

# Escondido Union School District

Jun 26, 2017 thru Jul 28, 2017

Base Menu Spreadsheet

SSO Breakfast K-8

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 <sup>1</sup> (g)
Mon - 06/26/2017																
SSO Breakfast K-8	Total	100														
Brkfst,Burrito, Egg & Chorizo	1 EACH	60	200	40	370	3.00	2.70	150.0	500	1.2	0	9.0	22.0	9.0	3.50	0.00
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
Bar,Brek,Choc.Oatmeal-NEW*****	1 EACH	1	260	25	150	4.00	1.44	20.0	100	0.0	21	6.0	44.0	8.0	2.00	0.00
String Cheese &Cinn. Bitz	SVG.	1	280	30	470	2.00	1.08	420.0	400	0.0	9	16.0	24.0	15.5	7.00	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
Milk, Chocolate, FF, Carton	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, 1% - Carton	EACH	6	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, FF	1 EACH	4	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	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
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	1	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	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	1 EACH	0	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Blueberries, Frozen	SERVING	1	15	0	0	0.73	0.00	0.0	0	0.0	3	0.0	3.27	0.36	0.00	0.00
Weighted Daily Average			292	30	444	2.55	3.28	438.5	1068	5.99	23	14.41	44.32	6.99	2.48	0.00
% of Calories											31.8%	19.8%	60.8%	21.6%	7.7%	0.0%
Nutrient Guideline			350-500		540											<10.00

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

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Base Menu Spreadsheet

SSO Breakfast K-8

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 <sup>1</sup> (g)
Tue - 06/27/2017																
SSO Breakfast K-8	Total	100														
Mexican Sweetbread	1 EACH	60	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
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
Yogurt with Cinn Bitz	1 EACH	20	226	4	104	2.10	1.28	343.0	681	1.67	26	5.3	42.3	4.51	0.60	0.00
Bar,Break,Oatmeal Raisin NEW**	1 EACH	1	250	25	150	3.99	1.44	20.0	100	0.0	21	5.99	43.92	6.99	1.50	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
Milk, 1% - Carton	EACH	6	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate, FF, Carton	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	4	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	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
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	1	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	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
Apple, Sliced, Bags	1 EACH	0	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
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
Blueberries, Frozen	SERVING	1	15	0	0	0.73	0.00	0.0	0	0.0	3	0.0	3.27	0.36	0.00	0.00
Weighted Daily Average			334	9	292	2.35	2.98	436.9	901	5.60	*33	12.91	59.74	5.93	1.33	*0.00
% of Calories											*39.7%	15.5%	71.6%	16.0%	3.6%	*0.0%
Nutrient Guideline			350-500		540											<10.00

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# Escondido Union School District

Jun 26, 2017 thru Jul 28, 2017

Base Menu Spreadsheet

SSO Breakfast K-8

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 <sup>1</sup> (g)
Wed - 06/28/2017																
SSO Breakfast K-8	Total	100														
Burrito, Ham,Egg,chs&tots	1 EACH	60	405	150	835	5.05	2.51	320.9	448	1.55	*1	17.3	35.9	20.39	9.60	*9.40
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
Bar,Brek,Choc.Oatmeal-NEW*****	1 EACH	20	260	25	150	4.00	1.44	20.0	100	0.0	21	6.0	44.0	8.0	2.00	0.00
Yogurt with Cinn Bitz	1 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
Milk, 1% - Carton	EACH	6	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate, FF, Carton	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	4	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	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
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	1	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	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
Apple, Sliced, Bags	1 EACH	1	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
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
Blueberries, Frozen	SERVING	1	15	0	0	0.73	0.00	0.0	0	0.0	3	0.0	3.27	0.36	0.00	0.00
Weighted Daily Average			463	100	748	4.54	3.44	544.2	1059	6.21	*28	20.42	61.26	15.24	6.46	*5.64
% of Calories											*24.1%	17.6%	52.9%	29.6%	12.5%	*10.9%
Nutrient Guideline			350-500		540											<10.00

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Jun 26, 2017 thru Jul 28, 2017

