

Escondido Union School District

Nov 27, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

Page 1

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Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (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*
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/27/2017															
Elementary Lunch K-5	Total														
Chix: Nuggets	SERVING, 5 pcs	208	42	457	2.00	1.00	20.0	178	0.0	1	19.0	15.0	8.0	1.00	0.00
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
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	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Chs, PZA Guy, LUNCH	SLICE	347	36	384	4.16	2.43	411.3	825	5.08	2	20.4	38.98	12.69	6.48	0.00
Pizza, Pepp, PZA Guy, LUNCH	SLICE	359	42	490	4.16	2.89	417.9	819	2.08	2	21.75	21.75	15.59	7.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
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
Preschool Items	1 Each	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	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	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB,Bell,Peppers,Mixed	SERVING, 2.75oz	22	0	2	1.41	0.24	4.8	1312	66.64	2	0.79	4.64	0.16	0.02	0.00
SB, Peas, thawed	SERVING, 3.5 oz	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
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	18	0	4	0.00	0.00	12.6	0	24.55	0	2.52	2.52	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Applesauce Cinnamon	SERVING, 4.5 oz	87	0	3	1.54	0.16	4.1	8	2.17	19	0.21	22.33	0.22	0.04	0.00
Orange Smiles	SERVING 4.95	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
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, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00

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Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/27/2017															
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, 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, 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		410	20	472	7.01	3.47	473.8	*1149	*86.36	*36	16.61	64.41	10.63	2.27	*0.00
% of Calories										*35.3%	16.2%	62.9%	23.3%	5.0%	*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

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Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/28/2017															
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	SERVING	312	40	1132	2.50	2.23	33.1	50	0.0	10	17.77	39.28	8.67	3.50	0.50
Sand: PBJ, Grape, WG	EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
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	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Chs, PZA Guy, LUNCH	SLICE	347	36	384	4.16	2.43	411.3	825	5.08	2	20.4	38.98	12.69	6.48	0.00
Pizza, Pepp, PZA Guy, LUNCH	SLICE	359	42	490	4.16	2.89	417.9	819	2.08	2	21.75	21.75	15.59	7.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
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
Beef,Teriyaki / Brown Rice -EL	SERVING	312	40	1132	2.50	2.23	33.1	50	0.0	10	17.77	39.28	8.67	3.50	0.50
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
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*
.....	...	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, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	35	0	65	2.00	0.36	20.0	6003	6.0	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	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB,Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD,Peanut Butter Cup	SVG	180	0	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
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, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/28/2017															
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, 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, 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		528	56	819	7.23	4.52	393.1	1578	17.67	*34 *25.9%	25.20 19.1%	65.97 50.0%	19.24 32.8%	4.07 6.9%	*0.01 *0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/29/2017															
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:Pasta w/Meat Sauce/GBr.	2/3 Cup	419	25	418	6.29	4.19	187.2	152	6.02	*3	21.9	58.35	11.26	4.29	*0.00
Sand: Chix Breast,Grilled	SANDWIC	279	59	606	3.00	2.51	119.8	0	0.0	3	29.73	32.99	4.47	0.49	0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Chs, PZA Guy, LUNCH	SLICE	347	36	384	4.16	2.43	411.3	825	5.08	2	20.4	38.98	12.69	6.48	0.00
Pizza, Pepp, PZA Guy, LUNCH	SLICE	359	42	490	4.16	2.89	417.9	819	2.08	2	21.75	21.75	15.59	7.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
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
FP:Pasta w/Meat Sauce/GBr.	2/3 Cup	419	25	418	6.29	4.19	187.2	152	6.02	*3	21.9	58.35	11.26	4.29	*0.00
.....	...	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	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB,Bell,Peppers,Mixed	SERVING, 2.75oz	22	0	2	1.41	0.24	4.8	1312	66.64	2	0.79	4.64	0.16	0.02	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
SB, CND, Beans, Garbanzo	1/2 CUP	131	0	504	9.08	1.36	32.3	24	3.83	*N/A*	6.05	22.19	2.02	0.50	*N/A*
SB, Broccoli Florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.6	0	24.55	0	2.52	2.52	0.0	0.00	0.00
SB, Raisins, Ind Box	1 EACH	129	0	5	1.59	0.81	21.5	0	0.99	25	1.32	34.05	0.2	0.02	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pinappl Tidbt, Draind	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.8	0	12.07	19	1.01	22.8	0.0	0.00	0.00
Bananas , Whole,	EACH	147	0	2	4.28	0.43	8.2	105	14.33	20	1.8	37.62	0.54	0.18	0.00
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, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
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

