

# Escondido Union School District

Sep 15, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

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Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
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*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient*  
*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*  
*<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

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**Escondido Union School District**

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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 - 09/15/2017															
Elementary Lunch K-5	Total														
Chix,White,Sriracha	SERVING	190	35	250	1.00	1.08	0.0	200	1.2	2	15.0	14.0	9.0	1.50	0.00
Sand: Fish Fillet	1 EACH	330	55	600	6.00	3.24	160.0	0	0.0	*4	26.0	50.0	5.0	0.00	*0.00
Cheeseburger Mini	1 EACH	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
Sand: PBJ, Grape, WG	1 EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cheeseburger Mini	1 EACH	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrots, Raw, Baby: 3.0 oz	3.0 SVG	30	0	67	3.04	9.11	0.8	11728	2.28	5	0.0	7.59	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
SB, Zucchini	SERVING, 2.4 oz	12	0	5	0.68	0.25	10.9	136	12.18	2	0.82	2.12	0.22	0.06	0.00
SB, Peas, thawed	SERVING, 3.5 oz	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
SB:Black Bean Salad	SVG	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
SB, Broccoli Florets	SERVING, 1.1 oz	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	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
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
Grapes,Red,Lunch Bunch	SERVING, 3.0 oz	52	0	2	0.70	0.27	8.0	7	2.4	*N/A*	0.54	13.67	0.12	0.04	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
Apple,Golden Delicious,125 ct.	1 EACH	79	0	2	2.47	*N/A*	*N/A*	*N/A*	*N/A*	15	0.0	19.79	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
.....	...	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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00

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# Escondido Union School District

Sep 15, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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 - 09/15/2017															
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
Weighted Daily Average		487	41	582	4.38	*3.92	*326.3	*2088	*22.26	*29	27.26	66.00	13.95	3.04	*0.00
% of Calories										*23.8%	22.4%	54.2%	25.8%	5.6%	*0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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**Sep 15, 2017 thru Sep 30, 2017**

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Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 09/18/2017															
Elementary Lunch K-5	Total														
Chix: Nuggets	SERVING, 5 Pcs	208	42	546	2.00	1.00	20.0	178	0.0	1	19.0	15.0	8.0	1.00	0.00
Salsa Verde Chicken Burrito	1 EACH	495	105	877	7.41	3.71	135.2	91	44.0	3	24.04	72.73	11.26	3.00	0.00
Sand: PBJ, Grape, WG	1 EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
Pizza, Stix, Stuffed Crust	1 EACH	300	10	740	4.00	2.16	300.0	200	0.0	*N/A*	14.0	34.0	12.0	4.00	*N/A*
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cracker, Goldfish, Chs	1 EACH	100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Chs, 52%WG, PZA Guy, 8s	SLICE	309	26	676	4.18	1.99	436.4	462	1.78	*N/A*	20.41	34.34	10.7	5.74	0.16
Pizza, Pepp, 52%WW, PZA Guy, 8	SLICE	326	28	813	4.88	2.16	440.0	450	1.8	3	21.22	35.33	11.87	6.20	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chix: Nuggets	SERVING, 5 Pcs	208	42	546	2.00	1.00	20.0	178	0.0	1	19.0	15.0	8.0	1.00	0.00
Cracker, Goldfish, Chs	1 EACH	100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrots, Rainbow	3 oz.svg.	35	0	65	2.00	0.00	200.0	*N/A*	*N/A*	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
SB, Bell, Peppers, Mixed	SERVING, 2.75oz	22	0	2	1.41	0.24	4.8	1312	66.64	2	0.79	4.64	0.16	0.02	0.00
SB, Peas, thawed	SERVING, 3.5 oz	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
SB, Pasta Salad	SVG	418	0	789	5.70	26.84	1628.3	960	48.65	*6	8.63	48.39	21.17	4.06	*0.00
SB, Broccoli Florets	SERVING, 1.1 oz	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	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
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.	1 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
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

