

# Escondido Union School District

Jun 26, 2017 thru Jul 28, 2017

## Base Menu Spreadsheet

SSO Lunch 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)
Mon - 06/26/2017																
SSO Lunch K-8	Total	100														
Cheeseburger Mini	1 EACH	80	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
Sand: PBJ, Grape, WG	1 EACH	20	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
Cheese:String 2/Cracker 1	SVG	1	340	30	790	3.00	2.70	440.0	900	6.0	5	18.0	32.0	17.0	8.00	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
SB, Salad, Garden Fresh	1 CUP	10	15	0	22	1.51	1.80	28.7	4596	7.0	*N/A*	0.85	3.35	0.0	0.00	*N/A*
SB, Carrots, Raw, Baby: 3.2 oz	.5 CUP	50	16	0	36	1.62	4.86	0.4	6255	1.22	2	0.0	4.05	0.0	0.00	0.00
SB, Celery Sticks	SERVING	25	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
	-2.5 oz															
SB, Edamame	.5 CUP	1	50	0	15	2.00	0.72	20.0	250	3.0	0	4.0	4.5	1.5	0.00	0.00
SB, Tomatoes, Cherry	SERVING	1	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
	, 3.91															
.....	...	0	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 1.9	1	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
	4 oz															
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															
.....	...	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
.....	...	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, Barbeque Sauce	1 OZ	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	50	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	25	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	5	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	5	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Ranch Dressing - dispenser	1 OZ	50	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			576	48	833	4.88	*5.34	*405.0	*4411	*6.33	*32	28.39	67.52	22.00	4.96	*0.00
% of Calories											*21.9%	19.7%	46.9%	34.4%	7.7%	*0.0%
Nutrient Guideline			600-650		1230										<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

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

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**Escondido Union School District**

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

Base Menu Spreadsheet

SSO Lunch 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)
Tue - 06/27/2017																
SSO Lunch K-8	Total	100														
Burrito, Bean & Cheese	1 EACH	80	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Yogurt w Pretzels	SERVING	20	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
Sand: PBJ, Grape, WG	1 EACH	1	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	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
SB, Salad, Garden Fresh	1 CUP	10	15	0	22	1.51	1.80	28.7	4596	7.0	*N/A*	0.85	3.35	0.0	0.00	*N/A*
SB, Carrots, Raw, Baby: 3.2 oz	.5 CUP	50	16	0	36	1.62	4.86	0.4	6255	1.22	2	0.0	4.05	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING	25	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
	, 3.0 oz															
SB, Jicama Sticks	SERVING	1	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
	, 2.5 oz															
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Peaches, Fresh	EACH, 3.5 oz	0	39	0	0	1.51	0.25	6.0	329	6.65	7	0.92	9.61	0.25	0.02	0.00
Apples, Red, 138 ct, #9203	1 EACH	1	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	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
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
.....	...	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, Barbeque Sauce	1 OZ	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	50	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	25	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	5	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	5	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Ranch Dressing - dispenser	1 OZ	50	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			587	25	868	6.36	*7.28	*565.4	*4683	*6.20	*34	21.53	76.20	21.59	1.94	*0.00
% of Calories											*23.3%	14.7%	52.0%	33.1%	3.0%	*0.0%
Nutrient Guideline			600-650		1230										<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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SSO Lunch 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)
Wed - 06/28/2017																
SSO Lunch K-8	Total	100														
Pizza,Pepperoni,Sliders	1 EACH	75	303	38	634	3.52	1.35	457.0	422	11.5	4	18.33	30.59	12.24	6.11	0.00
Sand: PBJ, Grape, WG	1 EACH	25	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
Cheese:String 2/Cracker 1	SVG	1	340	30	790	3.00	2.70	440.0	900	6.0	5	18.0	32.0	17.0	8.00	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
SB, Salad, Garden Fresh	1 CUP	10	15	0	22	1.51	1.80	28.7	4596	7.0	*N/A*	0.85	3.35	0.0	0.00	*N/A*
SB, Carrots, Raw, Baby: 3.2 oz	.5 CUP	50	16	0	36	1.62	4.86	0.4	6255	1.22	2	0.0	4.05	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING , 3.0 oz	25	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Cherry	SERVING , 3.91	1	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	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
Bananas , Whole,	1 EACH	1	147	0	2	4.28	0.43	8.2	105	14.33	20	1.8	37.62	0.54	0.18	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
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
.....	...	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, Barbeque Sauce	1 OZ	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	50	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	25	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	5	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	5	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Ranch Dressing - dispenser	1 OZ	50	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			617	40	1045	5.72	*4.22	*683.5	*4693	*15.31	*33	27.38	69.06	26.49	7.44	*0.00
% of Calories											*21.5%	17.8%	44.8%	38.7%	10.9%	*0.0%
Nutrient Guideline			600-650		1230										<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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**Jun 26, 2017 thru Jul 28, 2017**

