

Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Breakfast K-5

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 05/01/2017																
Elementary Breakfast K-5	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	20	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	5	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Brkfst, Eggs Scram. w/Muffin	1 EACH	20	253	348	449	1.70	1.84	54.1	525	0.5	*7	11.39	22.75	12.19	3.60	*0.00
Coffee Cake WG	1 EACH	1	251	34	241	1.93	1.39	57.9	0	0.0	18	4.83	37.65	8.69	0.97	0.00
.....	...	50	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt with Cinn Bitz	EACH	1	226	4	104	2.10	1.28	343.0	681	1.67	26	5.3	42.3	4.51	0.60	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Fruit Mixed, Lt Syrup	SERVING , 3.5 oz	10	72	0	8	1.40	0.40	7.6	132	2.4	*N/A*	0.6	18.8	0.0	0.00	*N/A*
Tangerines/Whole	EACH	60	50	0	0	2.00	0.00	40.0	300	27.0	9	1.0	2.0	0.0	0.00	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	1	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, #9203	EACH	25	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, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz. Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk, 1%, Pouch 8oz. Hollandia	1 EACH	3	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, NF, 90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	2	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk/PK/1/2 GAL/6 oz.	6 oz svg	1	71	9	75	0.00	0.00	200.0	350	0.0	9	5.73	8.49	1.65	1.08	*N/A*
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	TBS.	0	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Sauce, Tapatio	TSP	0	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	0	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			285	75	305	3.28	2.87	372.1	991	21.95	*34	11.73	45.57	4.00	1.04	*0.00
% of Calories											*47.8%	16.5%	64.0%	12.6%	3.3%	*0.0%
Nutrient Guideline			350-500		540									<=35.0	<10.00	

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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Breakfast K-5

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 05/02/2017																
Elementary Breakfast K-5	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	20	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	5	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Pizza, Breakfast Sausage	1 EACH	15	185	16	355	1.87	0.83	191.2	246	7.51	2	9.96	18.49	8.67	4.18	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	55	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Yogurt with Cinn Bitz	EACH	5	226	4	104	2.10	1.28	343.0	681	1.67	26	5.3	42.3	4.51	0.60	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel, Pizza , Breakfast	1 EACH	1	192	15	363	1.80	1.59	217.0	73	3.8	4	11.65	23.16	5.71	3.01	0.00
.....	...	0	0	0	0	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	20	87	0	3	1.54	0.16	4.1	8	2.17	19	0.21	22.33	0.22	0.04	0.00
Fruit,Mix,Festival of Fruit	SERVING	60	42	0	4	0.85	0.55	8.7	364	68.26	6	0.7	9.91	0.02	0.00	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	1	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, #9203	EACH	25	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, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	3	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, NF,90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	2	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk/PK/1/2 GAL/6 oz.	6 oz svg	1	71	9	75	0.00	0.00	200.0	350	0.0	9	5.73	8.49	1.65	1.08	*N/A*
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	TBS.	0	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Sauce, Tapatio	TSP	0	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	0	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average			435	19	408	4.44	4.00	397.5	978	48.03	*36	13.78	78.52	8.01	2.65	*0.00
% of Calories											*32.8%	12.7%	72.2%	16.6%	5.5%	*0.0%
Nutrient Guideline			350-500		540									<=35.0	<10.00	

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

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

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Breakfast K-5

Portion Values - Detailed

	Portion Size	Reimb Qty	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)
Wed - 05/03/2017																
Elementary Breakfast K-5	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	30	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	5	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Brkfst, Egg, Bacon, Tots Taco	1 EACH	25	259	195	546	3.05	1.77	121.9	354	1.35	1	10.75	21.38	13.75	4.87	0.00
Waffles, Mini, Maple	1 EACH	35	174	9	183	1.83	0.33	18.3	0	0.0	13	2.74	30.16	4.57	0.91	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt with Cinn Bitz	EACH	5	226	4	104	2.10	1.28	343.0	681	1.67	26	5.3	42.3	4.51	0.60	0.00
.....	...	0	0	0	0	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	20	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
	, 4.5 oz															
Bananas , Whole,	EACH	60	147	0	2	4.28	0.43	8.2	105	14.33	20	1.8	37.62	0.54	0.18	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	1	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
Apples, Red, 138 ct, #9203	EACH	25	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, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
	4.95															
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	3	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, NF,90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	2	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk/PK/1/2 GAL/6 oz.	6 oz svg	1	71	9	75	0.00	0.00	200.0	350	0.0	9	5.73	8.49	1.65	1.08	*N/A*
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	TBS.	0	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Sauce, Tapatio	TSP	0	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	0	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			454	58	455	6.16	4.13	411.8	1035	16.02	*50	13.99	85.69	7.61	2.08	*0.00
% of Calories											*43.8%	12.3%	75.4%	15.1%	4.1%	*0.0%
Nutrient Guideline			350-500		540									<=35.0	<10.00	