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**Sep 15, 2017 thru Sep 30, 2017**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 09/18/2017															
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1%, Pouch, 90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc, Pouch, 90/ea. 8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF, Carton. 70/ea. 8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
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, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
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
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
Weighted Daily Average % of Calories		428	*20	501	5.92	*2.89	*425.5	*977	*31.20	*41 *37.9%	15.99 14.9%	68.41 64.0%	10.39 21.9%	*1.97 *4.2%	*0.00 *0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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**Sep 15, 2017 thru Sep 30, 2017**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 09/19/2017															
Elementary Lunch K-5	Total														
Chicken, & Waffle	1 EACH	292	71	646	3.01	2.89	80.2	300	0.0	1	18.2	22.07	14.14	3.03	0.00
Beef,Teriyaki / Brown Rice -EL	1 EACH	312	40	1132	2.50	2.23	33.1	50	0.0	10	17.77	39.28	8.67	3.50	0.50
Sand: PBJ, Grape, WG	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
Sand: Turkey & Cheese Elem	1 Each	315	55	880	3.00	2.16	175.0	200	0.0	*4	26.5	34.5	9.5	3.75	0.00
Cheese:String 2/Cracker 1	SVG	340	30	770	3.00	2.70	440.0	900	6.0	5	16.0	32.0	17.0	6.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Chs, 52%WG, PZA Guy, 8s	SLICE	309	26	676	4.18	1.99	436.4	462	1.78	*N/A*	20.41	34.34	10.7	5.74	0.16
Pizza, Pepp, 52%WW, PZA Guy, 8	SLICE	326	28	813	4.88	2.16	440.0	450	1.8	3	21.22	35.33	11.87	6.20	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken, & Waffle	1 EACH	292	71	646	3.01	2.89	80.2	300	0.0	1	18.2	22.07	14.14	3.03	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrots, Raw, Baby: 3.0 oz	3.0 SVG	30	0	67	3.04	9.11	0.8	11728	2.28	5	0.0	7.59	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
SB,Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD,Peanut Butter Cup	SVG	180	0	130	2.00	0.72	20.0	0	0.0	3	6.0	8.0	14.99	2.50	0.00
SB, Corn: Frozen, yellow	SERVING, 3 oz	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
SB, Pasta Salad	SVG	418	0	789	5.70	26.84	1628.3	960	48.65	*6	8.63	48.39	21.17	4.06	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Mandarin Oranges,	SERVING 4 oz	31	0	4	0.44	0.32	8.9	133	94.19	8	0.44	7.54	0.0	0.00	0.00
Watermelon, with Rind	SERVING, 5.4 oz	46	0	2	0.00	0.28	15.3	842	11.94	9	1.53	12.25	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
Apples, Gala,138 ct.	1 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
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*

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**Escondido Union School District**

**Sep 15, 2017 thru Sep 30, 2017**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 09/19/2017															
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
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
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
Weighted Daily Average % of Calories		530	*59	898	4.77	*5.49	*399.3	*2661	*20.97	*33 *24.6%	26.81 20.2%	63.70 48.1%	19.46 33.0%	*3.96 *6.7%	*0.04 *0.1%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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# Escondido Union School District