Nov 27, 2017 thru Dec 31, 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 ¹ (g)
Wed - 11/29/2017															
.....	...	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, 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, 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		550	22	625	7.09	2.71	544.7	*1230	*18.52	*43 *31.1%	24.41 17.7%	81.57 59.3%	17.71 29.0%	6.29 10.3%	*0.00 *0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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Escondido Union School District

Nov 27, 2017 thru Dec 31, 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 ¹ (g)
Thu - 11/30/2017															
Elementary Lunch K-5	Total														
Wrapped Pup	1 EACH	292	20	697	3.00	0.73	0.0	101	0.0	4	13.09	30.01	13.15	4.05	*0.00
Sand: Cheese, Grilled, WG	EACH	280	32	581	3.00	1.64	4650.2	524	0.0	6	18.55	30.96	9.91	5.56	0.00
Burrito, Bean & Cheese	1 EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese:String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
.....	...	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
Sand: Cheese, Grilled, WG	1 EACH	280	32	581	3.00	1.64	4650.2	524	0.0	6	18.55	30.96	9.91	5.56	0.00
.....	...	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
SB, Cucumber, Sliced	2.50 oz SERVING,	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB,Beets Roasted	3.0 oz														
SB, Jicama Sticks	2.78 oz.svg SERVING,	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Tomatoes, Cherry	2.5 oz SERVING,	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	2.61oz SERVING	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
CD,Peanut Butter Cup	-2.5 oz 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	3 oz SERVING,	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	4.5 oz SERVING,	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
Persimmon, Fresh, Wedged	3.50 OZ.	70	0	1	3.54	0.11	5.9	1624	7.44	*N/A*	0.59	18.31	0.0	0.00	*N/A*
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, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
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

Nov 27, 2017 thru Dec 31, 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 ¹ (g)
Thu - 11/30/2017															
.....	...	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, 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, 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
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		394	14	504	5.47	*2.74	*1503.5	*3101	*7.56	*29 *29.3%	17.30 17.6%	57.84 58.7%	11.74 26.8%	3.64 8.3%	*0.00 *0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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Escondido Union School District

Nov 27, 2017 thru Dec 31, 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 ¹ (g)
Fri - 12/01/2017															
Elementary Lunch K-5	Total														
Chix: Drummies	SERVING	254	37	360	2.12	1.52	21.2	0	0.0	1	14.83	15.89	14.83	3.71	0.00
	4 EA														
Tostada,Sriracha Tuna	SVG	272	54	695	1.00	1.76	94.6	*716	*0.48	2	25.48	15.42	10.3	0.84	0.00
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	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pretzel, Goldfish, 300/.75oz/c	1 EACH	90	0	250	1.00	0.72	0.0	0	0.0	*N/A*	2.0	16.0	1.5	0.00	*N/A*
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MEXICAN CONDIMENT	1 EACH	114	17	100	2.27	0.39	115.7	269	3.94	*0	4.67	3.78	9.3	3.99	*0.00
CD, Avocado,Sliced	SVG.	45	0	2	1.88	0.15	3.4	6	2.8	*N/A*	0.56	2.39	4.1	0.59	*N/A*
CD, Lettuce, Shredded	SVG	3	0	3	0.40	0.14	5.4	94	1.11	*N/A*	0.29	0.59	0.05	0.01	*N/A*
CD, Pico de Gallo	2 OZ. SVG	15	0	1171	0.63	0.22	5.0	386	9.27	*0	0.48	3.83	0.21	0.02	*0.00
CD,Shredded Cheese	SVG	58	15	91	0.00	0.10	101.2	152	0.0	0	3.54	0.51	4.56	3.04	0.00
CD,Sour Cream	SVG	28	7	7	0.00	0.00	9.4	94	0.57	0	0.47	0.94	2.36	1.42	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	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	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Zucchini	SERVING, 2.4 oz	12	0	5	0.68	0.25	10.9	136	12.18	2	0.82	2.12	0.22	0.06	0.00
SB, Peas, thawed	SERVING, 3.5 oz	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
SB:Black Bean Salad	SVG	*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	18	0	4	0.00	0.00	12.6	0	24.55	0	2.52	2.52	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pears	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.0	74	0.0	15	0.0	17.24	0.0	0.00	0.00
Kiwi, Wedges	4.90 OZ.	81	0	0	4.03	0.73	40.3	201	132.87	12	2.01	20.13	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, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00