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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Breakfast K-5

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 05/04/2017																
Elementary Breakfast K-5	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	20	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	5	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Brkfst-Egg,Cheese,Sau, Biscuit	each	60	346	142	751	2.10	2.22	203.8	416	0.01	*6	16.21	30.1	17.65	6.71	*0.00
Bar, Peanut Butter & Jelly	1 EACH	10	300	0	220	4.00	1.44	20.0	70	0.0	14	9.0	32.0	17.0	3.50	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	1	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt with Cinn Bitz	EACH	5	226	4	104	2.10	1.28	343.0	681	1.67	26	5.3	42.3	4.51	0.60	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pears	SERVING	20	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															
Kiwi, Wedges	4.90 OZ.	60	81	0	0	4.03	0.73	40.3	201	132.87	12	2.01	20.13	0.0	0.00	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	1	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, #9203	EACH	25	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, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
	4.95															
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	3	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, NF,90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	2	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk/PK/1/2 GAL/6 oz.	6 oz svg	1	71	9	75	0.00	0.00	200.0	350	0.0	9	5.73	8.49	1.65	1.08	*N/A*
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	TBS.	0	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Sauce, Tapatio	TSP	0	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	0	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			507	91	694	6.27	4.43	498.3	1112	85.20	*43	20.84	76.51	14.03	4.74	*0.00
% of Calories											*33.9%	16.4%	60.4%	24.9%	8.4%	*0.0%
Nutrient Guideline			350-500		540									<=35.0	<10.00	

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Base Menu Spreadsheet

Elementary Breakfast K-5

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 05/05/2017																
Elementary Breakfast K-5	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	10	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	5	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Brkfst,French Toast /Sausage	SERVING	40	227	22	324	2.75	2.26	157.8	308	4.97	6	11.04	25.03	9.47	2.19	0.00
Mexican Sweetbread	1 EACH	40	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt with Cinn Bitz	EACH	5	226	4	104	2.10	1.28	343.0	681	1.67	26	5.3	42.3	4.51	0.60	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Apricots, Sliced	SERVING	20	101	0	3	3.31	4.30	41.3	91	4.3	18	1.65	24.79	0.0	0.00	0.00
	, 4.25oz															
Blueberries, Frozen	2.8 OZ	60	41	0	1	2.04	0.00	0.0	0	0.0	7	0.0	9.16	1.02	0.00	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	1	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, #9203	EACH	25	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, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
	4.95															
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	3	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, NF,90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	2	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk/PK/1/2 GAL/6 oz.	6 oz svg	1	71	9	75	0.00	0.00	200.0	350	0.0	9	5.73	8.49	1.65	1.08	*N/A*
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	TBS.	0	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Sauce, Tapatio	TSP	0	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	0	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average			396	16	350	5.15	4.18	417.1	761	7.12	*40	15.41	68.82	7.85	1.71	*0.00
% of Calories											*40.0%	15.6%	69.5%	17.8%	3.9%	*0.0%
Nutrient Guideline			350-500		540									<=35.0	<10.00	

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

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

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Breakfast K-5

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 05/08/2017																
Elementary Breakfast K-5	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	20	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	5	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Cinnamon Roll, WG, IW	1 EACH	35	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.01	11.0	6.00	0.00
Brkfst, Eggs Scram. w/Muffin	1 EACH	35	253	348	449	1.70	1.84	54.1	525	0.5	*7	11.39	22.75	12.19	3.60	*0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt with Cinn Bitz	EACH	5	226	4	104	2.10	1.28	343.0	681	1.67	26	5.3	42.3	4.51	0.60	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Fruit Mixed, Lt Syrup	SERVING , 3.5 oz	10	72	0	8	1.40	0.40	7.6	132	2.4	*N/A*	0.6	18.8	0.0	0.00	*N/A*
Tangerines/Whole	EACH	60	50	0	0	2.00	0.00	40.0	300	27.0	9	1.0	2.0	0.0	0.00	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	1	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, #9203	EACH	25	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, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz. Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk, 1%, Pouch 8oz. Hollandia	1 EACH	3	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, NF, 90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	2	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk/PK/1/2 GAL/6 oz.	6 oz svg	1	71	9	75	0.00	0.00	200.0	350	0.0	9	5.73	8.49	1.65	1.08	*N/A*
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	TBS.	0	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Sauce, Tapatio	TSP	0	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	0	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			434	129	483	4.65	3.82	400.4	1202	22.51	*44	15.36	68.15	9.77	3.70	*0.00
% of Calories											*40.2%	14.1%	62.8%	20.2%	7.7%	*0.0%
Nutrient Guideline			350-500		540									<=35.0	<10.00	