Base Menu Spreadsheet

SSO Breakfast K-8

Portion Values - Detailed

Page 4

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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 <sup>1</sup> (g)
Thu - 06/29/2017																
SSO Breakfast K-8	Total	100														
Pizza, Breakfast Sausage	1 EACH	60	185	16	355	1.87	0.83	191.2	246	7.51	2	9.96	18.49	8.67	4.18	0.00
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
Yogurt with Cinn Bitz	1 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
Bar,Break,Oatmeal Raisin NEW**	1 EACH	1	250	25	150	3.99	1.44	20.0	100	0.0	21	5.99	43.92	6.99	1.50	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
Milk, 1% - Carton	EACH	6	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate, FF, Carton	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	4	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	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
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	1	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	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, Green, 163 ct, #2645	EACH 1.9 4 oz	0	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
Blueberries, Frozen	SERVING	1	15	0	0	0.73	0.00	0.0	0	0.0	3	0.0	3.27	0.36	0.00	0.00
Weighted Daily Average			282	15	431	1.87	2.16	462.5	919	9.79	25	14.87	42.39	6.67	2.82	0.00
% of Calories											34.8%	21.1%	60.2%	21.3%	9.0%	0.0%
Nutrient Guideline			350-500		540											<10.00

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## Base Menu Spreadsheet

SSO Breakfast K-8

### 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 <sup>1</sup> (g)
Fri - 06/30/2017																
SSO Breakfast K-8	Total	100														
Brkfst-Egg,Cheese,Sau, Biscuit	1 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
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
Bar,Brek,Choc.Oatmeal-NEW*****	1 EACH	20	260	25	150	4.00	1.44	20.0	100	0.0	21	6.0	44.0	8.0	2.00	0.00
Brkfst,Burrito, Egg & Chorizo	1 EACH	1	200	40	370	3.00	2.70	150.0	500	1.2	0	9.0	22.0	9.0	3.50	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
Milk, 1% - Carton	EACH	6	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate, FF, Carton	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	4	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	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
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	1	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	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
Fruit, Assorted,What is left	1 EACH	0	267	0	6	8.17	0.55	39.3	677	36.76	43	2.48	67.79	0.8	0.21	0.00
Blueberries, Frozen	SERVING	1	15	0	0	0.73	0.00	0.0	0	0.0	3	0.0	3.27	0.36	0.00	0.00
Weighted Daily Average			427	96	700	2.72	3.27	471.0	1035	4.34	*30	19.79	57.31	13.63	4.75	*0.00
% of Calories											*28.5%	18.5%	53.7%	28.8%	10.0%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

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Mon - 07/03/2017																
SSO Breakfast K-8	Total	100														
Waffle,Sausage & Eggs	SVG	60	283	295	374	1.83	1.31	84.7	427	0.13	*13	12.06	32.35	11.31	3.00	*0.00
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
Bar,Brek,Choc.Oatmeal-NEW*****	1 EACH	1	260	25	150	4.00	1.44	20.0	100	0.0	21	6.0	44.0	8.0	2.00	0.00
String Cheese &Cinn. Bitz	SVG.	1	280	30	470	2.00	1.08	420.0	400	0.0	9	16.0	24.0	15.5	7.00	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
Milk, Chocolate, FF, Carton	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, 1% - Carton	EACH	6	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, FF	1 EACH	4	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	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
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	1	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	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	1 EACH	0	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Blueberries, Frozen	SERVING	1	15	0	0	0.73	0.00	0.0	0	0.0	3	0.0	3.27	0.36	0.00	0.00
Weighted Daily Average			341	183	446	1.84	2.44	399.4	1024	5.35	*31	16.24	50.53	8.38	2.18	*0.00
% of Calories											*36.2%	19.0%	59.3%	22.1%	5.7%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Tue - 07/04/2017																
SSO Breakfast K-8	Total	100														
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
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											<10.00

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# Escondido Union School District