Sep 15, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 09/20/2017															
Elementary Lunch K-5	Total														
Pizza, Pepperoni, WG	1 EACH	340	35	580	3.00	1.80	400.0	500	9.0	4	20.0	34.0	18.0	9.00	0.00
FP: Travelin' Taco - Cheeseburger Mini	1 EACH	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
Sand: PBJ, Grape, WG	1 EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Pepp, 52%WW, PZA Guy, 8	SLICE	326	28	813	4.88	2.16	440.0	450	1.8	3	21.22	35.33	11.87	6.20	0.00
Pizza, Chs, 52%WG, PZA Guy, 8s	SLICE	309	26	676	4.18	1.99	436.4	462	1.78	*N/A*	20.41	34.34	10.7	5.74	0.16
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FP: Travelin' Taco - Tortilla-6"	4.0 serving	177	15	316	6.31	2.13	163.7	333	2.76	*1	9.83	21.33	5.93	3.30	*0.00
.....	1 EACH	90	0	160	2.00	1.08	60.0	0	0.0	1	2.0	14.0	2.5	1.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB,Carrots,Rainbow	3 oz.svg.	35	0	65	2.00	0.00	200.0	*N/A*	*N/A*	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
SB,Bell,Peppers,Mixed	SERVING, 2.75oz	22	0	2	1.41	0.24	4.8	1312	66.64	2	0.79	4.64	0.16	0.02	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
A to Z Salad Bar 1	1 CUP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Beans, Garbanzo	1/2 CUP	131	0	504	9.08	1.36	32.3	24	3.83	*N/A*	6.05	22.19	2.02	0.50	*N/A*
SB, Broccoli Florets	SERVING, 1.1 oz	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	0.04	0.00
SB, Raisins, Ind Box	1 EACH	129	0	5	1.59	0.81	21.5	0	0.99	25	1.32	34.05	0.2	0.02	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pinappl Tidbt, Draind	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.8	0	12.07	19	1.01	22.8	0.0	0.00	0.00
Pear,Asian	EACH	85	0	1	4.60	0.18	10.0	0	6.0	14	0.5	23.0	0.2	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
Apples, Gala,138 ct.	1 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
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*

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**Escondido Union School District**

**Sep 15, 2017 thru Sep 30, 2017**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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 - 09/20/2017															
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
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
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
Weighted Daily Average % of Calories		606	*33	777	8.17	*3.11	*619.8	*1262	*15.34	*41 *27.0%	29.09 19.2%	83.90 55.3%	21.02 31.2%	*7.66 *11.4%	*0.00 *0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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**Escondido Union School District**

**Sep 15, 2017 thru Sep 30, 2017**

Base Menu Spreadsheet

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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 - 09/21/2017															
Elementary Lunch K-5	Total														
FP: Nacho Sauce with Chips	5 OZ SVG.	480	45	1001	6.22	3.81	514.7	820	1.25	2	18.68	42.12	25.7	11.01	0.00
BBQ Chicken Sandwich w/Tots	SVG	534	128	1634	6.31	3.38	240.7	181	6.38	23	28.76	73.34	14.46	2.24	0.00
Sand. Veggie Burger, Twin	1 EACH	310	15	460	6.00	2.70	150.0	200	15.0	7	14.0	40.0	12.0	3.50	0.00
Sand: PBJ, Grape, WG	1 EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
Cheese:String 2/Cracker 1	SVG	340	30	770	3.00	2.70	440.0	900	6.0	5	16.0	32.0	17.0	6.00	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
Cheese: String / Pretzels	1 EACH	250	30	650	1.00	0.72	400.0	400	0.0	*0	14.0	18.0	13.5	5.00	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrots, Raw, Baby: 3.0 oz	SERVING	30	0	67	3.04	9.11	0.8	11728	2.28	5	0.0	7.59	0.0	0.00	0.00
	2.50 oz														
SB, Cucumber, Sliced	SERVING,	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
	3.0 oz														
SB,Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Jicama Sticks	SERVING,	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
	2.5 oz														
SB, Tomatoes, Cherry	SERVING,	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
	2.61oz														
SB, Celery Sticks	SERVING	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
	-2.5 oz														
CD,Peanut Butter Cup	SVG	180	0	130	2.00	0.72	20.0	0	0.0	3	6.0	8.0	14.99	2.50	0.00
SB, Corn: Frozen, yellow	SERVING,	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
	3 oz														
SB:Black Bean Salad	SVG	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	SERVING,	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
	4.5 oz														
Bananas , Whole,	EACH	147	0	2	4.28	0.43	8.2	105	14.33	20	1.8	37.62	0.54	0.18	0.00
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.	1 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
Fruit, Mix Fzn Mango	SERVING,	65	0	0	1.80	0.00	0.0	765	27.7	15	0.27	17.0	0.0	0.00	0.00
	3 oz														
.....	...	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