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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Breakfast K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	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 - 05/09/2017																
Elementary Breakfast K-5	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	20	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	5	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Pizza, Breakfast Sausage	1 EACH	15	185	16	355	1.87	0.83	191.2	246	7.51	2	9.96	18.49	8.67	4.18	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	55	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt with Cinn Bitz	EACH	5	226	4	104	2.10	1.28	343.0	681	1.67	26	5.3	42.3	4.51	0.60	0.00
.....	...	0	0	0	0	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	20	87	0	3	1.54	0.16	4.1	8	2.17	19	0.21	22.33	0.22	0.04	0.00
Fruit,Mix,Festival of Fruit	SERVING	60	42	0	4	0.85	0.55	8.7	364	68.26	6	0.7	9.91	0.02	0.00	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	1	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, #9203	EACH	25	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, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	3	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, NF,90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	2	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk/PK/1/2 GAL/6 oz.	6 oz svg	1	71	9	75	0.00	0.00	200.0	350	0.0	9	5.73	8.49	1.65	1.08	*N/A*
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	TBS.	0	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Sauce, Tapatio	TSP	0	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	0	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			433	19	405	4.42	3.98	395.4	977	47.99	*36	13.66	78.29	7.96	2.62	*0.00
% of Calories											*32.9%	12.6%	72.3%	16.5%	5.4%	*0.0%
Nutrient Guideline			350-500		540									<=35.0	<10.00	

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

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Breakfast K-5

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 05/10/2017																
Elementary Breakfast K-5	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	30	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	5	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Brkfst, Egg, Bacon, Tots Taco	1 EACH	35	259	195	546	3.05	1.77	121.9	354	1.35	1	10.75	21.38	13.75	4.87	0.00
Pancakes,Mini, Maple	1 EACH	25	230	0	150	3.00	0.72	40.0	0	0.0	14	4.0	41.0	7.0	0.50	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt with Cinn Bitz	EACH	5	226	4	104	2.10	1.28	343.0	681	1.67	26	5.3	42.3	4.51	0.60	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
PK-BK/Egg/Cheese/Tot/Taco	1 EACH	1	343	250	702	3.05	1.99	297.7	613	1.35	*1	15.81	22.74	20.15	9.35	*9.40
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	SERVING , 4.5 oz	20	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
Bananas , Whole,	EACH	60	147	0	2	4.28	0.43	8.2	105	14.33	20	1.8	37.62	0.54	0.18	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	1	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
Apples, Red, 138 ct, #9203	EACH	25	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, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	3	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, NF,90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	2	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk/PK/1/2 GAL/6 oz.	6 oz svg	1	71	9	75	0.00	0.00	200.0	350	0.0	9	5.73	8.49	1.65	1.08	*N/A*
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	TBS.	0	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Sauce, Tapatio	TSP	0	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	0	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			480	76	490	6.60	4.39	430.6	1077	16.17	*49	15.26	87.75	9.34	2.47	*0.09
% of Calories											*40.7%	12.7%	73.1%	17.5%	4.6%	*0.2%
Nutrient Guideline			350-500		540									<=35.0	<10.00	