Base Menu Spreadsheet

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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 - 06/29/2017																
SSO Lunch K-8	Total	100														
Sand: Turkey & Cheese Elem	1 Each	80	315	55	880	3.00	2.16	175.0	200	0.0	*4	26.5	34.5	9.5	3.75	0.00
Cheese:String 2/Cracker 1	1 EACH	20	340	30	790	3.00	2.70	440.0	900	6.0	5	18.0	32.0	17.0	8.00	0.00
Corn Dog	1 EACH	1	240	40	390	5.00	1.80	80.0	0	0.0	5	9.0	30.0	8.0	2.50	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, Salad, Garden Fresh	1 CUP	10	15	0	22	1.51	1.80	28.7	4596	7.0	*N/A*	0.85	3.35	0.0	0.00	*N/A*
SB, Carrots, Raw, Baby: 3.2 oz	.5 CUP	50	16	0	36	1.62	4.86	0.4	6255	1.22	2	0.0	4.05	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING , 3.0 oz	25	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Corn: Frozen, yellow	SERVING , 3 oz	5	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	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
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
Apples, Red, 138 ct, #9203	1 EACH	1	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	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
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
.....	...	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, Barbeque Sauce	1 OZ	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	50	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	25	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	5	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	5	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Ranch Dressing - dispenser	1 OZ	50	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			558	62	1273	4.31	*5.00	*544.1	*4669	*6.70	*28	33.44	63.33	20.50	6.28	*0.00
% of Calories											*20.1%	24.0%	45.4%	33.1%	10.1%	*0.0%
Nutrient Guideline			600-650		1230										<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 Lunch 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)
Fri - 06/30/2017																
SSO Lunch K-8	Total	100														
Chix: Nuggets/Goldfish	SERVING	60	308	47	716	3.00	1.36	40.0	178	0.0	1	22.0	29.0	11.5	2.00	0.00
	, 5 pcs															
Sand: PBJ, Grape, WG	1 EACH	40	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
Yogurt w Pretzels	SERVING	1	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	10	15	0	22	1.51	1.80	28.7	4596	7.0	*N/A*	0.85	3.35	0.0	0.00	*N/A*
SB, Carrots, Raw, Baby: 3.2 oz	.5 CUP	50	16	0	36	1.62	4.86	0.4	6255	1.22	2	0.0	4.05	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING	25	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
	, 3.0 oz															
SB, Jicama Sticks	SERVING	1	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
	, 2.5 oz															
.....	...	0	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	1	267	0	6	8.17	0.55	39.3	677	36.76	43	2.48	67.79	0.8	0.21	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
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	4 EACH	4	360	20	480	0.00	0.00	1200.0	2000	9.6	48	36.0	48.0	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
.....	...	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, Barbeque Sauce	1 OZ	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	50	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	25	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	5	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	5	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Ranch Dressing - dispenser	1 OZ	50	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			677	40	1102	5.92	*4.27	*414.2	*4567	*6.22	*37	30.80	75.68	28.72	4.67	*0.00
% of Calories											*21.6%	18.2%	44.7%	38.2%	6.2%	*0.0%
Nutrient Guideline			600-650		1230										<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 Lunch 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 - 07/03/2017																
SSO Lunch K-8	Total	100														
Sand: Cheese, Grilled, WG	EACH	60	280	32	581	3.00	1.64	4650.2	524	0.0	6	18.55	30.96	9.91	5.56	0.00
Sand: PBJ, Grape, WG	1 EACH	40	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
Burrito, Bean & Cheese	1 EACH	1	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	10	15	0	22	1.51	1.80	28.7	4596	7.0	*N/A*	0.85	3.35	0.0	0.00	*N/A*
SB, Carrots, Raw, Baby: 3.2 oz	.5 CUP	50	16	0	36	1.62	4.86	0.4	6255	1.22	2	0.0	4.05	0.0	0.00	0.00
SB, Celery Sticks	SERVING	25	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
	-2.5 oz															
SB, Edamame	.5 CUP	1	50	0	15	2.00	0.72	20.0	250	3.0	0	4.0	4.5	1.5	0.00	0.00
SB, Tomatoes, Cherry	SERVING	1	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
	, 3.91															
.....	...	0	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 1.9	1	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
	4 oz															
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															
.....	...	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
.....	...	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, Barbeque Sauce	1 OZ	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	50	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	25	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	5	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	5	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Ranch Dressing - dispenser	1 OZ	50	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			649	31	1019	6.03	*4.47	*3142.6	*4662	*6.27	*37	27.72	74.99	27.88	6.80	*0.00
% of Calories											*22.9%	17.1%	46.2%	38.7%	9.4%	*0.0%
Nutrient Guideline			600-650		1230										<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 Lunch 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)
Tue - 07/04/2017																
SSO Lunch K-8 HOLIDAY	Total SERVING	100	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			600-650		1230											<10.00