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Escondido Union School District

Nov 27, 2017 thru Dec 31, 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 ¹ (g)
Fri - 12/01/2017															
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
.....	...	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
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, 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		698	64	1209	7.50	4.05	445.1	*1051	*100.10	*36	35.35	76.30	29.10	8.76	*0.50
% of Calories										*20.6%	20.3%	43.7%	37.5%	11.3%	*0.6%
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

Nov 27, 2017 thru Dec 31, 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 ¹ (g)
Mon - 12/04/2017															
Elementary Lunch K-5	Total														
Quesadilla Chicken	1 EACH	300	45	560	3.00	2.70	250.0	200	0.0	1	19.0	31.0	11.0	4.50	0.00
FP: Taco, Beef Dip/ Nacho Chip	5.75 oz/se	603	64	1237	9.93	5.26	283.0	785	7.0	2	23.93	48.9	32.53	12.46	0.00
	rving														
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Burrito, Bean & Cheese	1 EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Chs, PZA Guy, LUNCH	SLICE	347	36	384	4.16	2.43	411.3	825	5.08	2	20.4	38.98	12.69	6.48	0.00
Pizza, Pepp, PZA Guy, LUNCH	SLICE	359	42	490	4.16	2.89	417.9	819	2.08	2	21.75	21.75	15.59	7.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	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,	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
	2.61oz														
SB, Bell, Peppers, Mixed	SERVING,	22	0	2	1.41	0.24	4.8	1312	66.64	2	0.79	4.64	0.16	0.02	0.00
	2.75oz														
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, 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,	18	0	4	0.00	0.00	12.6	0	24.55	0	2.52	2.52	0.0	0.00	0.00
	1.1 oz														
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Applesauce Cinnamon	SERVING,	87	0	3	1.54	0.16	4.1	8	2.17	19	0.21	22.33	0.22	0.04	0.00
	4.5 oz														
Fruit, Fresh Mon 1	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
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, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
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, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00

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Escondido Union School District

Nov 27, 2017 thru Dec 31, 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 ¹ (g)
Mon - 12/04/2017															
	1 OZ														
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, 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		638	47	1048	7.46	5.47	596.9	*1295	*25.60	*29	28.68	71.84	25.96	8.50	*0.00
% of Calories										*18.2%	18.0%	45.0%	36.6%	12.0%	*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

Nov 27, 2017 thru Dec 31, 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 ¹ (g)
Tue - 12/05/2017															
Elementary Lunch K-5	Total														
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
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
Sand: Turkey & Cheese	SANDWIC	380	70	1030	3.00	2.16	250.0	300	0.0	4	30.0	34.0	15.5	6.50	0.00
Sand: PBJ, Grape, WG	EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese:String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Chs, PZA Guy, LUNCH	SLICE	347	36	384	4.16	2.43	411.3	825	5.08	2	20.4	38.98	12.69	6.48	0.00
Pizza, Pepp, PZA Guy, LUNCH	SLICE	359	42	490	4.16	2.89	417.9	819	2.08	2	21.75	21.75	15.59	7.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	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, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	35	0	65	2.00	0.36	20.0	6003	6.0	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	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB,Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD,Peanut Butter Cup	SVG	180	0	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
Fruit, Fresh Tues 1	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
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, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	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

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Escondido Union School District

Nov 27, 2017 thru Dec 31, 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 ¹ (g)
Tue - 12/05/2017															
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, 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, 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		515	42	749	4.20	3.67	400.3	1488	15.15	*32	26.84	71.04	14.87	3.54	*0.00
% of Calories										*24.5%	20.9%	55.2%	26.0%	6.2%	*0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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