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Breakfast K-5

Portion Values - Detailed

	Portion Size	Reimb Qty	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)
Thu - 05/11/2017																
Elementary Breakfast K-5	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	40	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	5	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Pancake Sausage Sandwich	1 EACH	25	254	29	360	2.11	1.63	13.7	44	0.0	13	9.73	37.68	7.51	1.87	*0.00
Bar, Peanut Butter & Jelly	1 EACH	25	300	0	220	4.00	1.44	20.0	70	0.0	14	9.0	32.0	17.0	3.50	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	1	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt with Cinn Bitz	EACH	5	226	4	104	2.10	1.28	343.0	681	1.67	26	5.3	42.3	4.51	0.60	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
PK-Pancake Bk.	1 EACH	1	193	7	235	2.01	1.23	1.7	17	0.0	13	3.33	37.18	4.01	0.67	*0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pears	SERVING , 3.5 oz	20	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.	60	81	0	0	4.03	0.73	40.3	201	132.87	12	2.01	20.13	0.0	0.00	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	1	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, #9203	EACH	25	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, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz. Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk, 1%, Pouch 8oz. Hollandia	1 EACH	3	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, NF, 90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	2	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk/PK/1/2 GAL/6 oz.	6 oz svg	1	71	9	75	0.00	0.00	200.0	350	0.0	9	5.73	8.49	1.65	1.08	*N/A*
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	TBS.	0	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Sauce, Tapatio	TSP	0	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	0	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			456	13	434	6.75	5.36	422.5	1084	87.60	*49	15.53	82.05	9.11	1.92	*0.00
% of Calories											*42.6%	13.6%	72.0%	18.0%	3.8%	*0.0%
Nutrient Guideline			350-500		540									<=35.0	<10.00	

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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Breakfast K-5

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 05/12/2017																
Elementary Breakfast K-5	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	25	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	5	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bagel, Pizza , Breakfast	1 EACH	20	192	15	363	1.80	1.59	217.0	73	3.8	4	11.65	23.16	5.71	3.01	0.00
Mexican Sweetbread	1 EACH	45	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt with Cinn Bitz	EACH	5	226	4	104	2.10	1.28	343.0	681	1.67	26	5.3	42.3	4.51	0.60	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
French Toast Sticks	3 EACH	1	383	0	346	4.00	2.82	221.7	424	7.5	20	7.0	71.85	9.0	1.50	*0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Apricots, Sliced	SERVING , 4.25oz	20	101	0	3	3.31	4.30	41.3	91	4.3	18	1.65	24.79	0.0	0.00	0.00
Blueberries, Frozen	2.8 OZ	60	41	0	1	2.04	0.00	0.0	0	0.0	7	0.0	9.16	1.02	0.00	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	1	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, #9203	EACH	25	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, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	3	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, NF,90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	2	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk/PK/1/2 GAL/6 oz.	6 oz svg	1	71	9	75	0.00	0.00	200.0	350	0.0	9	5.73	8.49	1.65	1.08	*N/A*
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	TBS.	0	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Sauce, Tapatio	TSP	0	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	0	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			392	11	351	5.00	4.93	431.6	807	7.77	*41	14.09	72.61	6.49	1.68	*0.00
% of Calories											*42.2%	14.4%	74.1%	14.9%	3.9%	*0.0%
Nutrient Guideline			350-500		540									<=35.0	<10.00	

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Breakfast K-5

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 05/15/2017																
Elementary Breakfast K-5	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	20	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	5	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Brkfst, Eggs Scram. w/Muffin	1 EACH	20	253	348	449	1.70	1.84	54.1	525	0.5	*7	11.39	22.75	12.19	3.60	*0.00
Coffee Cake WG	1 EACH	1	251	34	241	1.93	1.39	57.9	0	0.0	18	4.83	37.65	8.69	0.97	0.00
.....	...	50	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt with Cinn Bitz	EACH	1	226	4	104	2.10	1.28	343.0	681	1.67	26	5.3	42.3	4.51	0.60	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Fruit Mixed, Lt Syrup	SERVING , 3.5 oz	10	72	0	8	1.40	0.40	7.6	132	2.4	*N/A*	0.6	18.8	0.0	0.00	*N/A*
Tangerines/Whole	EACH	60	50	0	0	2.00	0.00	40.0	300	27.0	9	1.0	2.0	0.0	0.00	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	1	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, #9203	EACH	25	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, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz. Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk, 1%, Pouch 8oz. Hollandia	1 EACH	3	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, NF, 90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	2	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk/PK/1/2 GAL/6 oz.	6 oz svg	1	71	9	75	0.00	0.00	200.0	350	0.0	9	5.73	8.49	1.65	1.08	*N/A*
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	TBS.	0	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Sauce, Tapatio	TSP	0	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	0	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			285	75	305	3.28	2.87	372.1	991	21.95	*34	11.73	45.57	4.00	1.04	*0.00
% of Calories											*47.8%	16.5%	64.0%	12.6%	3.3%	*0.0%
Nutrient Guideline			350-500		540									<=35.0	<10.00	