Wed - 07/05/2017																
SSO Lunch K-8	Total	100														
Pizza,Pepperoni,Sliders	1 EACH	70	303	38	634	3.52	1.35	457.0	422	11.5	4	18.33	30.59	12.24	6.11	0.00
Sand: PBJ, Grape, WG	1 EACH	30	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
Sand: Chix, Spicy Patty	SANDWIC	1	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*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
SB, Salad, Garden Fresh	1 CUP	10	15	0	22	1.51	1.80	28.7	4596	7.0	*N/A*	0.85	3.35	0.0	0.00	*N/A*
SB, Carrots, Raw, Baby: 3.2 oz	.5 CUP	50	16	0	36	1.62	4.86	0.4	6255	1.22	2	0.0	4.05	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING	25	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
	, 3.0 oz															
SB, Tomatoes, Cherry	SERVING	1	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
	, 3.91															
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bananas , Whole,	1 EACH	1	147	0	2	4.28	0.43	8.2	105	14.33	20	1.8	37.62	0.54	0.18	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
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
.....	...	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, Barbeque Sauce	1 OZ	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	50	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	25	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	5	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	5	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Ranch Dressing - dispenser	1 OZ	50	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*

\*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 Lunch 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)
Weighted Daily Average			632	38	1045	5.93	*4.25	*661.4	*4671	*14.68	*34	27.57	71.14	27.36	7.29	*0.00
% of Calories											*21.7%	17.4%	45.0%	38.9%	10.4%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

Thu - 07/06/2017																
SSO Lunch K-8	Total	100														
Sand:Turkey Ham & Cheese Elem	1 Each	60	305	70	1060	3.00	2.88	175.0	200	1.2	*4	25.5	34.5	10.0	3.75	0.00
Cheese:String 2/Cracker 1	1 EACH	40	340	30	790	3.00	2.70	440.0	900	6.0	5	18.0	32.0	17.0	8.00	0.00
Chix: Nuggets/Goldfish	SERVING	1	308	47	716	3.00	1.36	40.0	178	0.0	1	22.0	29.0	11.5	2.00	0.00
	, 5 pcs															
.....	...	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, Salad, Garden Fresh	1 CUP	10	15	0	22	1.51	1.80	28.7	4596	7.0	*N/A*	0.85	3.35	0.0	0.00	*N/A*
SB, Carrots, Raw, Baby: 3.2 oz	.5 CUP	50	16	0	36	1.62	4.86	0.4	6255	1.22	2	0.0	4.05	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING	25	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
	, 3.0 oz															
SB, Corn: Frozen, yellow	SERVING	5	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
	, 3 oz															
.....	...	0	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	0	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
	4 oz															
Apples, Red, 138 ct, #9203	1 EACH	1	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	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
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
.....	...	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, Barbeque Sauce	1 OZ	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	50	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	25	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	5	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	5	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Ranch Dressing - dispenser	1 OZ	50	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*

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

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

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

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# Escondido Union School District

Jun 26, 2017 thru Jul 28, 2017

## Base Menu Spreadsheet

SSO Lunch 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)
Weighted Daily Average % of Calories			558	66	1366	4.29	*5.53	*596.7	*4811	*8.62	*28 *20.3%	31.27 22.4%	62.82 45.0%	22.34 36.0%	7.12 11.5%	*0.00 *0.0%
Nutrient Guideline			600-650		1230											<10.00

Fri - 07/07/2017																
SSO Lunch K-8	Total	100														
Cheeseburger Mini	1 EACH	60	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
Sand: PBJ, Grape, WG	1 EACH	40	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
Yogurt w Pretzels	SERVING	1	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	10	15	0	22	1.51	1.80	28.7	4596	7.0	*N/A*	0.85	3.35	0.0	0.00	*N/A*
SB, Carrots, Raw, Baby: 3.2 oz	.5 CUP	50	16	0	36	1.62	4.86	0.4	6255	1.22	2	0.0	4.05	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING	25	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Jicama Sticks	SERVING , 3.0 oz , 2.5 oz	1	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	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
Fruit, Assorted,What is left	1 EACH	1	267	0	6	8.17	0.55	39.3	677	36.76	43	2.48	67.79	0.8	0.21	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
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	4 EACH	4	360	20	480	0.00	0.00	1200.0	2000	9.6	48	36.0	48.0	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
.....	...	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, Barbeque Sauce	1 OZ	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	50	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	25	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	5	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	5	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Ranch Dressing - dispenser	1 OZ	50	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average % of Calories			655	39	885	5.68	*5.13	*439.4	*4520	*6.22	*38 *23.3%	29.42 18.0%	77.06 47.1%	26.50 36.4%	5.21 7.2%	*0.00 *0.0%
Nutrient Guideline			600-650		1230											<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

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

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**Escondido Union School District**

