

# Escondido Union School District

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

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

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**Escondido Union School District**

**May 1, 2018 thru May 31, 2018**

Base Menu Spreadsheet

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Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/01/2018															
Elementary Lunch K-5	Total														
Chix, Oven, & Waffle	1 EACH	257	73	656	2.51	1.63	50.3	0	0.0	2	18.2	17.57	12.89	2.78	0.00
Sand: Hot Ham & Cheese	1 EACH	430	85	1230	0.00	1.08	150.0	300	1.2	*1	26.0	33.0	22.5	10.00	0.00
Sand: PBJ, Grape, WG	EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Chs, PZA Guy, LUNCH	SLICE	347	36	384	4.16	2.43	411.3	825	5.08	2	20.4	38.98	12.69	6.48	0.00
Pizza, Pepp, PZA Guy, LUNCH	SLICE	359	42	490	4.16	2.89	417.9	819	2.08	2	21.75	21.75	15.59	7.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Caesar Salad	5 oz. svg.	378	9	588	9.23	0.51	35.9	*4930	*13.6	1	1.51	34.1	24.87	1.42	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots, Raw, Baby: 3.0 oz	3.0 SVG	30	0	67	3.04	9.11	0.8	11728	2.28	5	0.0	7.59	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Grape	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD, Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.0	0	0.0	3	7.0	8.0	15.0	2.00	0.00
SB, Corn: Frozen, yellow	SERVING, 3 oz	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Mandarin Oranges,	SERVING 4 oz	31	0	4	0.44	0.32	8.9	133	94.19	8	0.44	7.54	0.0	0.00	0.00
Apple,Red, Sliced, Bags	EACH	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1%,Pouch,90/ea. 8oz.	EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc,Pouch,90/ea.8oz.	EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/01/2018															
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
	1 OZ														
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		459	61	847	3.94	*3.59	*324.9	*2110	*12.55	*24	25.65	48.75	18.85	4.27	*0.00
% of Calories										*20.7%	22.3%	42.4%	36.9%	8.4%	*0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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**Escondido Union School District**

**May 1, 2018 thru May 31, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/02/2018															
Elementary Lunch K-5	Total														
Pizza, Pepperoni, WG	1 EACH	340	35	580	3.00	1.80	400.0	500	9.0	4	20.0	34.0	18.0	9.00	0.00
FP: Travelin' Taco -	4.0 serving	*177	*15	*316	*6.27	*2.16	*162.9	*337	*2.64	*1	*9.83	*21.29	*5.93	*3.30	*0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Chs, PZA Guy, LUNCH	SLICE	347	36	384	4.16	2.43	411.3	825	5.08	2	20.4	38.98	12.69	6.48	0.00
Pizza, Pepperoni, WG	1 EACH	340	35	580	3.00	1.80	400.0	500	9.0	4	20.0	34.0	18.0	9.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Caesar Salad	5 oz. svg.	378	9	588	9.23	0.51	35.9	*4930	*13.6	1	1.51	34.1	24.87	1.42	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots,Rainbow	3 oz.svg.	35	0	65	2.00	0.00	200.0	*N/A*	*N/A*	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING,	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
	3.0 oz														
SB, Tomatoes, Grape	SERVING,	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
	2.61oz														
SB, Bell,Peppers,Mixed	SERVING,	22	0	2	1.41	0.24	4.8	1312	66.64	2	0.79	4.64	0.16	0.02	0.00
	2.75oz														
SB, Edamame	SERVING,	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
	3 oz														
A to Z Wild Rice	SVG	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
SB, CND, Beans, Garbanzo	1/2 CUP	131	0	504	9.08	1.36	32.3	24	3.83	*N/A*	6.05	22.19	2.02	0.50	*N/A*
SB, Broccoli Florets	SERVING,	18	0	4	0.00	0.00	12.6	0	24.55	0	2.52	2.52	0.0	0.00	0.00
	1.1 oz														
SB, Raisins, Ind Box	1 EACH	129	0	5	1.59	0.81	21.5	0	0.99	25	1.32	34.05	0.2	0.02	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pinappl Tidbt, Draind	SERVING,	94	0	0	1.34	0.48	26.8	0	12.07	19	1.01	22.8	0.0	0.00	0.00
	4.0 oz														
Bananas, Whole,	EACH	147	0	2	4.28	0.43	8.2	105	14.33	20	1.8	37.62	0.54	0.18	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1%,Pouch,90/ea. 8oz.	EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc,Pouch,90/ea.8oz.	EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00