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 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Breakfast K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	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 - 05/16/2017																
Elementary Breakfast K-5	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	20	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	5	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Pizza, Breakfast Sausage	1 EACH	15	185	16	355	1.87	0.83	191.2	246	7.51	2	9.96	18.49	8.67	4.18	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	55	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Yogurt with Cinn Bitz	EACH	5	226	4	104	2.10	1.28	343.0	681	1.67	26	5.3	42.3	4.51	0.60	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel, Pizza , Breakfast	1 EACH	1	192	15	363	1.80	1.59	217.0	73	3.8	4	11.65	23.16	5.71	3.01	0.00
.....	...	0	0	0	0	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	20	87	0	3	1.54	0.16	4.1	8	2.17	19	0.21	22.33	0.22	0.04	0.00
Fruit,Mix,Festival of Fruit	SERVING	60	42	0	4	0.85	0.55	8.7	364	68.26	6	0.7	9.91	0.02	0.00	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	1	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, #9203	EACH	25	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, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	3	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, NF,90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	2	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk/PK/1/2 GAL/6 oz.	6 oz svg	1	71	9	75	0.00	0.00	200.0	350	0.0	9	5.73	8.49	1.65	1.08	*N/A*
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	TBS.	0	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Sauce, Tapatio	TSP	0	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	0	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average			435	19	408	4.44	4.00	397.5	978	48.03	*36	13.78	78.52	8.01	2.65	*0.00
% of Calories											*32.8%	12.7%	72.2%	16.6%	5.5%	*0.0%
Nutrient Guideline			350-500		540									<=35.0	<10.00	

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

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

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

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Breakfast K-5

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 05/17/2017																
Elementary Breakfast K-5	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	30	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	5	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Brkfst, Egg, Bacon, Tots Taco	1 EACH	25	259	195	546	3.05	1.77	121.9	354	1.35	1	10.75	21.38	13.75	4.87	0.00
Waffles, Mini, Maple	1 EACH	35	174	9	183	1.83	0.33	18.3	0	0.0	13	2.74	30.16	4.57	0.91	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt with Cinn Bitz	EACH	5	226	4	104	2.10	1.28	343.0	681	1.67	26	5.3	42.3	4.51	0.60	0.00
.....	...	0	0	0	0	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	20	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
Bananas , Whole,	1 EACH	60	147	0	2	4.28	0.43	8.2	105	14.33	20	1.8	37.62	0.54	0.18	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	1	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
Apples, Red, 138 ct, #9203	EACH	25	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, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	3	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, NF,90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	2	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk/PK/1/2 GAL/6 oz.	6 oz svg	1	71	9	75	0.00	0.00	200.0	350	0.0	9	5.73	8.49	1.65	1.08	*N/A*
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	TBS.	0	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Sauce, Tapatio	TSP	0	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	0	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			454	58	455	6.16	4.13	411.8	1035	16.02	*50	13.99	85.69	7.61	2.08	*0.00
% of Calories											*43.8%	12.3%	75.4%	15.1%	4.1%	*0.0%
Nutrient Guideline			350-500		540									<=35.0	<10.00	

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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Breakfast K-5

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 05/18/2017																
Elementary Breakfast K-5	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	20	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	5	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Brkfst-Egg,Cheese,Sau, Biscuit	each	60	346	142	751	2.10	2.22	203.8	416	0.01	*6	16.21	30.1	17.65	6.71	*0.00
Bar, Peanut Butter & Jelly	1 EACH	10	300	0	220	4.00	1.44	20.0	70	0.0	14	9.0	32.0	17.0	3.50	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	1	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt with Cinn Bitz	EACH	5	226	4	104	2.10	1.28	343.0	681	1.67	26	5.3	42.3	4.51	0.60	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pears	SERVING	20	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															
Kiwi, Wedges	4.90 OZ.	60	81	0	0	4.03	0.73	40.3	201	132.87	12	2.01	20.13	0.0	0.00	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	1	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, #9203	EACH	25	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, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
	4.95															
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	3	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, NF,90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	2	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk/PK/1/2 GAL/6 oz.	6 oz svg	1	71	9	75	0.00	0.00	200.0	350	0.0	9	5.73	8.49	1.65	1.08	*N/A*
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	TBS.	0	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Sauce, Tapatio	TSP	0	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	0	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			507	91	694	6.27	4.43	498.3	1112	85.20	*43	20.84	76.51	14.03	4.74	*0.00
% of Calories											*33.9%	16.4%	60.4%	24.9%	8.4%	*0.0%
Nutrient Guideline			350-500		540									<=35.0	<10.00	