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

Base Menu Spreadsheet

SSO Lunch 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>Mon - 07/10/2017</b>																
SSO Lunch K-8	Total	100														
Cheeseburger Mini	1 EACH	80	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
Sand: PBJ, Grape, WG	1 EACH	20	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
Cheese:String 2/Cracker 1	SVG	1	340	30	790	3.00	2.70	440.0	900	6.0	5	18.0	32.0	17.0	8.00	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
SB, Salad, Garden Fresh	1 CUP	10	15	0	22	1.51	1.80	28.7	4596	7.0	*N/A*	0.85	3.35	0.0	0.00	*N/A*
SB, Carrots, Raw, Baby: 3.2 oz	.5 CUP	50	16	0	36	1.62	4.86	0.4	6255	1.22	2	0.0	4.05	0.0	0.00	0.00
SB, Celery Sticks	SERVING -2.5 oz	25	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
SB, Edamame	.5 CUP	1	50	0	15	2.00	0.72	20.0	250	3.0	0	4.0	4.5	1.5	0.00	0.00
SB, Tomatoes, Cherry	SERVING , 3.91	1	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	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
Apples, Red, 138 ct, #9203	EACH 1.9 4 oz	1	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
.....	...	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
.....	...	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, Barbeque Sauce	1 OZ	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	50	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	25	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	5	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	5	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Ranch Dressing - dispenser	1 OZ	50	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			576	48	833	4.88	*5.34	*405.0	*4411	*6.33	*32	28.39	67.52	22.00	4.96	*0.00
% of Calories											*21.9%	19.7%	46.9%	34.4%	7.7%	*0.0%
Nutrient Guideline			600-650		1230									<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**

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

Base Menu Spreadsheet

SSO Lunch 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)
Tue - 07/11/2017																
SSO Lunch K-8	Total	100														
Burrito, Bean & Cheese	1 EACH	80	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Yogurt w Pretzels	SERVING	20	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
Sand: PBJ, Grape, WG	1 EACH	1	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	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
SB, Salad, Garden Fresh	1 CUP	10	15	0	22	1.51	1.80	28.7	4596	7.0	*N/A*	0.85	3.35	0.0	0.00	*N/A*
SB, Carrots, Raw, Baby: 3.2 oz	.5 CUP	50	16	0	36	1.62	4.86	0.4	6255	1.22	2	0.0	4.05	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING	25	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Jicama Sticks	, 3.0 oz SERVING	1	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
.....	, 2.5 oz	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Peaches, Fresh	EACH, 3.5 oz	0	39	0	0	1.51	0.25	6.0	329	6.65	7	0.92	9.61	0.25	0.02	0.00
Apples, Red, 138 ct, #9203	1 EACH	1	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	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
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
.....	...	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, Barbeque Sauce	1 OZ	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	50	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	25	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	5	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	5	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Ranch Dressing - dispenser	1 OZ	50	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			587	25	868	6.36	*7.28	*565.4	*4683	*6.20	*34	21.53	76.20	21.59	1.94	*0.00
% of Calories											*23.3%	14.7%	52.0%	33.1%	3.0%	*0.0%
Nutrient Guideline			600-650		1230										<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

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

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**Escondido Union School District**

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

Base Menu Spreadsheet

SSO Lunch 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 Lunch K-8	Total	100														
Pizza,Pepperoni,Sliders	1 EACH	75	303	38	634	3.52	1.35	457.0	422	11.5	4	18.33	30.59	12.24	6.11	0.00
Sand: PBJ, Grape, WG	1 EACH	25	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
Cheese:String 2/Cracker 1	SVG	1	340	30	790	3.00	2.70	440.0	900	6.0	5	18.0	32.0	17.0	8.00	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
SB, Salad, Garden Fresh	1 CUP	10	15	0	22	1.51	1.80	28.7	4596	7.0	*N/A*	0.85	3.35	0.0	0.00	*N/A*
SB, Carrots, Raw, Baby: 3.2 oz	.5 CUP	50	16	0	36	1.62	4.86	0.4	6255	1.22	2	0.0	4.05	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING , 3.0 oz	25	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Cherry	SERVING , 3.91	1	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	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
Bananas , Whole,	1 EACH	1	147	0	2	4.28	0.43	8.2	105	14.33	20	1.8	37.62	0.54	0.18	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
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
.....	...	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, Barbeque Sauce	1 OZ	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	50	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	25	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	5	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	5	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Ranch Dressing - dispenser	1 OZ	50	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			617	40	1045	5.72	*4.22	*683.5	*4693	*15.31	*33	27.38	69.06	26.49	7.44	*0.00
% of Calories											*21.5%	17.8%	44.8%	38.7%	10.9%	*0.0%
Nutrient Guideline			600-650		1230										<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  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**Escondido Union School District**