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May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/02/2018															
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		*540	*20	*619	*8.70	*3.15	*521.0	*1426	*18.13	*42 *31.2%	*23.31 *17.3%	*81.36 *60.3%	*16.33 *27.2%	*5.64 *9.4%	*0.00 *0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/03/2018															
Elementary Lunch K-5	Total														
FP: Nacho Sauce with Chips	5 OZ SVG.	*472	*46	*995	*6.22	*3.86	*507.6	*834	*1.25	*1	*18.43	*41.58	*25.86	*10.70	*0.00
Sand: Veggie Burger, Twin	1 EACH	310	15	460	6.00	2.70	150.0	200	15.0	7	14.0	40.0	12.0	3.50	0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots, Raw, Baby: 3.0 oz	SERVING	30	0	67	3.04	9.11	0.8	11728	2.28	5	0.0	7.59	0.0	0.00	0.00
SB, Cucumber, Sliced	2.50 oz SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Tomatoes, Grape	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD, Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.0	0	0.0	3	7.0	8.0	15.0	2.00	0.00
SB, Corn: Frozen, yellow	SERVING, 3 oz	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
SB, Black Bean Salad	SVG	117	0	461	5.08	0.53	94.0	524	32.57	*3	4.44	19.71	2.89	0.27	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	SERVING, 4.5 oz	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
Halo, Mandarin Oranges	EACH	50	0	0	2.00	0.00	40.0	300	27.0	9	1.0	13.0	0.0	0.00	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1%,Pouch,90/ea. 8oz.	EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc,Pouch,90/ea.8oz.	EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00

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

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/03/2018															
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		*635	*31	*970	*8.43	*4.86	*608.9	*2793	*23.14	*36	*25.31	*77.25	*26.59	*8.71	*0.00
% of Calories										*22.5%	*16.0%	*48.7%	*37.7%	*12.4%	*0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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

\* - 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**

**May 1, 2018 thru May 31, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/04/2018															
Elementary Lunch K-5	Total														
Shrimp Poppers	SERVING 6 OZ	316	34	417	3.83	0.69	12.8	0	0.0	*N/A*	19.14	35.72	11.48	1.28	*N/A*
Beef, Chs-Burger, Smokie Grill	1 EACH	435	80	900	3.00	3.24	195.0	200	0.0	*4	26.5	33.5	22.5	9.25	*1.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots,Rainbow	3 oz.svg.	35	0	65	2.00	0.00	200.0	*N/A*	*N/A*	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Grape	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Zucchini	SERVING, 2.4 oz	12	0	5	0.68	0.25	10.9	136	12.18	2	0.82	2.12	0.22	0.06	0.00
SB, Peas, thawed	SERVING, 3.5 oz	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
SB, Black Bean Salad	SVG	117	0	461	5.08	0.53	94.0	524	32.57	*3	4.44	19.71	2.89	0.27	*0.00
SB, Broccoli Florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.6	0	24.55	0	2.52	2.52	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pears	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.0	74	0.0	15	0.0	17.24	0.0	0.00	0.00
Strawberries, Raw	SERVING, 3 oz	27	0	1	1.70	0.35	13.6	10	50.01	4	0.57	6.53	0.26	0.13	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1%,Pouch,90/ea. 8oz.	EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc,Pouch,90/ea.8oz.	EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00

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

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**Escondido Union School District**

**May 1, 2018 thru May 31, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/04/2018															
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		454	35	663	4.68	*2.58	*415.9	*1109	*51.50	*32	22.57	57.74	15.70	4.63	*0.32
% of Calories										*27.8%	19.9%	50.9%	31.1%	9.2%	*0.6%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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**Escondido Union School District**