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Breakfast K-5

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 05/19/2017																
Elementary Breakfast K-5	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	10	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	5	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Brkfst,French Toast /Sausage	SERVING	40	227	22	324	2.75	2.26	157.8	308	4.97	6	11.04	25.03	9.47	2.19	0.00
Mexican Sweetbread	1 EACH	40	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt with Cinn Bitz	EACH	5	226	4	104	2.10	1.28	343.0	681	1.67	26	5.3	42.3	4.51	0.60	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Apricots, Sliced	SERVING	20	101	0	3	3.31	4.30	41.3	91	4.3	18	1.65	24.79	0.0	0.00	0.00
Blueberries, Frozen	2.8 OZ	60	41	0	1	2.04	0.00	0.0	0	0.0	7	0.0	9.16	1.02	0.00	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	1	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, #9203	EACH	25	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, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	3	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, NF,90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	2	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk/PK/1/2 GAL/6 oz.	6 oz svg	1	71	9	75	0.00	0.00	200.0	350	0.0	9	5.73	8.49	1.65	1.08	*N/A*
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	TBS.	0	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Sauce, Tapatio	TSP	0	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	0	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average			396	16	350	5.15	4.18	417.1	761	7.12	*40	15.41	68.82	7.85	1.71	*0.00
% of Calories											*40.0%	15.6%	69.5%	17.8%	3.9%	*0.0%
Nutrient Guideline			350-500		540									<=35.0	<10.00	

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

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

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Breakfast K-5

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 05/22/2017																
Elementary Breakfast K-5	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	20	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	5	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Cinnamon Roll, WG, IW	1 EACH	35	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.01	11.0	6.00	0.00
Brkfst, Eggs Scram. w/Muffin	1 EACH	35	253	348	449	1.70	1.84	54.1	525	0.5	*7	11.39	22.75	12.19	3.60	*0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt with Cinn Bitz	EACH	5	226	4	104	2.10	1.28	343.0	681	1.67	26	5.3	42.3	4.51	0.60	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Fruit Mixed, Lt Syrup	SERVING	10	72	0	8	1.40	0.40	7.6	132	2.4	*N/A*	0.6	18.8	0.0	0.00	*N/A*
	, 3.5 oz															
Fruit, Fresh Mon 1	1 ea	60	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	1	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, #9203	EACH	25	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, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
	4.95															
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz. Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk, 1%, Pouch 8oz. Hollandia	1 EACH	3	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, NF, 90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	2	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk/PK/1/2 GAL/6 oz.	6 oz svg	1	71	9	75	0.00	0.00	200.0	350	0.0	9	5.73	8.49	1.65	1.08	*N/A*
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	TBS.	0	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Sauce, Tapatio	TSP	0	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	0	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			404	129	483	3.45	3.82	376.4	1022	6.31	*38	14.76	66.95	9.77	3.70	*0.00
% of Calories											*37.9%	14.6%	66.2%	21.7%	8.2%	*0.0%
Nutrient Guideline			350-500		540									<=35.0	<10.00	

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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Breakfast K-5

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 05/23/2017																
Elementary Breakfast K-5	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	20	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	5	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Pizza, Breakfast Sausage	1 EACH	15	185	16	355	1.87	0.83	191.2	246	7.51	2	9.96	18.49	8.67	4.18	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	55	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt with Cinn Bitz	EACH	5	226	4	104	2.10	1.28	343.0	681	1.67	26	5.3	42.3	4.51	0.60	0.00
.....	...	0	0	0	0	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	20	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 Tues 1	1 ea	60	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	1	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, #9203	EACH	25	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, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
	4.95															
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz. Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk, 1%, Pouch 8oz. Hollandia	1 EACH	3	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, NF, 90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	2	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk/PK/1/2 GAL/6 oz.	6 oz svg	1	71	9	75	0.00	0.00	200.0	350	0.0	9	5.73	8.49	1.65	1.08	*N/A*
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	TBS.	0	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Sauce, Tapatio	TSP	0	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	0	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			408	19	402	3.91	3.65	390.2	758	7.03	*32	13.24	72.35	7.94	2.62	*0.00
% of Calories											*31.4%	13.0%	70.9%	17.5%	5.8%	*0.0%
Nutrient Guideline			350-500		540									<=35.0	<10.00	