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

Base Menu Spreadsheet

SSO Lunch 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 Lunch K-8	Total	100														
Sand: Turkey & Cheese Elem	1 Each	80	315	55	880	3.00	2.16	175.0	200	0.0	*4	26.5	34.5	9.5	3.75	0.00
Cheese:String 2/Cracker 1	1 EACH	20	340	30	790	3.00	2.70	440.0	900	6.0	5	18.0	32.0	17.0	8.00	0.00
Corn Dog	1 EACH	1	240	40	390	5.00	1.80	80.0	0	0.0	5	9.0	30.0	8.0	2.50	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, Salad, Garden Fresh	1 CUP	10	15	0	22	1.51	1.80	28.7	4596	7.0	*N/A*	0.85	3.35	0.0	0.00	*N/A*
SB, Carrots, Raw, Baby: 3.2 oz	.5 CUP	50	16	0	36	1.62	4.86	0.4	6255	1.22	2	0.0	4.05	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING	25	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
	, 3.0 oz															
SB, Corn: Frozen, yellow	SERVING	5	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
	, 3 oz															
.....	...	0	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	0	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
	4 oz															
Apples, Red, 138 ct, #9203	1 EACH	1	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	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
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
.....	...	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, Barbeque Sauce	1 OZ	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	50	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	25	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	5	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	5	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Ranch Dressing - dispenser	1 OZ	50	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			558	62	1273	4.31	*5.00	*544.1	*4669	*6.70	*28	33.44	63.33	20.50	6.28	*0.00
% of Calories											*20.1%	24.0%	45.4%	33.1%	10.1%	*0.0%
Nutrient Guideline			600-650		1230										<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

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

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**Escondido Union School District**

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

Base Menu Spreadsheet

SSO Lunch 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 - 07/14/2017																
SSO Lunch K-8	Total	100														
Chix: Nuggets/Goldfish	SERVING	60	308	47	716	3.00	1.36	40.0	178	0.0	1	22.0	29.0	11.5	2.00	0.00
	, 5 pcs															
Sand: PBJ, Grape, WG	1 EACH	40	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
Yogurt w Pretzels	SERVING	1	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	10	15	0	22	1.51	1.80	28.7	4596	7.0	*N/A*	0.85	3.35	0.0	0.00	*N/A*
SB, Carrots, Raw, Baby: 3.2 oz	.5 CUP	50	16	0	36	1.62	4.86	0.4	6255	1.22	2	0.0	4.05	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING	25	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
	, 3.0 oz															
SB, Jicama Sticks	SERVING	1	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
	, 2.5 oz															
.....	...	0	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	1	267	0	6	8.17	0.55	39.3	677	36.76	43	2.48	67.79	0.8	0.21	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
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	4 EACH	4	360	20	480	0.00	0.00	1200.0	2000	9.6	48	36.0	48.0	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
.....	...	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, Barbeque Sauce	1 OZ	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	50	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	25	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	5	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	5	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Ranch Dressing - dispenser	1 OZ	50	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			677	40	1102	5.92	*4.27	*414.2	*4567	*6.22	*37	30.80	75.68	28.72	4.67	*0.00
% of Calories											*21.6%	18.2%	44.7%	38.2%	6.2%	*0.0%
Nutrient Guideline			600-650		1230										<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 Lunch 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>Mon - 07/17/2017</b>																
SSO Lunch K-8	Total	100														
Sand: Cheese, Grilled, WG	EACH	60	280	32	581	3.00	1.64	4650.2	524	0.0	6	18.55	30.96	9.91	5.56	0.00
Sand: PBJ, Grape, WG	1 EACH	40	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
Burrito, Bean & Cheese	1 EACH	1	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	10	15	0	22	1.51	1.80	28.7	4596	7.0	*N/A*	0.85	3.35	0.0	0.00	*N/A*
SB, Carrots, Raw, Baby: 3.2 oz	.5 CUP	50	16	0	36	1.62	4.86	0.4	6255	1.22	2	0.0	4.05	0.0	0.00	0.00
SB, Celery Sticks	SERVING	25	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
	-2.5 oz															
SB, Edamame	.5 CUP	1	50	0	15	2.00	0.72	20.0	250	3.0	0	4.0	4.5	1.5	0.00	0.00
SB, Tomatoes, Cherry	SERVING	1	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
	, 3.91															
.....	...	0	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 1.9	1	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
	4 oz															
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															
.....	...	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
.....	...	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, Barbeque Sauce	1 OZ	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	50	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	25	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	5	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	5	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Ranch Dressing - dispenser	1 OZ	50	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			649	31	1019	6.03	*4.47	*3142.6	*4662	*6.27	*37	27.72	74.99	27.88	6.80	*0.00
% of Calories											*22.9%	17.1%	46.2%	38.7%	9.4%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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**Escondido Union School District**