Jun 26, 2017 thru Jul 28, 2017

Base Menu Spreadsheet

SSO Breakfast K-8

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 <sup>1</sup> (g)
Wed - 07/05/2017																
SSO Breakfast K-8	Total	100														
Burrito,Bacon,Egg,chs&tots	1 EACH	60	349	195	716	5.05	2.49	161.9	354	1.35	1	12.75	35.38	16.25	5.87	0.00
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
Bar, Breakfast, Oatmeal CC	1 EACH	20	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Yogurt with Cinn Bitz	1 EACH	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
Milk, 1% - Carton	EACH	6	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate, FF, Carton	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	4	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	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
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	1	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	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
Apple, Sliced, Bags	1 EACH	1	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
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
Blueberries, Frozen	SERVING	1	15	0	0	0.73	0.00	0.0	0	0.0	3	0.0	3.27	0.36	0.00	0.00
Weighted Daily Average % of Calories			436	126	694	4.34	3.50	448.8	983	6.10	*24 *21.8%	17.49 16.1%	61.55 56.5%	12.95 26.7%	4.42 9.1%	*0.00 *0.0%
Nutrient Guideline			350-500		540											<10.00

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# Escondido Union School District

Jun 26, 2017 thru Jul 28, 2017

Base Menu Spreadsheet

SSO Breakfast K-8

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 <sup>1</sup> (g)
Thu - 07/06/2017																
SSO Breakfast K-8	Total	100														
Brkfst-Egg,Cheese,Sau, Biscuit	1 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
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
Bar,Brek,Choc.Oatmeal-NEW*****	1 EACH	1	260	25	150	4.00	1.44	20.0	100	0.0	21	6.0	44.0	8.0	2.00	0.00
String Cheese &Cinn. Bitz	SVG.	1	280	30	470	2.00	1.08	420.0	400	0.0	9	16.0	24.0	15.5	7.00	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
Milk, 1% - Carton	EACH	6	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate, FF, Carton	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	4	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	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
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	1	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	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, Green, 163 ct, #2645	EACH 1.9 4 oz	0	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
Blueberries, Frozen	SERVING	1	15	0	0	0.73	0.00	0.0	0	0.0	3	0.0	3.27	0.36	0.00	0.00
Weighted Daily Average			379	91	672	2.01	2.99	470.8	1018	5.27	*27	18.73	49.18	12.18	4.41	*0.00
% of Calories											*28.1%	19.8%	51.9%	28.9%	10.5%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

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**Escondido Union School District**

**Jun 26, 2017 thru Jul 28, 2017**

Base Menu Spreadsheet

SSO Breakfast K-8

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 <sup>1</sup> (g)
Fri - 07/07/2017																
SSO Breakfast K-8	Total	100														
Bagel, Pizza , Breakfast	1 EACH	60	192	15	363	1.80	1.59	217.0	73	3.8	4	11.65	23.16	5.71	3.01	0.00
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
Bar,Brek,Choc.Oatmeal-NEW*****	1 EACH	20	260	25	150	4.00	1.44	20.0	100	0.0	21	6.0	44.0	8.0	2.00	0.00
Yogurt with Cinn Bitz	1 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
Milk, 1% - Carton	EACH	6	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate, FF, Carton	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	4	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	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
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	1	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	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
Fruit, Assorted,What is left	1 EACH	0	267	0	6	8.17	0.55	39.3	677	36.76	43	2.48	67.79	0.8	0.21	0.00
Blueberries, Frozen	SERVING	1	15	0	0	0.73	0.00	0.0	0	0.0	3	0.0	3.27	0.36	0.00	0.00
Weighted Daily Average			335	19	464	2.53	2.88	480.8	831	6.62	30	17.01	53.35	6.42	2.50	0.00
% of Calories											35.4%	20.3%	63.7%	17.3%	6.7%	0.0%
Nutrient Guideline			350-500		540										<10.00	

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# Escondido Union School District