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

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

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Breakfast K-5

Portion Values - Detailed

	Portion Size	Reimb Qty	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)
Wed - 05/24/2017																
Elementary Breakfast K-5	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	30	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	5	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Brkfst, Egg, Bacon, Tots Taco	1 EACH	35	259	195	546	3.05	1.77	121.9	354	1.35	1	10.75	21.38	13.75	4.87	0.00
Pancakes, Mini, Maple	1 EACH	25	230	0	150	3.00	0.72	40.0	0	0.0	14	4.0	41.0	7.0	0.50	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt with Cinn Bitz	EACH	5	226	4	104	2.10	1.28	343.0	681	1.67	26	5.3	42.3	4.51	0.60	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
PK-BK/Egg/Cheese/Tot/Taco	1 EACH	1	343	250	702	3.05	1.99	297.7	613	1.35	*1	15.81	22.74	20.15	9.35	*9.40
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	SERVING , 4.5 oz	20	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
Fruit, Fresh Wed 1	1 ea	60	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	1	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
Apples, Red, 138 ct, #9203	EACH	25	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, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz. Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk, 1%, Pouch 8oz. Hollandia	1 EACH	3	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, NF, 90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	2	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk/PK/1/2 GAL/6 oz.	6 oz svg	1	71	9	75	0.00	0.00	200.0	350	0.0	9	5.73	8.49	1.65	1.08	*N/A*
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	TBS.	0	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Sauce, Tapatio	TSP	0	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	0	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			392	76	489	4.03	4.13	425.6	1014	7.57	*37	14.19	65.17	9.02	2.36	*0.09
% of Calories											*37.5%	14.5%	66.4%	20.7%	5.4%	*0.2%
Nutrient Guideline			350-500		540									<=35.0	<10.00	

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Breakfast K-5

Portion Values - Detailed

	Portion Size	Reimb Qty	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)
Thu - 05/25/2017																
Elementary Breakfast K-5	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	40	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	5	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Pancake Sausage Sandwich	1 EACH	25	254	29	360	2.11	1.63	13.7	44	0.0	13	9.73	37.68	7.51	1.87	*0.00
Bar, Peanut Butter & Jelly	1 EACH	25	300	0	220	4.00	1.44	20.0	70	0.0	14	9.0	32.0	17.0	3.50	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	1	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt with Cinn Bitz	EACH	5	226	4	104	2.10	1.28	343.0	681	1.67	26	5.3	42.3	4.51	0.60	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
PK-Pancake Bk.	1 EACH	1	193	7	235	2.01	1.23	1.7	17	0.0	13	3.33	37.18	4.01	0.67	*0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pears	SERVING , 3.5 oz	20	74	0	12	2.46	0.00	0.0	74	0.0	15	0.0	17.24	0.0	0.00	0.00
Fruit, Fresh Thurs 1	1 ea	60	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*
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	25	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, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz. Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk, 1%, Pouch 8oz. Hollandia	1 EACH	3	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, NF, 90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	2	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk/PK/1/2 GAL/6 oz.	6 oz svg	1	71	9	75	0.00	0.00	200.0	350	0.0	9	5.73	8.49	1.65	1.08	*N/A*
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	TBS.	0	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Sauce, Tapatio	TSP	0	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	0	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			410	*13	*434	*4.34	*4.92	*398.3	*963	*7.87	*41	*14.33	*69.97	*9.11	*1.92	*0.00
% of Calories											*40.3%	*14.0%	*68.2%	*20.0%	*4.2%	*0.0%
Nutrient Guideline			350-500		540									<=35.0	<10.00	

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Breakfast K-5

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 05/26/2017																
Elementary Breakfast K-5	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	25	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	5	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bagel, Pizza , Breakfast	1 EACH	20	192	15	363	1.80	1.59	217.0	73	3.8	4	11.65	23.16	5.71	3.01	0.00
Mexican Sweetbread	1 EACH	45	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt with Cinn Bitz	EACH	5	226	4	104	2.10	1.28	343.0	681	1.67	26	5.3	42.3	4.51	0.60	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
French Toast Sticks	3 EACH	1	383	0	346	4.00	2.82	221.7	424	7.5	20	7.0	71.85	9.0	1.50	*0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Apricots, Sliced	SERVING , 4.25oz	20	101	0	3	3.31	4.30	41.3	91	4.3	18	1.65	24.79	0.0	0.00	0.00
Fruit, Fresh Fri 1	1 EACH	60	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*
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	25	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, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	3	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, NF,90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	2	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk/PK/1/2 GAL/6 oz.	6 oz svg	1	71	9	75	0.00	0.00	200.0	350	0.0	9	5.73	8.49	1.65	1.08	*N/A*
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	TBS.	0	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Sauce, Tapatio	TSP	0	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	0	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			370	*11	*350	*3.78	*4.93	*431.6	*807	*7.77	*37	*14.09	*67.12	*5.88	*1.68	*0.00
% of Calories											*40.1%	*15.2%	*72.6%	*14.3%	*4.1%	*0.0%
Nutrient Guideline			350-500		540									<=35.0	<10.00	