Nov 27, 2017 thru Dec 31, 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 ¹ (g)
Wed - 12/06/2017															
Elementary Lunch K-5	Total														
Sand. Veggie Burger, Twin	1 EACH	310	15	460	6.00	2.70	150.0	200	15.0	7	14.0	40.0	12.0	3.50	0.00
Pizza, Pepperoni, WG	1 EACH	340	35	580	3.00	1.80	400.0	500	9.0	4	20.0	34.0	18.0	9.00	0.00
Cheesy Bread	1 CUP	399	30	501	3.00	2.80	424.0	108	4.5	3	22.85	37.96	17.26	6.81	0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB: Sauce,Marinara Sauce	1 EACH	40	0	230	1.00	*N/A*	*N/A*	*N/A*	*N/A*	4	1.0	7.0	1.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Chs, PZA Guy, LUNCH	SLICE	347	36	384	4.16	2.43	411.3	825	5.08	2	20.4	38.98	12.69	6.48	0.00
Pizza, Pepp, PZA Guy, LUNCH	SLICE	359	42	490	4.16	2.89	417.9	819	2.08	2	21.75	21.75	15.59	7.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
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	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB,Bell,Peppers,Mixed	SERVING, 2.75oz	22	0	2	1.41	0.24	4.8	1312	66.64	2	0.79	4.64	0.16	0.02	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
A to Z Guava	SERVING, 3 oz	58	0	2	4.59	0.22	15.3	531	194.17	8	2.17	12.18	0.81	0.23	0.00
SB, CND, Beans, Garbanzo	1/2 CUP	131	0	504	9.08	1.36	32.3	24	3.83	*N/A*	6.05	22.19	2.02	0.50	*N/A*
SB, Broccoli Florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.6	0	24.55	0	2.52	2.52	0.0	0.00	0.00
SB, Raisins, Ind Box	1 EACH	129	0	5	1.59	0.81	21.5	0	0.99	25	1.32	34.05	0.2	0.02	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pinappl Tidbt, Draind	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.8	0	12.07	19	1.01	22.8	0.0	0.00	0.00
Fruit, Fresh Wed 1	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
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, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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Escondido Union School District

Nov 27, 2017 thru Dec 31, 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 ¹ (g)
Wed - 12/06/2017															
.....	...	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
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, 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		564	28	737	5.39	*3.32	*661.0	*1179	*13.33	*32	28.66	70.18	20.44	7.13	*0.00
% of Calories										*22.9%	20.3%	49.8%	32.6%	11.4%	*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

Nov 27, 2017 thru Dec 31, 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 ¹ (g)
Thu - 12/07/2017															
Elementary Lunch K-5	Total														
Corn Dog w/Tots	SVG	370	40	700	7.80	1.80	80.0	0	3.6	5	11.0	47.0	14.0	3.50	0.00
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: Cheese, Grilled, WG	1 EACH	280	32	581	3.00	1.64	4650.2	524	0.0	6	18.55	30.96	9.91	5.56	0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese:String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
.....	...	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	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD,Peanut Butter Cup	SVG	180	0	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
Fruit, Fresh Thurs 1	1 EACH	4	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	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
CD, Dressing, Honey Mustard	SERVING	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00

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Escondido Union School District

Nov 27, 2017 thru Dec 31, 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 ¹ (g)
Thu - 12/07/2017	1 OZ														
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, 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		606	*58	*1115	*8.43	*3.97	*433.7	*2028	*6.63	*35	*24.50	*81.57	*19.90	*4.65	*0.00
% of Calories										*23.1%	*16.2%	*53.9%	*29.6%	*6.9%	*0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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Escondido Union School District

Nov 27, 2017 thru Dec 31, 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 ¹ (g)
Fri - 12/08/2017															
Elementary Lunch K-5	Total														
Chix: Nuggets	SERVING, 5 pcs	208	42	457	2.00	1.00	20.0	178	0.0	1	19.0	15.0	8.0	1.00	0.00
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	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Yogurt w Pretzels	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, 2.61 oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Zucchini	SERVING, 2.4 oz	12	0	5	0.68	0.25	10.9	136	12.18	2	0.82	2.12	0.22	0.06	0.00
SB, Peas, thawed	SERVING, 3.5 oz	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
SB:Black Bean Salad	SVG	*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	18	0	4	0.00	0.00	12.6	0	24.55	0	2.52	2.52	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pears	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.0	74	0.0	15	0.0	17.24	0.0	0.00	0.00
Fruit, Fresh Fri 1	1 EACH	4	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1%, Pouch, 90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc, Pouch, 90/ea. 8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF, Carton. 70/ea. 8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	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
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