Jun 26, 2017 thru Jul 28, 2017

Base Menu Spreadsheet

SSO Breakfast K-8

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 <sup>1</sup> (g)
Mon - 07/10/2017																
SSO Breakfast K-8	Total	100														
Bk.Egg Scr,Tots,Muffin	1 Each	60	338	238	634	4.50	1.46	37.3	360	4.1	*7	10.39	38.75	15.19	3.60	*0.00
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
Bar,Brek,Choc.Oatmeal-NEW*****	1 EACH	1	260	25	150	4.00	1.44	20.0	100	0.0	21	6.0	44.0	8.0	2.00	0.00
Yogurt with Cinn Bitz	1 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
Milk, Chocolate, FF, Carton	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, 1% - Carton	EACH	6	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, FF	1 EACH	4	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	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
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	1	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	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	1 EACH	0	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Blueberries, Frozen	SERVING	1	15	0	0	0.73	0.00	0.0	0	0.0	3	0.0	3.27	0.36	0.00	0.00
Weighted Daily Average			374	148	598	3.45	2.54	370.1	987	7.74	*28	15.14	54.55	10.60	2.48	*0.00
% of Calories											*29.8%	16.2%	58.4%	25.5%	6.0%	*0.0%
Nutrient Guideline			350-500		540											<10.00

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# Escondido Union School District

Jun 26, 2017 thru Jul 28, 2017

Base Menu Spreadsheet

SSO Breakfast K-8

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 <sup>1</sup> (g)
Tue - 07/11/2017																
SSO Breakfast K-8	Total	100														
Mexican Sweetbread	1 EACH	60	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
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
Yogurt with Cinn Bitz	1 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
Brkfst,Burrito, Egg & Chorizo	1 EACH	1	200	40	370	3.00	2.70	150.0	500	1.2	0	9.0	22.0	9.0	3.50	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
Milk, 1% - Carton	EACH	6	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate, FF, Carton	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	4	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	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
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	1	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	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
Apple, Sliced, Bags	1 EACH	1	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
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
Blueberries, Frozen	SERVING	1	15	0	0	0.73	0.00	0.0	0	0.0	3	0.0	3.27	0.36	0.00	0.00
Weighted Daily Average			291	9	274	1.94	2.76	373.1	775	5.30	*28	11.93	51.54	5.09	1.23	*0.00
% of Calories											*38.5%	16.4%	70.9%	15.8%	3.8%	*0.0%
Nutrient Guideline			350-500		540											<10.00

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**Escondido Union School District**

**Jun 26, 2017 thru Jul 28, 2017**

Base Menu Spreadsheet

SSO Breakfast K-8

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 <sup>1</sup> (g)
<b>Wed - 07/12/2017</b>																
SSO Breakfast K-8	Total	100														
Burrito, Ham,Egg,chs&tots	1 EACH	60	405	150	835	5.05	2.51	320.9	448	1.55	*1	17.3	35.9	20.39	9.60	*9.40
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
Bar, Breakfast, Oatmeal CC	1 EACH	20	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
String Cheese &Cinn. Bitz	SVG.	1	280	30	470	2.00	1.08	420.0	400	0.0	9	16.0	24.0	15.5	7.00	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
Milk, 1% - Carton	EACH	6	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate, FF, Carton	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	4	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	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
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	1	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	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
Apple, Sliced, Bags	1 EACH	1	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
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
Blueberries, Frozen	SERVING	1	15	0	0	0.73	0.00	0.0	0	0.0	3	0.0	3.27	0.36	0.00	0.00
Weighted Daily Average			470	99	769	4.34	3.51	544.9	1036	6.20	*24	20.33	61.68	15.55	6.72	*5.64
% of Calories											*20.1%	17.3%	52.5%	29.8%	12.9%	*10.8%
Nutrient Guideline			350-500		540											<10.00

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**Escondido Union School District**