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

Base Menu Spreadsheet

SSO Lunch 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)
Tue - 07/18/2017																
SSO Lunch K-8	Total	100														
Cheeseburger Mini	1 EACH	70	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
Cheese:String 2/Cracker 1	1 EACH	30	340	30	790	3.00	2.70	440.0	900	6.0	5	18.0	32.0	17.0	8.00	0.00
Corn Dog	1 EACH	1	240	40	390	5.00	1.80	80.0	0	0.0	5	9.0	30.0	8.0	2.50	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
SB, Salad, Garden Fresh	1 CUP	10	15	0	22	1.51	1.80	28.7	4596	7.0	*N/A*	0.85	3.35	0.0	0.00	*N/A*
SB, Carrots, Raw, Baby: 3.2 oz	.5 CUP	50	16	0	36	1.62	4.86	0.4	6255	1.22	2	0.0	4.05	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING	25	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
	, 3.0 oz															
SB, Jicama Sticks	SERVING	1	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
	, 2.5 oz															
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Peaches, Fresh	EACH, 3.5 oz	0	39	0	0	1.51	0.25	6.0	329	6.65	7	0.92	9.61	0.25	0.02	0.00
Apples, Red, 138 ct, #9203	1 EACH	1	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	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
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
.....	...	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, Barbeque Sauce	1 OZ	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	50	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	25	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	5	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	5	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Ranch Dressing - dispenser	1 OZ	50	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			527	52	896	4.02	*5.51	*505.6	*4669	*7.33	*28	27.69	60.00	20.02	6.11	*0.00
% of Calories											*21.2%	21.0%	45.5%	34.2%	10.4%	*0.0%
Nutrient Guideline			600-650		1230										<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  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**Escondido Union School District**

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

Base Menu Spreadsheet

SSO Lunch 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)
Wed - 07/19/2017																
SSO Lunch K-8	Total	100														
Pizza,Pepperoni,Sliders	1 EACH	70	303	38	634	3.52	1.35	457.0	422	11.5	4	18.33	30.59	12.24	6.11	0.00
Sand: PBJ, Grape, WG	1 EACH	30	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
Sand: Chix, Spicy Patty	SANDWIC	1	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*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
SB, Salad, Garden Fresh	1 CUP	10	15	0	22	1.51	1.80	28.7	4596	7.0	*N/A*	0.85	3.35	0.0	0.00	*N/A*
SB, Carrots, Raw, Baby: 3.2 oz	.5 CUP	50	16	0	36	1.62	4.86	0.4	6255	1.22	2	0.0	4.05	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING , 3.0 oz	25	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Cherry	SERVING , 3.91	1	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	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
Bananas , Whole,	1 EACH	1	147	0	2	4.28	0.43	8.2	105	14.33	20	1.8	37.62	0.54	0.18	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
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
.....	...	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, Barbeque Sauce	1 OZ	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	50	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	25	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	5	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	5	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Ranch Dressing - dispenser	1 OZ	50	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			632	38	1045	5.93	*4.25	*661.4	*4671	*14.68	*34	27.57	71.14	27.36	7.29	*0.00
% of Calories											*21.7%	17.4%	45.0%	38.9%	10.4%	*0.0%
Nutrient Guideline			600-650		1230										<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

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

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# Escondido Union School District

Jun 26, 2017 thru Jul 28, 2017

## Base Menu Spreadsheet

SSO Lunch 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 - 07/20/2017																
SSO Lunch K-8	Total	100														
Sand:Turkey Ham & Cheese Elem	1 Each	60	305	70	1060	3.00	2.88	175.0	200	1.2	*4	25.5	34.5	10.0	3.75	0.00
Cheese:String 2/Cracker 1	1 EACH	40	340	30	790	3.00	2.70	440.0	900	6.0	5	18.0	32.0	17.0	8.00	0.00
Chix: Nuggets/Goldfish	SERVING	1	308	47	716	3.00	1.36	40.0	178	0.0	1	22.0	29.0	11.5	2.00	0.00
	, 5 pcs															
.....	...	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, Salad, Garden Fresh	1 CUP	10	15	0	22	1.51	1.80	28.7	4596	7.0	*N/A*	0.85	3.35	0.0	0.00	*N/A*
SB, Carrots, Raw, Baby: 3.2 oz	.5 CUP	50	16	0	36	1.62	4.86	0.4	6255	1.22	2	0.0	4.05	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING	25	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
	, 3.0 oz															
SB, Corn: Frozen, yellow	SERVING	5	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
	, 3 oz															
.....	...	0	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	0	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
	4 oz															
Apples, Red, 138 ct, #9203	1 EACH	1	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	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
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
.....	...	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, Barbeque Sauce	1 OZ	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	50	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	25	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	5	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	5	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Ranch Dressing - dispenser	1 OZ	50	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			558	66	1366	4.29	*5.53	*596.7	*4811	*8.62	*28	31.27	62.82	22.34	7.12	*0.00
% of Calories											*20.3%	22.4%	45.0%	36.0%	11.5%	*0.0%
Nutrient Guideline			600-650		1230										<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

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

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**Escondido Union School District**