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Escondido Union School District

Nov 27, 2017 thru Dec 31, 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 ¹ (g)
Fri - 12/08/2017															
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, 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		455	*38	*567	*3.82	*2.90	*381.7	*990	*20.09	*30 *26.8%	*25.83 *22.7%	*58.91 *51.8%	*13.49 *26.7%	*3.20 *6.3%	*0.00 *0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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Escondido Union School District

Nov 27, 2017 thru Dec 31, 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 ¹ (g)
Mon - 12/11/2017															
Elementary Lunch K-5	Total														
Chix: Nuggets	SERVING, 5 Pcs	208	42	457	2.00	1.00	20.0	178	0.0	1	19.0	15.0	8.0	1.00	0.00
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	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Pizza, Sticks	2 EACH	420	30	540	4.00	2.88	0.0	400	0.0	4	24.0	50.0	12.0	6.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB: Sauce, Marinara Sauce	1 EACH	40	0	230	1.00	*N/A*	*N/A*	*N/A*	*N/A*	4	1.0	7.0	1.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
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, PZA Guy, LUNCH	SLICE	347	36	384	4.16	2.43	411.3	825	5.08	2	20.4	38.98	12.69	6.48	0.00
Pizza, Pepp, PZA Guy, LUNCH	SLICE	359	42	490	4.16	2.89	417.9	819	2.08	2	21.75	21.75	15.59	7.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	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	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Bell, Peppers, Mixed	SERVING, 2.75oz	22	0	2	1.41	0.24	4.8	1312	66.64	2	0.79	4.64	0.16	0.02	0.00
SB, Peas, thawed	SERVING, 3.5 oz	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
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	18	0	4	0.00	0.00	12.6	0	24.55	0	2.52	2.52	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Applesauce Cinnamon	SERVING, 4.5 oz	87	0	3	1.54	0.16	4.1	8	2.17	19	0.21	22.33	0.22	0.04	0.00
Fruit, Fresh Mon 1	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
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, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1%, Pouch, 90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc, Pouch, 90/ea. 8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF, Carton. 70/ea. 8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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Escondido Union School District

Nov 27, 2017 thru Dec 31, 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 ¹ (g)
Mon - 12/11/2017															
.....	...	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
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, 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		583	46	812	6.05	*4.13	*449.3	*1070	*34.06	*33	28.37	75.78	19.26	4.33	*0.00
% of Calories										*22.5%	19.5%	52.0%	29.7%	6.7%	*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

Nov 27, 2017 thru Dec 31, 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 ¹ (g)
Tue - 12/12/2017															
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	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	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
Cheese:String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Chs, PZA Guy, LUNCH	SLICE	347	36	384	4.16	2.43	411.3	825	5.08	2	20.4	38.98	12.69	6.48	0.00
Pizza, Pepp, PZA Guy, LUNCH	SLICE	359	42	490	4.16	2.89	417.9	819	2.08	2	21.75	21.75	15.59	7.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	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, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	35	0	65	2.00	0.36	20.0	6003	6.0	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	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB,Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD,Peanut Butter Cup	SVG	180	0	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
Fruit, Fresh Tues 1	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
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, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	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

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Escondido Union School District

Nov 27, 2017 thru Dec 31, 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 ¹ (g)
Tue - 12/12/2017															
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, 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, 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
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		511	61	930	4.78	4.69	405.2	1604	14.29	*27	27.04	56.05	20.35	4.59	*0.04
% of Calories										*20.7%	21.2%	43.8%	35.8%	8.1%	*0.1%
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
 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 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 ¹ (g)
Wed - 12/13/2017															
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	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Chs, PZA Guy, LUNCH	SLICE	347	36	384	4.16	2.43	411.3	825	5.08	2	20.4	38.98	12.69	6.48	0.00
Pizza, Pepp, PZA Guy, LUNCH	SLICE	359	42	490	4.16	2.89	417.9	819	2.08	2	21.75	21.75	15.59	7.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	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	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Bell, Peppers, Mixed	SERVING, 2.75oz	22	0	2	1.41	0.24	4.8	1312	66.64	2	0.79	4.64	0.16	0.02	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
A to Z Hummus	SERVING, .5 cup	177	0	354	5.06	1.82	0.0	253	50.63	0	5.06	10.13	12.66	0.00	0.00
SB, CND, Beans, Garbanzo	1/2 CUP	131	0	504	9.08	1.36	32.3	24	3.83	*N/A*	6.05	22.19	2.02	0.50	*N/A*
SB, Broccoli Florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.6	0	24.55	0	2.52	2.52	0.0	0.00	0.00
SB, Raisins, Ind Box	1 EACH	129	0	5	1.59	0.81	21.5	0	0.99	25	1.32	34.05	0.2	0.02	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pinappl Tidbt, Draind	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.8	0	12.07	19	1.01	22.8	0.0	0.00	0.00
Fruit, Fresh Wed 1	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
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, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1%, Pouch, 90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc, Pouch, 90/ea. 8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF, Carton. 70/ea. 8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	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