**Jun 26, 2017 thru Jul 28, 2017**

Base Menu Spreadsheet

SSO Breakfast K-8

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 <sup>1</sup> (g)
Thu - 07/13/2017																
SSO Breakfast K-8	Total	100														
Pizza, Breakfast Sausage	1 EACH	60	185	16	355	1.87	0.83	191.2	246	7.51	2	9.96	18.49	8.67	4.18	0.00
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
Yogurt with Cinn Bitz	1 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
Bar,Break,Oatmeal Raisin NEW**	1 EACH	1	250	25	150	3.99	1.44	20.0	100	0.0	21	5.99	43.92	6.99	1.50	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
Milk, 1% - Carton	EACH	6	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate, FF, Carton	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	4	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	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
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	1	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	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, Green, 163 ct, #2645	EACH 1.9 4 oz	0	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
Blueberries, Frozen	SERVING	1	15	0	0	0.73	0.00	0.0	0	0.0	3	0.0	3.27	0.36	0.00	0.00
Weighted Daily Average			282	15	431	1.87	2.16	462.5	919	9.79	25	14.87	42.39	6.67	2.82	0.00
% of Calories											34.8%	21.1%	60.2%	21.3%	9.0%	0.0%
Nutrient Guideline			350-500		540											<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

Jun 26, 2017 thru Jul 28, 2017

Base Menu Spreadsheet

SSO Breakfast K-8

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 <sup>1</sup> (g)
Fri - 07/14/2017																
SSO Breakfast K-8	Total	100														
Brkfst-Egg,Cheese,Sau, Biscuit	1 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
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
Bar,Brek,Choc.Oatmeal-NEW*****	1 EACH	20	260	25	150	4.00	1.44	20.0	100	0.0	21	6.0	44.0	8.0	2.00	0.00
Yogurt with Cinn Bitz	1 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
Milk, 1% - Carton	EACH	6	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate, FF, Carton	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	4	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	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
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	1	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	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
Fruit, Assorted,What is left	1 EACH	0	267	0	6	8.17	0.55	39.3	677	36.76	43	2.48	67.79	0.8	0.21	0.00
Blueberries, Frozen	SERVING	1	15	0	0	0.73	0.00	0.0	0	0.0	3	0.0	3.27	0.36	0.00	0.00
Weighted Daily Average			427	95	697	2.71	3.26	472.9	1037	4.34	*31	19.75	57.52	13.59	4.72	*0.00
% of Calories											*28.7%	18.5%	53.9%	28.6%	10.0%	*0.0%
Nutrient Guideline			350-500		540										<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

Jun 26, 2017 thru Jul 28, 2017

Base Menu Spreadsheet

SSO Breakfast K-8

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 <sup>1</sup> (g)
Mon - 07/17/2017																
SSO Breakfast K-8	Total	100														
Waffle,Sausage & Eggs	SVG	60	283	295	374	1.83	1.31	84.7	427	0.13	*13	12.06	32.35	11.31	3.00	*0.00
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
Bar,Brek,Choc.Oatmeal-NEW*****	1 EACH	1	260	25	150	4.00	1.44	20.0	100	0.0	21	6.0	44.0	8.0	2.00	0.00
Yogurt with Cinn Bitz	1 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
Milk, Chocolate, FF, Carton	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, 1% - Carton	EACH	6	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, FF	1 EACH	4	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	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
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	1	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	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	1 EACH	0	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Blueberries, Frozen	SERVING	1	15	0	0	0.73	0.00	0.0	0	0.0	3	0.0	3.27	0.36	0.00	0.00
Weighted Daily Average			341	183	442	1.85	2.45	398.6	1027	5.36	*31	16.14	50.71	8.27	2.11	*0.00
% of Calories											*36.5%	19.0%	59.6%	21.8%	5.6%	*0.0%
Nutrient Guideline			350-500		540										<10.00	

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# Escondido Union School District

Jun 26, 2017 thru Jul 28, 2017

Base Menu Spreadsheet

SSO Breakfast K-8

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 <sup>1</sup> (g)
Tue - 07/18/2017																
SSO Breakfast K-8	Total	100														
Mexican Sweetbread	1 EACH	60	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
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
Yogurt with Cinn Bitz	1 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
Brkfst,Burrito, Egg & Chorizo	1 EACH	1	200	40	370	3.00	2.70	150.0	500	1.2	0	9.0	22.0	9.0	3.50	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
Milk, 1% - Carton	EACH	6	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate, FF, Carton	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	4	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	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
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	1	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	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
Apple, Sliced, Bags	1 EACH	1	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
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
Blueberries, Frozen	SERVING	1	15	0	0	0.73	0.00	0.0	0	0.0	3	0.0	3.27	0.36	0.00	0.00
Weighted Daily Average			291	9	274	1.94	2.76	373.1	775	5.30	*28	11.93	51.54	5.09	1.23	*0.00
% of Calories											*38.5%	16.4%	70.9%	15.8%	3.8%	*0.0%
Nutrient Guideline			350-500		540											<10.00