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**Escondido Union School District**

**Sep 15, 2017 thru Sep 30, 2017**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 09/21/2017															
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
	1 OZ														
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
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
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
Weighted Daily Average		361	*5	341	5.09	*2.26	*279.2	*2026	*11.89	*40	12.43	62.51	8.45	*1.60	*0.00
% of Calories										*44.8%	13.7%	69.2%	21.0%	*4.0%	*0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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

**Sep 15, 2017 thru Sep 30, 2017**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 09/22/2017															
Elementary Lunch K-5	Total														
Chix: Nuggets	SERVING, 5 Pcs	208	42	546	2.00	1.00	20.0	178	0.0	1	19.0	15.0	8.0	1.00	0.00
Shrimp Poppers	SERVING, 6 OZ	316	34	417	3.83	0.69	12.8	0	0.0	*N/A*	19.14	35.72	11.48	1.28	*N/A*
Beef, West. Bac. Ch.Burger	1 EACH	634	90	1519	4.79	3.88	254.6	200	1.43	*6	34.29	50.2	33.27	12.14	*1.00
Sand: PBJ, Grape, WG	1 EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cracker, Goldfish, Chs	1 EACH	100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB,Carrots,Rainbow	3 oz.svg.	35	0	65	2.00	0.00	200.0	*N/A*	*N/A*	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
SB, Zucchini	SERVING, 2.4 oz	12	0	5	0.68	0.25	10.9	136	12.18	2	0.82	2.12	0.22	0.06	0.00
SB, Peas, thawed	SERVING, 3.5 oz	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
SB:Black Bean Salad	SVG	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
SB, Broccoli Florets	SERVING, 1.1 oz	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	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
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
Grapes,Red,Lunch Bunch	SERVING, 3.0 oz	52	0	2	0.70	0.27	8.0	7	2.4	*N/A*	0.54	13.67	0.12	0.04	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.	1 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
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

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**Escondido Union School District**

**Sep 15, 2017 thru Sep 30, 2017**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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 - 09/22/2017															
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
	1 OZ														
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
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
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
Weighted Daily Average		722	*65	1299	6.31	*3.46	*422.8	*928	*22.08	*29	36.50	84.79	27.28	*7.49	*0.42
% of Calories										*15.9%	20.2%	46.9%	34.0%	*9.3%	*0.5%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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**Escondido Union School District**

**Sep 15, 2017 thru Sep 30, 2017**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 09/25/2017															
Elementary Lunch K-5	Total														
FP: Taco, Beef Dip/ Nacho Chip	5.75 oz/serving	603	64	1237	9.93	5.26	283.0	785	7.0	2	23.93	48.9	32.53	12.46	0.00
Chalupa	1 EACH	244	44	404	0.32	0.84	347.1	296	0.24	1	16.28	11.18	13.94	5.92	0.00
Sand: PBJ, Grape, WG	1 EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
Pizza, Stix, Stuffed Crust	1 EACH	300	10	740	4.00	2.16	300.0	200	0.0	*N/A*	14.0	34.0	12.0	4.00	*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
SB: Sauce, Pizza, Bosco	1 EACH	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	9.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Chs, 52%WG, PZA Guy, 8s	SLICE	309	26	676	4.18	1.99	436.4	462	1.78	*N/A*	20.41	34.34	10.7	5.74	0.16
Pizza, Pepp, 52%WW, PZA Guy, 8	SLICE	326	28	813	4.88	2.16	440.0	450	1.8	3	21.22	35.33	11.87	6.20	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Stix, Stuffed Crust	1 EACH	300	10	740	4.00	2.16	300.0	200	0.0	*N/A*	14.0	34.0	12.0	4.00	*N/A*
SB: Sauce, Pizza, Bosco	1 EACH	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	9.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrots, Rainbow	3 oz.svg.	35	0	65	2.00	0.00	200.0	*N/A*	*N/A*	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
SB, Bell, Peppers, Mixed	SERVING, 2.75oz	22	0	2	1.41	0.24	4.8	1312	66.64	2	0.79	4.64	0.16	0.02	0.00
SB, Peas, thawed	SERVING, 3.5 oz	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
SB, Pasta Salad	SVG	418	0	789	5.70	26.84	1628.3	960	48.65	*6	8.63	48.39	21.17	4.06	*0.00
SB, Broccoli Florets	SERVING, 1.1 oz	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	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
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.	1 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
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
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