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Escondido Union School District

Nov 27, 2017 thru Dec 31, 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 ¹ (g)
Wed - 12/13/2017															
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, 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, 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		487	26	661	6.40	3.18	522.1	*1196	*9.43	*30	24.99	62.87	16.87	5.88	*0.00
% of Calories										*25.0%	20.5%	51.6%	31.2%	10.9%	*0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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Escondido Union School District

Nov 27, 2017 thru Dec 31, 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 ¹ (g)
Thu - 12/14/2017															
Elementary Lunch K-5	Total														
FP: Nacho Sauce with Chips	5 OZ SVG.	472	46	995	6.22	3.86	507.6	834	*1.25	*1	18.43	41.58	25.86	10.70	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	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese:String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
.....	...	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	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD,Peanut Butter Cup	SVG	180	0	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
Fruit, Fresh Thurs 1	1 EACH	4	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	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
CD, Dressing, Honey Mustard	SERVING	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00

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Escondido Union School District

Nov 27, 2017 thru Dec 31, 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 ¹ (g)
Thu - 12/14/2017															
	1 OZ														
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, 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		652	*44	*1110	*7.60	*5.05	*597.3	*2469	*5.83	*32	*27.26	*75.37	*27.88	*8.92	*0.00
% of Calories										*19.7%	*16.7%	*46.2%	*38.5%	*12.3%	*0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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Escondido Union School District

Nov 27, 2017 thru Dec 31, 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 ¹ (g)
Fri - 12/15/2017															
Elementary Lunch K-5	Total														
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
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	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Yogurt w Pretzels	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
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	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Zucchini	SERVING, 2.4 oz	12	0	5	0.68	0.25	10.9	136	12.18	2	0.82	2.12	0.22	0.06	0.00
SB, Peas, thawed	SERVING, 3.5 oz	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
SB:Black Bean Salad	SVG	*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	18	0	4	0.00	0.00	12.6	0	24.55	0	2.52	2.52	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pears	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.0	74	0.0	15	0.0	17.24	0.0	0.00	0.00
Fruit, Fresh Fri 1	1 EACH	4	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	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
CD, Dressing, Honey Mustard	SERVING	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00

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Escondido Union School District

Nov 27, 2017 thru Dec 31, 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 ¹ (g)
Fri - 12/15/2017															
	1 OZ														
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, 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		621	*43	*1002	*6.05	*4.31	*469.7	*982	*20.18	*31	*29.21	*73.75	*23.60	*5.39	*0.32
% of Calories										*20.1%	*18.8%	*47.5%	*34.2%	*7.8%	*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

Nov 27, 2017 thru Dec 31, 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 ¹ (g)
Mon - 12/18/2017															
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	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Yogurt w Pretzels	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, Sticks	2 EACH	420	30	540	4.00	2.88	0.0	400	0.0	4	24.0	50.0	12.0	6.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB: Sauce,Marinara Sauce	1 EACH	40	0	230	1.00	*N/A*	*N/A*	*N/A*	*N/A*	4	1.0	7.0	1.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Chs, PZA Guy, LUNCH	SLICE	347	36	384	4.16	2.43	411.3	825	5.08	2	20.4	38.98	12.69	6.48	0.00
Pizza, Pepp, PZA Guy, LUNCH	SLICE	359	42	490	4.16	2.89	417.9	819	2.08	2	21.75	21.75	15.59	7.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
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	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB,Bell,Peppers,Mixed	SERVING, 2.75oz	22	0	2	1.41	0.24	4.8	1312	66.64	2	0.79	4.64	0.16	0.02	0.00
SB, Peas, thawed	SERVING, 3.5 oz	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
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	18	0	4	0.00	0.00	12.6	0	24.55	0	2.52	2.52	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Applesauce Cinnamon	SERVING, 4.5 oz	87	0	3	1.54	0.16	4.1	8	2.17	19	0.21	22.33	0.22	0.04	0.00
Fruit, Fresh Mon 1	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
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, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	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