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

Base Menu Spreadsheet

SSO Lunch 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 - 07/21/2017																
SSO Lunch K-8	Total	100														
Cheeseburger Mini	1 EACH	60	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
Sand: PBJ, Grape, WG	1 EACH	40	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
Yogurt w Pretzels	SERVING	1	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	10	15	0	22	1.51	1.80	28.7	4596	7.0	*N/A*	0.85	3.35	0.0	0.00	*N/A*
SB, Carrots, Raw, Baby: 3.2 oz	.5 CUP	50	16	0	36	1.62	4.86	0.4	6255	1.22	2	0.0	4.05	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING	25	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
	, 3.0 oz															
SB, Jicama Sticks	SERVING	1	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
	, 2.5 oz															
.....	...	0	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	1	267	0	6	8.17	0.55	39.3	677	36.76	43	2.48	67.79	0.8	0.21	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
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	4 EACH	4	360	20	480	0.00	0.00	1200.0	2000	9.6	48	36.0	48.0	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
.....	...	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, Barbeque Sauce	1 OZ	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	50	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	25	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	5	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	5	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Ranch Dressing - dispenser	1 OZ	50	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			655	39	885	5.68	*5.13	*439.4	*4520	*6.22	*38	29.42	77.06	26.50	5.21	*0.00
% of Calories											*23.3%	18.0%	47.1%	36.4%	7.2%	*0.0%
Nutrient Guideline			600-650		1230										<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 Lunch 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)
<b>Mon - 07/24/2017</b>																
SSO Lunch K-8	Total	100														
Cheeseburger Mini	1 EACH	80	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
Sand: PBJ, Grape, WG	1 EACH	20	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
Cheese:String 2/Cracker 1	SVG	1	340	30	790	3.00	2.70	440.0	900	6.0	5	18.0	32.0	17.0	8.00	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
SB, Salad, Garden Fresh	1 CUP	10	15	0	22	1.51	1.80	28.7	4596	7.0	*N/A*	0.85	3.35	0.0	0.00	*N/A*
SB, Carrots, Raw, Baby: 3.2 oz	.5 CUP	50	16	0	36	1.62	4.86	0.4	6255	1.22	2	0.0	4.05	0.0	0.00	0.00
SB, Celery Sticks	SERVING	25	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
	-2.5 oz															
SB, Edamame	.5 CUP	1	50	0	15	2.00	0.72	20.0	250	3.0	0	4.0	4.5	1.5	0.00	0.00
SB, Tomatoes, Cherry	SERVING	1	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
	, 3.91															
.....	...	0	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 1.9	1	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
	4 oz															
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															
.....	...	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
.....	...	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, Barbeque Sauce	1 OZ	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	50	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	25	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	5	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	5	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Ranch Dressing - dispenser	1 OZ	50	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			576	48	833	4.88	*5.34	*405.0	*4411	*6.33	*32	28.39	67.52	22.00	4.96	*0.00
% of Calories											*21.9%	19.7%	46.9%	34.4%	7.7%	*0.0%
Nutrient Guideline			600-650		1230										<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  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**Escondido Union School District**

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

Base Menu Spreadsheet

SSO Lunch 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>Tue - 07/25/2017</b>																
SSO Lunch K-8	Total	100														
Burrito, Bean & Cheese	1 EACH	80	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Yogurt w Pretzels	SERVING	20	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
Sand: PBJ, Grape, WG	1 EACH	1	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	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
SB, Salad, Garden Fresh	1 CUP	10	15	0	22	1.51	1.80	28.7	4596	7.0	*N/A*	0.85	3.35	0.0	0.00	*N/A*
SB, Carrots, Raw, Baby: 3.2 oz	.5 CUP	50	16	0	36	1.62	4.86	0.4	6255	1.22	2	0.0	4.05	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING	25	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Jicama Sticks	, 3.0 oz SERVING	1	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
.....	, 2.5 oz	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Peaches, Fresh	EACH, 3.5 oz	0	39	0	0	1.51	0.25	6.0	329	6.65	7	0.92	9.61	0.25	0.02	0.00
Apples, Red, 138 ct, #9203	1 EACH	1	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	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
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
.....	...	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, Barbeque Sauce	1 OZ	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	50	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	25	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	5	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	5	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Ranch Dressing - dispenser	1 OZ	50	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			587	25	868	6.36	*7.28	*565.4	*4683	*6.20	*34	21.53	76.20	21.59	1.94	*0.00
% of Calories											*23.3%	14.7%	52.0%	33.1%	3.0%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**Escondido Union School District**