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**Escondido Union School District**

**Sep 15, 2017 thru Sep 30, 2017**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 09/25/2017															
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, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
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
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
Weighted Daily Average		513	*21	601	5.43	*2.92	*644.0	*1317	*25.44	*47	20.10	73.54	15.32	*4.06	*0.00
% of Calories										*36.6%	15.7%	57.4%	26.9%	*7.1%	*0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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

**Sep 15, 2017 thru Sep 30, 2017**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 09/26/2017															
Elementary Lunch K-5	Total														
Chix: Orange/ Brown Rice-Elem.	SERVING	263	40	280	1.33	1.20	0.0	50	1.2	10	13.67	43.66	3.67	0.50	0.00
Corn Dog w/Tots	SVG	370	40	700	7.80	1.80	80.0	0	3.6	5	11.0	47.0	14.0	3.50	0.00
Sand: PBJ, Grape, WG	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
Sand:Turkey Ham & Cheese Elem	1 Each	305	70	1060	3.00	2.88	175.0	200	1.2	*4	25.5	34.5	10.0	3.75	0.00
Cheese:String 2/Cracker 1	SVG	340	30	770	3.00	2.70	440.0	900	6.0	5	16.0	32.0	17.0	6.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Chs, 52%WG, PZA Guy, 8s	SLICE	309	26	676	4.18	1.99	436.4	462	1.78	*N/A*	20.41	34.34	10.7	5.74	0.16
Pizza, Pepp, 52%WW, PZA Guy, 8	SLICE	326	28	813	4.88	2.16	440.0	450	1.8	3	21.22	35.33	11.87	6.20	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Sand:Turkey Ham & Cheese Elem	1 Each	305	70	1060	3.00	2.88	175.0	200	1.2	*4	25.5	34.5	10.0	3.75	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrots, Raw, Baby: 3.0 oz	3.0 SVG	30	0	67	3.04	9.11	0.8	11728	2.28	5	0.0	7.59	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
SB,Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD,Peanut Butter Cup	SVG	180	0	130	2.00	0.72	20.0	0	0.0	3	6.0	8.0	14.99	2.50	0.00
SB, Corn: Frozen, yellow	SERVING, 3 oz	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
SB, Pasta Salad	SVG	418	0	789	5.70	26.84	1628.3	960	48.65	*6	8.63	48.39	21.17	4.06	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Mandarin Oranges,	SERVING 4 oz	31	0	4	0.44	0.32	8.9	133	94.19	8	0.44	7.54	0.0	0.00	0.00
Watermelon, with Rind	SERVING, 5.4 oz	46	0	2	0.00	0.28	15.3	842	11.94	9	1.53	12.25	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
Apples, Gala,138 ct.	1 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
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*

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**Escondido Union School District**

**Sep 15, 2017 thru Sep 30, 2017**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 09/26/2017															
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
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
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
Weighted Daily Average		471	*33	544	3.26	*4.05	*338.6	*2470	*21.87	*38	21.62	74.61	10.58	*1.80	*0.00
% of Calories										*32.0%	18.4%	63.4%	20.2%	*3.4%	*0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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# Escondido Union School District