**May 1, 2018 thru May 31, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 05/07/2018															
Elementary Lunch K-5	Total														
FP: Taco, Beef Dip/ Nacho Chip	5.75 oz/serving	*603	*64	*1237	*9.93	*5.26	*283.0	*785	*7.0	*2	*23.93	*48.9	*32.53	*12.46	*0.00
Chalupa	1 EACH	244	44	404	0.32	0.84	347.1	296	0.24	1	16.28	11.18	13.94	5.92	0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots,Rainbow	3 oz.svg.	35	0	65	2.00	0.00	200.0	*N/A*	*N/A*	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Grape	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Bell,Peppers,Mixed	SERVING, 2.75oz	22	0	2	1.41	0.24	4.8	1312	66.64	2	0.79	4.64	0.16	0.02	0.00
SB, Peas, thawed	SERVING, 3.5 oz	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Broccoli Florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.6	0	24.55	0	2.52	2.52	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Applesauce Cinnamon	SERVING, 4.5 oz	87	0	3	1.54	0.16	4.1	8	2.17	19	0.21	22.33	0.22	0.04	0.00
Orange, Smiles	SERVING 4.95	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1% - Carton	EACH	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	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,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00

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**Escondido Union School District**

**May 1, 2018 thru May 31, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 05/07/2018															
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		*699	*47	*1037	*11.00	*4.21	*671.0	*1746	*83.67	*41 *23.3%	*27.99 *16.0%	*84.31 *48.3%	*27.61 *35.6%	*9.09 *11.7%	*0.00 *0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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

**May 1, 2018 thru May 31, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/08/2018															
Elementary Lunch K-5	Total														
Chix: Orange w Brwn Rice-Elem.	SERVING	263	40	280	1.33	1.20	0.0	50	1.2	10	13.67	43.66	3.67	0.50	0.00
Sand: Turkey & Cheese	SANDWIC	380	70	1030	3.00	2.16	250.0	300	0.0	4	30.0	34.0	15.5	6.50	0.00
Sand: PBJ, Grape, WG	EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Chs, PZA Guy, LUNCH	SLICE	347	36	384	4.16	2.43	411.3	825	5.08	2	20.4	38.98	12.69	6.48	0.00
Pizza, Pepp, PZA Guy, LUNCH	SLICE	359	42	490	4.16	2.89	417.9	819	2.08	2	21.75	21.75	15.59	7.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	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	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots, Raw, Baby: 3.0 oz	3.0 SVG	30	0	67	3.04	9.11	0.8	11728	2.28	5	0.0	7.59	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Grape	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD, Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.0	0	0.0	3	7.0	8.0	15.0	2.00	0.00
SB, Corn: Frozen, yellow	SERVING, 3 oz	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Mandarin Oranges,	SERVING 4 oz	31	0	4	0.44	0.32	8.9	133	94.19	8	0.44	7.54	0.0	0.00	0.00
Apple,Red, Sliced, Bags	EACH	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1% - Carton	EACH	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	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,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00

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# Escondido Union School District

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/08/2018															
	1 OZ														
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		421	35	568	2.87	*2.49	*355.0	*2109	*14.62	*29	20.92	60.37	11.18	2.67	*0.00
% of Calories										*27.5%	19.9%	57.4%	23.9%	5.7%	*0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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

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

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**Escondido Union School District**

