5.1%	*0.0%
Nutrient Guideline		350-500		540									<=35.0	<10.00	

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**Escondido Union School District**

**Nov 27, 2017 thru Dec 31, 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 <sup>1</sup> (g)
Wed - 12/13/2017															
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	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
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
.....	...	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
Apples, 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
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
.....	...	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		394	42	511	4.11	4.72	406.4	987	5.38	*36	14.49	64.99	9.02	3.13	*2.35
% of Calories										*36.3%	14.7%	65.9%	20.6%	7.1%	*5.4%
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  
**1-** Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**Escondido Union School District**

**Nov 27, 2017 thru Dec 31, 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 <sup>1</sup> (g)
Thu - 12/14/2017															
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
Bagel,Whole Grain & Cr. Cheese	1 EACH	264	30	273	3.30	1.80	33.3	202	0.0	*3	7.93	35.53	9.72	6.13	*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
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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, 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
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
.....	...	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	89	684	3.78	4.68	425.5	998	3.86	*33	19.39	62.77	13.21	4.94	*0.00
% of Calories										*29.4%	17.5%	56.6%	26.8%	10.0%	*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  
**1-** Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**Escondido Union School District**

**Nov 27, 2017 thru Dec 31, 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 <sup>1</sup> (g)
Fri - 12/15/2017															
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.Cinn Fr.Tst/Turk Sausage	SVG.	780	60	870	6.00	2.52	120.0	0	0.0	*30	24.0	114.0	25.0	4.00	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
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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, 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
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
.....	...	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		584	27	556	5.25	4.95	354.1	634	3.55	*43	20.57	97.27	13.41	2.41	*0.00
% of Calories										*29.6%	14.1%	66.6%	20.7%	3.7%	*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  
**1** - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**Escondido Union School District**

**Nov 27, 2017 thru Dec 31, 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 <sup>1</sup> (g)
Mon - 12/18/2017															
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
Bagel, Whole Grain & Cr. Cheese	1 EACH	264	30	273	3.30	1.80	33.3	202	0.0	*3	7.93	35.53	9.72	6.13	*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*
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, 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
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
.....	...	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		379	135	446	3.11	4.34	339.9	913	3.97	*35	14.63	60.62	8.96	1.93	*0.00
% of Calories										*37.0%	15.5%	64.1%	21.3%	4.6%	*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  
**1** - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**Escondido Union School District**

**Nov 27, 2017 thru Dec 31, 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 <sup>1</sup> (g)
Tue - 12/19/2017															
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	191.0	245	7.5	2	9.95	18.47	8.66	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
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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, 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
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
.....	...	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	15	390	3.94	4.32	341.7	757	5.42	*30	13.20	70.55	7.94	2.60	*0.00
% of Calories										*30.1%	13.2%	70.7%	17.9%	5.9%	*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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**1-** Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**Escondido Union School District**

**Nov 27, 2017 thru Dec 31, 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 <sup>1</sup> (g)
Wed - 12/20/2017															
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
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
.....	...	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
Apples, 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
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
.....	...	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		412	69	526	4.73	5.03	386.5	998	5.46	*35	14.66	68.09	9.76	2.59	*0.00
% of Calories										*33.8%	14.2%	66.1%	21.3%	5.7%	*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**

**Nov 27, 2017 thru Dec 31, 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 <sup>1</sup> (g)
Thu - 12/21/2017															
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
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
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
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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, 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
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
.....	...	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		424	50	555	3.24	2.96	346.9	647	2.67	*27	17.99	65.01	10.54	3.98	*0.00
% of Calories										*25.3%	17.0%	61.4%	22.4%	8.5%	*0.0%
Nutrient Guideline		350-500		540									<=35.0	<10.00	

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**Escondido Union School District**

**Nov 27, 2017 thru Dec 31, 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 <sup>1</sup> (g)
Fri - 12/22/2017															
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
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
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
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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, 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
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
.....	...	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		377	4	306	4.21	5.54	341.5	800	5.36	*37	13.46	66.54	8.05	1.72	*0.00
% of Calories										*39.3%	14.3%	70.6%	19.2%	4.1%	*0.0%
Nutrient Guideline		350-500		540									<=35.0	<10.00	

Mon - 12/25/2017															
Elementary Breakfast K-5	Total														
HOLIDAY	SERVING	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

Nov 27, 2017 thru Dec 31, 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		350-500		540									<=35.0	<10.00	

Tue - 12/26/2017															
Elementary Breakfast K-5 HOLIDAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		350-500		540									<=35.0	<10.00	

Wed - 12/27/2017															
Elementary Breakfast K-5 HOLIDAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		350-500		540									<=35.0	<10.00	

Thu - 12/28/2017															
Elementary Breakfast K-5 HOLIDAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		350-500		540									<=35.0	<10.00	

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**Escondido Union School District**

**Nov 27, 2017 thru Dec 31, 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 <sup>1</sup> (g)
Fri - 12/29/2017															
Elementary Breakfast K-5	Total														
Apples, 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
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
.....	...	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		125	1	129	0.66	0.66	242.4	478	1.07	*21	7.70	23.69	0.08	0.05	*0.00
% of Calories										*66.1%	24.7%	76.1%	0.6%	0.3%	*0.0%
Nutrient Guideline		350-500		540									<=35.0	<10.00	

Weighted Average		400	49	470	3.71	4.30	352.8	811	4.36	*33	15.13	65.78	9.17	2.58	*0.22
										*73.6%	15.1%	65.8%	20.7%	5.8%	*0.5%

\*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

Nov 27, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Elementary Breakfast K-5

Portion Values - Detailed

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Nutrient	Menu AVG	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)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	400		350 - 500	100%													
Cholesterol (mg)	49																
Sodium 1 (mg)	470		540														
Sodium 2 (mg)	470		485														
Fiber (g)	3.71																
Iron (mg)	4.30																
Calcium (mg)	352.8																
Vitamin A (IU)	811																
Sugars (g)	33	32.72%				Missing											
Vitamin C (mg)	4.36																
Protein (g)	15.13	15.15%															
Carbohydrate (g)	65.78	65.83%															
Total Fat (g)	9.17	20.66%		<=35.00%													
Saturated Fat (g)	2.58	5.80%		<10.00%													
Trans Fat <sup>1</sup> (g)	0.22	0.50%				Missing											

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