Sep 15, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 09/27/2017															
Elementary Lunch K-5	Total														
Pizza, Pepperoni, WG	1 EACH	340	35	580	3.00	1.80	400.0	500	9.0	4	20.0	34.0	18.0	9.00	0.00
FP: Macaroni & Cheese	SERVING	140	0	260	3.00	1.80	60.0	0	0.0	*3	7.0	28.0	2.0	0.50	*0.00
Sand: PBJ, Grape, WG	1 EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
Cheesy Bread	1 EACH	399	30	501	3.00	2.80	424.0	108	4.5	3	22.85	37.96	17.26	6.81	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Chs, 52%WG, PZA Guy, 8s	SLICE	309	26	676	4.18	1.99	436.4	462	1.78	*N/A*	20.41	34.34	10.7	5.74	0.16
Pizza, Pepp, 52%WW, PZA Guy, 8	SLICE	326	28	813	4.88	2.16	440.0	450	1.8	3	21.22	35.33	11.87	6.20	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FP Macaroni & Cheese	Pan 31 6 o z ser	140	0	260	3.00	1.80	60.0	0	0.0	3	7.0	28.0	2.0	0.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB,Carrots,Rainbow	3 oz.svg.	35	0	65	2.00	0.00	200.0	*N/A*	*N/A*	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
SB,Bell,Peppers,Mixed	SERVING, 2.75oz	22	0	2	1.41	0.24	4.8	1312	66.64	2	0.79	4.64	0.16	0.02	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
A to Z Salad Bar 1	1 CUP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Beans, Garbanzo	1/2 CUP	131	0	504	9.08	1.36	32.3	24	3.83	*N/A*	6.05	22.19	2.02	0.50	*N/A*
SB, Broccoli Florets	SERVING, 1.1 oz	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	0.04	0.00
SB, Raisins, Ind Box	1 EACH	129	0	5	1.59	0.81	21.5	0	0.99	25	1.32	34.05	0.2	0.02	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pinappl Tidbt, Draind	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.8	0	12.07	19	1.01	22.8	0.0	0.00	0.00
Pear,Asian	EACH	85	0	1	4.60	0.18	10.0	0	6.0	14	0.5	23.0	0.2	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
Apples, Gala,138 ct.	1 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
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*

\*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 Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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 - 09/27/2017															
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
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
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
Weighted Daily Average		596	*28	775	8.27	*3.07	*605.3	*1158	*15.51	*39	28.40	82.26	21.32	*7.77	*0.00
% of Calories										*26.0%	19.0%	55.2%	32.2%	*11.7%	*0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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Escondido Union School District

Sep 15, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 09/28/2017															
Elementary Lunch K-5	Total														
Sand: Meatball Sub	1 EACH	380	55	630	3.74	2.83	232.9	326	0.6	6	26.35	33.5	15.76	6.73	0.00
Burrito, Bean & Cheese	1 EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Pizza, Stix, Stuffed Crust - E	1 EACH	300	10	740	4.00	2.16	300.0	200	0.0	*N/A*	14.0	34.0	12.0	4.00	*N/A*
Sand: PBJ, Grape, WG	1 EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
Cheese:String 2/Cracker 1	SVG	340	30	770	3.00	2.70	440.0	900	6.0	5	16.0	32.0	17.0	6.00	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: Sauce, Pizza, Bosco	1 Each	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	9.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Burrito, Bean & Cheese	1 EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrots, Raw, Baby: 3.0 oz	SERVING	30	0	67	3.04	9.11	0.8	11728	2.28	5	0.0	7.59	0.0	0.00	0.00
	2.50 oz														
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB,Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
SB, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD,Peanut Butter Cup	SVG	180	0	130	2.00	0.72	20.0	0	0.0	3	6.0	8.0	14.99	2.50	0.00
SB, Corn: Frozen, yellow	SERVING, 3 oz	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
SB:Black Bean Salad	SVG	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
.....	...	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
Bananas , Whole,	EACH	147	0	2	4.28	0.43	8.2	105	14.33	20	1.8	37.62	0.54	0.18	0.00
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.	1 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
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
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