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# Escondido Union School District

Jun 26, 2017 thru Jul 28, 2017

Base Menu Spreadsheet

SSO Breakfast K-8

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 <sup>1</sup> (g)
Wed - 07/19/2017																
SSO Breakfast K-8	Total	100														
Burrito,Bacon,Egg,chs&tots	1 EACH	60	349	195	716	5.05	2.49	161.9	354	1.35	1	12.75	35.38	16.25	5.87	0.00
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
Bar, Breakfast, Oatmeal CC	1 EACH	20	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
String Cheese &Cinn. Bitz	SVG.	1	280	30	470	2.00	1.08	420.0	400	0.0	9	16.0	24.0	15.5	7.00	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
Milk, 1% - Carton	EACH	6	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate, FF, Carton	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	4	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	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
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	1	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	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
Apple, Sliced, Bags	1 EACH	1	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
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
Blueberries, Frozen	SERVING	1	15	0	0	0.73	0.00	0.0	0	0.0	3	0.0	3.27	0.36	0.00	0.00
Weighted Daily Average % of Calories			436	127	698	4.34	3.50	449.5	980	6.08	*24 *21.6%	17.60 16.1%	61.36 56.2%	13.06 26.9%	4.49 9.2%	*0.00 *0.0%
Nutrient Guideline			350-500		540											<10.00

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# Escondido Union School District

Jun 26, 2017 thru Jul 28, 2017

Base Menu Spreadsheet

SSO Breakfast K-8

Portion Values - Detailed

Page 18

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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 <sup>1</sup> (g)
Thu - 07/20/2017																
SSO Breakfast K-8	Total	100														
Bar,Break,Oatmeal Raisin NEW**	1 EACH	1	250	25	150	3.99	1.44	20.0	100	0.0	21	5.99	43.92	6.99	1.50	0.00
Brkfst-Egg,Cheese,Sau, Biscuit	1 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
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
Yogurt with Cinn Bitz	1 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
Milk, 1% - Carton	EACH	6	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate, FF, Carton	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	4	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	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
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	1	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	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, Green, 163 ct, #2645	EACH 1.9 4 oz	0	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
Blueberries, Frozen	SERVING	1	15	0	0	0.73	0.00	0.0	0	0.0	3	0.0	3.27	0.36	0.00	0.00
Weighted Daily Average			378	91	669	2.01	2.99	470.0	1021	5.29	*27	18.63	49.36	12.06	4.34	*0.00
% of Calories											*28.3%	19.7%	52.2%	28.7%	10.3%	*0.0%
Nutrient Guideline			350-500		540											<10.00

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**Escondido Union School District**

**Jun 26, 2017 thru Jul 28, 2017**

Base Menu Spreadsheet

SSO Breakfast K-8

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 <sup>1</sup> (g)
Fri - 07/21/2017																
SSO Breakfast K-8	Total	100														
Bagel, Pizza , Breakfast	1 EACH	60	192	15	363	1.80	1.59	217.0	73	3.8	4	11.65	23.16	5.71	3.01	0.00
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
Bar,Brek,Choc.Oatmeal-NEW*****	1 EACH	20	260	25	150	4.00	1.44	20.0	100	0.0	21	6.0	44.0	8.0	2.00	0.00
Yogurt with Cinn Bitz	1 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
Milk, 1% - Carton	EACH	6	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate, FF, Carton	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	4	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	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
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	1	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	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
Fruit, Assorted,What is left	1 EACH	0	267	0	6	8.17	0.55	39.3	677	36.76	43	2.48	67.79	0.8	0.21	0.00
Blueberries, Frozen	SERVING	1	15	0	0	0.73	0.00	0.0	0	0.0	3	0.0	3.27	0.36	0.00	0.00
Weighted Daily Average			335	19	464	2.53	2.88	480.8	831	6.62	30	17.01	53.35	6.42	2.50	0.00
% of Calories											35.4%	20.3%	63.7%	17.3%	6.7%	0.0%
Nutrient Guideline			350-500		540										<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