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

Base Menu Spreadsheet

SSO Lunch 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 Lunch K-8	Total	100														
Pizza,Pepperoni,Sliders	1 EACH	75	303	38	634	3.52	1.35	457.0	422	11.5	4	18.33	30.59	12.24	6.11	0.00
Sand: PBJ, Grape, WG	1 EACH	25	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
Cheese:String 2/Cracker 1	SVG	1	340	30	790	3.00	2.70	440.0	900	6.0	5	18.0	32.0	17.0	8.00	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
SB, Salad, Garden Fresh	1 CUP	10	15	0	22	1.51	1.80	28.7	4596	7.0	*N/A*	0.85	3.35	0.0	0.00	*N/A*
SB, Carrots, Raw, Baby: 3.2 oz	.5 CUP	50	16	0	36	1.62	4.86	0.4	6255	1.22	2	0.0	4.05	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING , 3.0 oz	25	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Cherry	SERVING , 3.91	1	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	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
Bananas , Whole,	1 EACH	1	147	0	2	4.28	0.43	8.2	105	14.33	20	1.8	37.62	0.54	0.18	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
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
.....	...	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, Barbeque Sauce	1 OZ	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	50	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	25	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	5	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	5	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Ranch Dressing - dispenser	1 OZ	50	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			617	40	1045	5.72	*4.22	*683.5	*4693	*15.31	*33	27.38	69.06	26.49	7.44	*0.00
% of Calories											*21.5%	17.8%	44.8%	38.7%	10.9%	*0.0%
Nutrient Guideline			600-650		1230										<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  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Escondido Union School District

Jun 26, 2017 thru Jul 28, 2017

## Base Menu Spreadsheet

SSO Lunch 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 Lunch K-8	Total	100														
Sand: Turkey & Cheese Elem	1 Each	80	315	55	880	3.00	2.16	175.0	200	0.0	*4	26.5	34.5	9.5	3.75	0.00
Cheese:String 2/Cracker 1	1 EACH	20	340	30	790	3.00	2.70	440.0	900	6.0	5	18.0	32.0	17.0	8.00	0.00
Corn Dog	1 EACH	1	240	40	390	5.00	1.80	80.0	0	0.0	5	9.0	30.0	8.0	2.50	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, Salad, Garden Fresh	1 CUP	10	15	0	22	1.51	1.80	28.7	4596	7.0	*N/A*	0.85	3.35	0.0	0.00	*N/A*
SB, Carrots, Raw, Baby: 3.2 oz	.5 CUP	50	16	0	36	1.62	4.86	0.4	6255	1.22	2	0.0	4.05	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING , 3.0 oz	25	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Corn: Frozen, yellow	SERVING , 3 oz	5	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	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
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
Apples, Red, 138 ct, #9203	1 EACH	1	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	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
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
.....	...	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, Barbeque Sauce	1 OZ	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	50	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	25	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	5	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	5	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Ranch Dressing - dispenser	1 OZ	50	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			558	62	1273	4.31	*5.00	*544.1	*4669	*6.70	*28	33.44	63.33	20.50	6.28	*0.00
% of Calories											*20.1%	24.0%	45.4%	33.1%	10.1%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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# Escondido Union School District

Jun 26, 2017 thru Jul 28, 2017

## Base Menu Spreadsheet

SSO Lunch 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 - 07/28/2017																
SSO Lunch K-8	Total	100														
Chix: Nuggets/Goldfish	SERVING	60	308	47	716	3.00	1.36	40.0	178	0.0	1	22.0	29.0	11.5	2.00	0.00
	, 5 pcs															
Sand: PBJ, Grape, WG	1 EACH	40	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
Yogurt w Pretzels	SERVING	1	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	10	15	0	22	1.51	1.80	28.7	4596	7.0	*N/A*	0.85	3.35	0.0	0.00	*N/A*
SB, Carrots, Raw, Baby: 3.2 oz	.5 CUP	50	16	0	36	1.62	4.86	0.4	6255	1.22	2	0.0	4.05	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING	25	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
	, 3.0 oz															
SB, Jicama Sticks	SERVING	1	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
	, 2.5 oz															
.....	...	0	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	1	267	0	6	8.17	0.55	39.3	677	36.76	43	2.48	67.79	0.8	0.21	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
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	4 EACH	4	360	20	480	0.00	0.00	1200.0	2000	9.6	48	36.0	48.0	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
.....	...	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, Barbeque Sauce	1 OZ	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	50	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	25	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	5	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	5	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Ranch Dressing - dispenser	1 OZ	50	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			677	40	1102	5.92	*4.27	*414.2	*4567	*6.22	*37	30.80	75.68	28.72	4.67	*0.00
% of Calories											*21.6%	18.2%	44.7%	38.2%	6.2%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Weighted Average			607	44	1037	5.40	*5.11	*750.9	*4628	*8.38	*33	28.51	70.31	24.42	5.62	*0.00
											*49.1%	18.8%	46.4%	36.2%	8.3%	*0.0%

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

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

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

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# Escondido Union School District

Jun 26, 2017 thru Jul 28, 2017

Base Menu Spreadsheet

SSO Lunch 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	607		600 - 650	100%													
Cholesterol (mg)	44																
Sodium (mg)	1037		1230														
Fiber (g)	5.40																
Iron (mg)	5.11				Missing												
Calcium (mg)	750.9				Missing												
Vitamin A (IU)	4628				Missing												
Sugars (g)	33	21.82%			Missing												
Vitamin C (mg)	8.38				Missing												
Protein (g)	28.51	18.80%															
Carbohydrate (g)	70.31	46.36%															
Total Fat (g)	24.42	36.23%															
Saturated Fat (g)	5.62	8.33%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing												

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

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