Mon - 05/29/2017																
Elementary Breakfast K-5	Total	1														
HOLIDAY	SERVING	1	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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Breakfast K-5

Portion Values - Detailed

	Portion Size	Reimb Qty	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			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			350-500		540									<=35.0	<10.00	

Tue - 05/30/2017																
Elementary Breakfast K-5	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	20	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	5	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Pizza, Breakfast Sausage	1 EACH	15	185	16	355	1.87	0.83	191.2	246	7.51	2	9.96	18.49	8.67	4.18	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	55	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Yogurt with Cinn Bitz	EACH	5	226	4	104	2.10	1.28	343.0	681	1.67	26	5.3	42.3	4.51	0.60	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel, Pizza, Breakfast	1 EACH	1	192	15	363	1.80	1.59	217.0	73	3.8	4	11.65	23.16	5.71	3.01	0.00
.....	...	0	0	0	0	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	20	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 Tues 1	1 ea	60	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	1	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, #9203	EACH	25	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, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz. Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk, 1%, Pouch 8oz. Hollandia	1 EACH	3	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, NF, 90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	2	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk/PK/1/2 GAL/6 oz.	6 oz svg	1	71	9	75	0.00	0.00	200.0	350	0.0	9	5.73	8.49	1.65	1.08	*N/A*
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	TBS.	0	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Sauce, Tapatio	TSP	0	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	0	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			410	19	406	3.93	3.67	392.4	759	7.07	*32	13.36	72.58	8.00	2.65	*0.00
% of Calories											*31.2%	13.0%	70.8%	17.6%	5.8%	*0.0%
Nutrient Guideline			350-500		540									<=35.0	<10.00	

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Breakfast K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	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)
Wed - 05/31/2017																
Elementary Breakfast K-5	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	30	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	5	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Brkfst, Egg, Bacon, Tots Taco	1 EACH	25	259	195	546	3.05	1.77	121.9	354	1.35	1	10.75	21.38	13.75	4.87	0.00
Waffles, Mini, Maple	1 EACH	35	174	9	183	1.83	0.33	18.3	0	0.0	13	2.74	30.16	4.57	0.91	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt with Cinn Bitz	EACH	5	226	4	104	2.10	1.28	343.0	681	1.67	26	5.3	42.3	4.51	0.60	0.00
.....	...	0	0	0	0	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	20	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
Fruit, Fresh Wed 1	1 ea	60	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	1	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
Apples, Red, 138 ct, #9203	EACH	25	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, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	3	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, NF,90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	2	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk/PK/1/2 GAL/6 oz.	6 oz svg	1	71	9	75	0.00	0.00	200.0	350	0.0	9	5.73	8.49	1.65	1.08	*N/A*
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	TBS.	0	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Sauce, Tapatio	TSP	0	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	0	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			366	58	454	3.59	3.87	406.9	972	7.42	*38	12.91	63.12	7.29	1.97	*0.00
% of Calories											*41.1%	14.1%	68.9%	17.9%	4.9%	*0.0%
Nutrient Guideline			350-500		540									<=35.0	<10.00	

Weighted Average			414	*50	*437	*4.77	*4.12	*413.4	*963	*26.80	*40	*14.65	*71.65	*8.30	*2.44	*0.01
											*86.6%	*14.1%	*69.2%	*18.0%	*5.3%	*0.0%

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Breakfast K-5

Portion Values - Detailed

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Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	414		350 - 500	100%				
Cholesterol (mg)	50				Missing			
Sodium (mg)	437		540		Missing			
Fiber (g)	4.77				Missing			
Iron (mg)	4.12				Missing			
Calcium (mg)	413.4				Missing			
Vitamin A (IU)	963				Missing			
Sugars (g)	40	38.50%			Missing			
Vitamin C (mg)	26.80				Missing			
Protein (g)	14.65	14.15%			Missing			
Carbohydrate (g)	71.65	69.19%			Missing			
Total Fat (g)	8.30	18.04%	<=35.00%		Missing			
Saturated Fat (g)	2.44	5.31%	<10.00%		Missing			
Trans Fat ¹ (g)	0.01	0.02%			Missing			

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