Jun 26, 2017 thru Jul 28, 2017

Base Menu Spreadsheet

SSO Breakfast K-8

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 <sup>1</sup> (g)
Mon - 07/24/2017																
SSO Breakfast K-8	Total	100														
Bk.Egg Scr,Tots,Muffin	1 Each	60	338	238	634	4.50	1.46	37.3	360	4.1	*7	10.39	38.75	15.19	3.60	*0.00
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
Bar,Brek,Choc.Oatmeal-NEW*****	1 EACH	1	260	25	150	4.00	1.44	20.0	100	0.0	21	6.0	44.0	8.0	2.00	0.00
String Cheese &Cinn. Bitz	SVG.	1	280	30	470	2.00	1.08	420.0	400	0.0	9	16.0	24.0	15.5	7.00	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
Milk, Chocolate, FF, Carton	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, 1% - Carton	EACH	6	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, FF	1 EACH	4	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	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
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	1	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	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	1 EACH	0	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Blueberries, Frozen	SERVING	1	15	0	0	0.73	0.00	0.0	0	0.0	3	0.0	3.27	0.36	0.00	0.00
Weighted Daily Average			374	149	602	3.44	2.53	370.9	984	7.73	*28	15.24	54.37	10.71	2.54	*0.00
% of Calories											*29.6%	16.3%	58.1%	25.8%	6.1%	*0.0%
Nutrient Guideline			350-500		540											<10.00

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# Escondido Union School District

Jun 26, 2017 thru Jul 28, 2017

Base Menu Spreadsheet

SSO Breakfast K-8

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 <sup>1</sup> (g)
Tue - 07/25/2017																
SSO Breakfast K-8	Total	100														
Mexican Sweetbread	1 EACH	60	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
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
Yogurt with Cinn Bitz	1 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
Brkfst,Burrito, Egg & Chorizo	1 EACH	1	200	40	370	3.00	2.70	150.0	500	1.2	0	9.0	22.0	9.0	3.50	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
Milk, 1% - Carton	EACH	6	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate, FF, Carton	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	4	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	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
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	1	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	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
Apple, Sliced, Bags	1 EACH	1	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
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
Blueberries, Frozen	SERVING	1	15	0	0	0.73	0.00	0.0	0	0.0	3	0.0	3.27	0.36	0.00	0.00
Weighted Daily Average			291	9	274	1.94	2.76	373.1	775	5.30	*28	11.93	51.54	5.09	1.23	*0.00
% of Calories											*38.5%	16.4%	70.9%	15.8%	3.8%	*0.0%
Nutrient Guideline			350-500		540											<10.00

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**Escondido Union School District**

**Jun 26, 2017 thru Jul 28, 2017**

Base Menu Spreadsheet

SSO Breakfast K-8

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 <sup>1</sup> (g)
<b>Wed - 07/26/2017</b>																
SSO Breakfast K-8	Total	100														
Burrito, Ham,Egg,chs&tots	1 EACH	60	405	150	835	5.05	2.51	320.9	448	1.55	*1	17.3	35.9	20.39	9.60	*9.40
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
Bar, Breakfast, Oatmeal CC	1 EACH	20	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
String Cheese &Cinn. Bitz	SVG.	1	280	30	470	2.00	1.08	420.0	400	0.0	9	16.0	24.0	15.5	7.00	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
Milk, 1% - Carton	EACH	6	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate, FF, Carton	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	4	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	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
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	1	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	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
Apple, Sliced, Bags	1 EACH	1	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
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
Blueberries, Frozen	SERVING	1	15	0	0	0.73	0.00	0.0	0	0.0	3	0.0	3.27	0.36	0.00	0.00
Weighted Daily Average % of Calories			470	99	769	4.34	3.51	544.9	1036	6.20	*24 *20.1%	20.33 17.3%	61.68 52.5%	15.55 29.8%	6.72 12.9%	*5.64 *10.8%
Nutrient Guideline			350-500		540											<10.00