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**Escondido Union School District**

**Sep 15, 2017 thru Sep 30, 2017**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 09/28/2017															
.....	...	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, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
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
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
Weighted Daily Average % of Calories		673	*43	915	8.35	*4.65	*496.4	*2357	*13.08	*45 *26.6%	32.40 19.3%	91.69 54.5%	21.31 28.5%	*6.77 *9.1%	*0.00 *0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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**Escondido Union School District**

**Sep 15, 2017 thru Sep 30, 2017**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 09/29/2017															
Elementary Lunch K-5	Total														
Chix: Popcorn, Dark	SERVING	293	81	599	3.00	2.00	18.0	167	0.0	0	18.0	17.0	17.0	3.00	0.00
	4.3 oz														
Fish Sticks	SERVING	200	55	380	3.00	1.44	60.0	50	0.0	1	18.0	21.0	5.0	0.50	0.00
	4 EACH														
Cheeseburger Mini	1 EACH	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
Sand: Chix, Spicy Patty	SANDWIC	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*0.00
Sand: PBJ, Grape, WG	1 EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	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
Pretzel, Goldfish, 300/.75oz/c	1 EACH	90	0	250	1.00	0.72	0.0	0	0.0	*N/A*	2.0	16.0	1.5	0.00	*N/A*
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cheeseburger Mini	1 EACH	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrots, Rainbow	3 oz.svg.	35	0	65	2.00	0.00	200.0	*N/A*	*N/A*	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING,	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
	3.0 oz														
SB, Tomatoes, Cherry	SERVING,	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
	2.61oz														
SB, Zucchini	SERVING,	12	0	5	0.68	0.25	10.9	136	12.18	2	0.82	2.12	0.22	0.06	0.00
	2.4 oz														
SB, Peas, thawed	SERVING,	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
	3.5 oz														
SB:Black Bean Salad	SVG	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
SB, Broccoli Florets	SERVING,	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	0.04	0.00
	1.1 oz														
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pears	SERVING,	74	0	12	2.46	0.00	0.0	74	0.0	15	0.0	17.24	0.0	0.00	0.00
	3.5 oz														
Grapes, Red, Lunch Bunch	SERVING,	52	0	2	0.70	0.27	8.0	7	2.4	*N/A*	0.54	13.67	0.12	0.04	0.00
	3.0 oz														
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.	1 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
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*

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**Escondido Union School District**

**Sep 15, 2017 thru Sep 30, 2017**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (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 - 09/29/2017															
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING, 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
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
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
Weighted Daily Average		585	*64	926	5.70	*3.79	*322.1	*880	*21.41	*26	29.26	75.39	18.90	*3.64	*0.00
% of Calories										*18.1%	20.0%	51.6%	29.1%	*5.6%	*0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

Weighted Average		543	*38	742	5.97	*3.60	*443.6	*1648	*20.10	*37	25.44	75.16	17.09	*4.52	*0.04
										*61.3%	18.7%	55.4%	28.3%	*7.5%	*0.1%

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# Escondido Union School District

Sep 15, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Elementary Lunch 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)
Calories	543		550 - 650		99%			7									Correction Required - Calories are Low
Cholesterol (mg)	38					Missing											
Sodium (mg)	742		1230														
Fiber (g)	5.97																
Iron (mg)	3.60		3.50		103%	Missing											
Calcium (mg)	443.6		286.00		155%	Missing											
Vitamin A (IU)	1648		1120		147%	Missing											
Sugars (g)	37	27.26%				Missing											
Vitamin C (mg)	20.10		15.00		134%	Missing											
Protein (g)	25.44	18.74%	10.00		254%												
Carbohydrate (g)	75.16	55.37%															
Total Fat (g)	17.09	28.33%	<=35.00%														
Saturated Fat (g)	4.52	7.50%	<10.00%			Missing											
Trans Fat <sup>1</sup> (g)	0.04	0.07%				Missing											

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