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Escondido Union School District

Nov 27, 2017 thru Dec 31, 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 ¹ (g)
Mon - 12/18/2017															
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, 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, 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		674	44	1076	7.76	*5.30	*629.2	*1469	*26.64	*32	28.27	74.22	28.64	9.44	*0.00
% of Calories										*19.2%	16.8%	44.1%	38.3%	12.6%	*0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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Escondido Union School District

Nov 27, 2017 thru Dec 31, 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 ¹ (g)
Tue - 12/19/2017															
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	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Sand: Turkey & Cheese	SANDWIC	380	70	1030	3.00	2.16	250.0	300	0.0	4	30.0	34.0	15.5	6.50	0.00
Cheese:String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Chs, PZA Guy, LUNCH	SLICE	347	36	384	4.16	2.43	411.3	825	5.08	2	20.4	38.98	12.69	6.48	0.00
Pizza, Pepp, PZA Guy, LUNCH	SLICE	359	42	490	4.16	2.89	417.9	819	2.08	2	21.75	21.75	15.59	7.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	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, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	35	0	65	2.00	0.36	20.0	6003	6.0	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	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB,Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD,Peanut Butter Cup	SVG	180	0	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
Fruit, Fresh Tues 1	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
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, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	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

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Escondido Union School District

Nov 27, 2017 thru Dec 31, 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 ¹ (g)
Tue - 12/19/2017															
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, 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, 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		518	41	753	5.09	3.54	385.4	1433	15.78	*31	23.85	71.87	15.42	3.70	*0.00
% of Calories										*24.0%	18.4%	55.5%	26.8%	6.4%	*0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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

Nov 27, 2017 thru Dec 31, 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 ¹ (g)
Wed - 12/20/2017															
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: 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	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	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
SB: Sauce,Marinara Sauce	1 EACH	40	0	230	1.00	*N/A*	*N/A*	*N/A*	*N/A*	4	1.0	7.0	1.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Chs, PZA Guy, LUNCH	SLICE	347	36	384	4.16	2.43	411.3	825	5.08	2	20.4	38.98	12.69	6.48	0.00
Pizza, Pepp, PZA Guy, LUNCH	SLICE	359	42	490	4.16	2.89	417.9	819	2.08	2	21.75	21.75	15.59	7.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
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	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB,Bell,Peppers,Mixed	SERVING, 2.75oz	22	0	2	1.41	0.24	4.8	1312	66.64	2	0.79	4.64	0.16	0.02	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
A to Z 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	18	0	4	0.00	0.00	12.6	0	24.55	0	2.52	2.52	0.0	0.00	0.00
SB, Raisins, Ind Box	1 EACH	129	0	5	1.59	0.81	21.5	0	0.99	25	1.32	34.05	0.2	0.02	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pinappl Tidbt, Draind	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.8	0	12.07	19	1.01	22.8	0.0	0.00	0.00
Fruit, Fresh Wed 1	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
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, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	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 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 ¹ (g)
Wed - 12/20/2017															
.....	...	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, 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, 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		536	28	756	5.43	*3.03	*593.9	*1154	*11.37	*29 *22.0%	27.96 20.9%	65.92 49.2%	21.41 36.0%	8.06 13.5%	*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

Nov 27, 2017 thru Dec 31, 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 ¹ (g)
Thu - 12/21/2017															
Elementary Lunch K-5	Total														
Sand: Meatball Sub	1 EACH	408	55	646	3.89	2.97	254.8	359	2.42	3	26.75	36.54	17.63	6.83	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, Sticks	2 EACH	420	30	540	4.00	2.88	0.0	400	0.0	4	24.0	50.0	12.0	6.00	0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese:String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB: Sauce,Marinara Sauce	1 Each	40	0	230	1.00	*N/A*	*N/A*	*N/A*	*N/A*	4	1.0	7.0	1.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	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,	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
	2.61oz														
SB, Celery Sticks	SERVING	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
	-2.5 oz														
CD,Peanut Butter Cup	SVG	180	0	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														
Fruit, Fresh Thurs 1	1 EACH	4	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	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