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**Escondido Union School District**

**Jun 26, 2017 thru Jul 28, 2017**

Base Menu Spreadsheet

SSO Breakfast K-8

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 <sup>1</sup> (g)
Thu - 07/27/2017																
SSO Breakfast K-8	Total	100														
Pizza, Breakfast Sausage	1 EACH	60	185	16	355	1.87	0.83	191.2	246	7.51	2	9.96	18.49	8.67	4.18	0.00
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
Bar,Break,Oatmeal Raisin NEW**	1 EACH	1	250	25	150	3.99	1.44	20.0	100	0.0	21	5.99	43.92	6.99	1.50	0.00
Yogurt with Cinn Bitz	1 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
Milk, 1% - Carton	EACH	6	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate, FF, Carton	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	4	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	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
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	1	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	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, Green, 163 ct, #2645	EACH 1.9 4 oz	0	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
Blueberries, Frozen	SERVING	1	15	0	0	0.73	0.00	0.0	0	0.0	3	0.0	3.27	0.36	0.00	0.00
Weighted Daily Average			282	15	431	1.87	2.16	462.5	919	9.79	25	14.87	42.39	6.67	2.82	0.00
% of Calories											34.8%	21.1%	60.2%	21.3%	9.0%	0.0%
Nutrient Guideline			350-500		540											<10.00

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# Escondido Union School District

Jun 26, 2017 thru Jul 28, 2017

Base Menu Spreadsheet

SSO Breakfast K-8

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 <sup>1</sup> (g)
Fri - 07/28/2017																
SSO Breakfast K-8	Total	100														
Brkfst-Egg,Cheese,Sau, Biscuit	1 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
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
Bar,Brek,Choc.Oatmeal-NEW*****	1 EACH	20	260	25	150	4.00	1.44	20.0	100	0.0	21	6.0	44.0	8.0	2.00	0.00
Yogurt with Cinn Bitz	1 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
Milk, 1% - Carton	EACH	6	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate, FF, Carton	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	4	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	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
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	1	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	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
Fruit, Assorted,What is left	1 EACH	0	267	0	6	8.17	0.55	39.3	677	36.76	43	2.48	67.79	0.8	0.21	0.00
Blueberries, Frozen	SERVING	1	15	0	0	0.73	0.00	0.0	0	0.0	3	0.0	3.27	0.36	0.00	0.00
Weighted Daily Average % of Calories			427	95	697	2.71	3.26	472.9	1037	4.34	*31 *28.7%	19.75 18.5%	57.52 53.9%	13.59 28.6%	4.72 10.0%	*0.00 *0.0%
Nutrient Guideline			350-500		540											<10.00
Weighted Average			365	76	541	2.75	2.92	448.9	957	6.28	*27 *67.7%	16.56 18.2%	53.38 58.5%	9.85 24.3%	3.42 8.4%	*0.70 *1.7%

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# Escondido Union School District

Jun 26, 2017 thru Jul 28, 2017

Base Menu Spreadsheet

SSO Breakfast K-8

Portion Values - Detailed

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Nutrient	Menu AVG	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 <sup>1</sup> (g)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	365		350 - 500	100%														
Cholesterol (mg)	76																	
Sodium (mg)	541		540						1	Correction Required - Sodium too High								
Fiber (g)	2.75																	
Iron (mg)	2.92																	
Calcium (mg)	448.9																	
Vitamin A (IU)	957																	
Sugars (g)	27	30.07%				Missing												
Vitamin C (mg)	6.28																	
Protein (g)	16.56	18.15%																
Carbohydrate (g)	53.38	58.53%																
Total Fat (g)	9.85	24.30%																
Saturated Fat (g)	3.42	8.43%	<10.00%															
Trans Fat <sup>1</sup> (g)	0.70	1.74%				Missing												

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

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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.