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Escondido Union School District

Nov 27, 2017 thru Dec 31, 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 ¹ (g)
Thu - 12/21/2017															
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, 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		595	*37	*810	*6.10	*5.03	*442.7	*2223	*4.34	*31 *20.5%	*29.99 *20.1%	*70.61 *47.4%	*22.14 *33.5%	*6.18 *9.3%	*0.00 *0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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Escondido Union School District

Nov 27, 2017 thru Dec 31, 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 ¹ (g)
Fri - 12/22/2017															
Elementary Lunch K-5	Total														
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														
Chicken/Holiday/Tree	SERVING	249	35	348	1.99	*N/A*	0.0	0	0.0	*N/A*	13.93	14.93	13.93	3.48	*N/A*
Sand: Chix, Spicy Patty	SANDWIC	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pretzel, Goldfish, 300/.75oz/c	1 EACH	90	0	250	1.00	0.72	0.0	0	0.0	*N/A*	2.0	16.0	1.5	0.00	*N/A*
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
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,	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
	2.61oz														
SB, Zucchini	SERVING,	12	0	5	0.68	0.25	10.9	136	12.18	2	0.82	2.12	0.22	0.06	0.00
	2.4 oz														
SB, Peas, thawed	SERVING,	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
	3.5 oz														
SB:Black Bean Salad	SVG	*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,	18	0	4	0.00	0.00	12.6	0	24.55	0	2.52	2.52	0.0	0.00	0.00
	1.1 oz														
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pears	SERVING,	74	0	12	2.46	0.00	0.0	74	0.0	15	0.0	17.24	0.0	0.00	0.00
	3.5 oz														
Fruit, Fresh Fri 1	1 EACH	4	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	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
CD, Dressing, Honey Mustard	SERVING	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00

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Escondido Union School District

Nov 27, 2017 thru Dec 31, 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 ¹ (g)
Fri - 12/22/2017															
	1 OZ														
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, 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		395	*19	*609	*3.49	*1.66	*280.5	*765	*19.42	*25	*17.67	*51.40	*12.63	*2.50	*0.00
% of Calories										*25.1%	*17.9%	*52.1%	*28.8%	*5.7%	*0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

Mon - 12/25/2017															
Elementary Lunch 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		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

Tue - 12/26/2017															
Elementary Lunch 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		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

Wed - 12/27/2017															
Elementary Lunch 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

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Escondido Union School District

Nov 27, 2017 thru Dec 31, 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 ¹ (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		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

Thu - 12/28/2017															
Elementary Lunch 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		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

Fri - 12/29/2017															
Elementary Lunch 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		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

Weighted Average		547	*39	*818	*6.12	*3.84	*530.5	*1473	*23.62	*32 *52.5%	*25.90 *19.0%	*68.87 *50.4%	*19.56 *32.2%	*5.55 *9.1%	*0.04 *0.1%
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Escondido Union School District

Nov 27, 2017 thru Dec 31, 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 ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	547		550 - 650	99%				3									Correction Required - Calories are Low
Cholesterol (mg)	39				Missing												
Sodium 1 (mg)	818		1230		Missing												
Sodium 2 (mg)	818		935		Missing												
Fiber (g)	6.12				Missing												
Iron (mg)	3.84		3.50	110%	Missing												
Calcium (mg)	530.5		286.00	185%	Missing												
Vitamin A (IU)	1473		1120	131%	Missing												
Sugars (g)	32	23.34%			Missing												
Vitamin C (mg)	23.62		15.00	157%	Missing												
Protein (g)	25.90	18.96%	10.00	259%	Missing												
Carbohydrate (g)	68.87	50.41%			Missing												
Total Fat (g)	19.56	32.22%	<=35.00%		Missing												
Saturated Fat (g)	5.55	9.14%	<10.00%		Missing												
Trans Fat ¹ (g)	0.04	0.07%			Missing												

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