**May 1, 2018 thru May 31, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/09/2018															
Elementary Lunch K-5	Total														
Pizza, Pepperoni, WG	1 EACH	340	35	580	3.00	1.80	400.0	500	9.0	4	20.0	34.0	18.0	9.00	0.00
FP: Macaroni & Cheese	SERVING	140	0	260	3.00	1.80	60.0	0	0.0	*3	7.0	28.0	2.0	0.50	*0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Chs, PZA Guy, LUNCH	SLICE	347	36	384	4.16	2.43	411.3	825	5.08	2	20.4	38.98	12.69	6.48	0.00
Pizza, Pepp, PZA Guy, LUNCH	SLICE	359	42	490	4.16	2.89	417.9	819	2.08	2	21.75	21.75	15.59	7.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Caesar Salad	5 oz. svg.	378	9	588	9.23	0.51	35.9	*4930	*13.6	1	1.51	34.1	24.87	1.42	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots,Rainbow	3 oz.svg.	35	0	65	2.00	0.00	200.0	*N/A*	*N/A*	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING,	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
	3.0 oz														
SB, Tomatoes, Grape	SERVING,	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
	2.61oz														
SB, Bell,Peppers,Mixed	SERVING,	22	0	2	1.41	0.24	4.8	1312	66.64	2	0.79	4.64	0.16	0.02	0.00
	2.75oz														
SB, Edamame	SERVING,	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
	3 oz														
A to Z Xigua	.5 CUP	24	0	1	0.32	0.19	5.6	455	6.48	5	0.49	6.04	0.12	0.01	0.00
SB, CND, Beans, Garbanzo	1/2 CUP	131	0	504	9.08	1.36	32.3	24	3.83	*N/A*	6.05	22.19	2.02	0.50	*N/A*
SB, Broccoli Florets	SERVING,	18	0	4	0.00	0.00	12.6	0	24.55	0	2.52	2.52	0.0	0.00	0.00
	1.1 oz														
SB, Raisins, Ind Box	1 EACH	129	0	5	1.59	0.81	21.5	0	0.99	25	1.32	34.05	0.2	0.02	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pinappl Tidbt, Draind	SERVING,	94	0	0	1.34	0.48	26.8	0	12.07	19	1.01	22.8	0.0	0.00	0.00
	4.0 oz														
Bananas, Whole,	EACH	147	0	2	4.28	0.43	8.2	105	14.33	20	1.8	37.62	0.54	0.18	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1% - Carton	EACH	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	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, Carton. 70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00

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**Escondido Union School District**

**May 1, 2018 thru May 31, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/09/2018															
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		608	30	742	7.93	*2.57	*616.2	*1397	*21.90	*43 *28.4%	27.45 18.1%	87.97 57.9%	20.77 30.7%	7.71 11.4%	*0.00 *0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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

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

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**Escondido Union School District**

**May 1, 2018 thru May 31, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/10/2018															
Elementary Lunch K-5	Total														
Sand: Meatball Sub	1 EACH	408	55	646	3.89	2.97	254.8	359	2.42	3	26.75	36.54	17.63	6.83	0.00
Burrito, Bean & Cheese	1 EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots, Raw, Baby: 3.0 oz	SERVING	30	0	67	3.04	9.11	0.8	11728	2.28	5	0.0	7.59	0.0	0.00	0.00
SB, Cucumber, Sliced	2.50 oz														
	SERVING,	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
	3.0 oz														
SB, Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Jicama Sticks	SERVING,	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
	2.5 oz														
SB, Tomatoes, Grape	SERVING,	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
	2.61oz														
SB, Celery Sticks	SERVING	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
	-2.5 oz														
CD, Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.0	0	0.0	3	7.0	8.0	15.0	2.00	0.00
SB, Corn: Frozen, yellow	SERVING,	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
	3 oz														
SB, Black Bean Salad	SVG	117	0	461	5.08	0.53	94.0	524	32.57	*3	4.44	19.71	2.89	0.27	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	SERVING,	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
	4.5 oz														
Halo, Mandarin Oranges	EACH	50	0	0	2.00	0.00	40.0	300	27.0	9	1.0	13.0	0.0	0.00	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1% - Carton	EACH	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	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, Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
	1 OZ														

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**Escondido Union School District**

**May 1, 2018 thru May 31, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/10/2018															
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		598	38	792	7.16	*4.24	*523.3	*2526	*23.91	*38	28.51	76.62	21.10	5.60	*0.00
% of Calories										*25.3%	19.1%	51.3%	31.8%	8.4%	*0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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

**May 1, 2018 thru May 31, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/11/2018															
Elementary Lunch K-5	Total														
Chix: Popcorn, Dark	SERVING	293	81	599	3.00	2.00	18.0	167	0.0	0	18.0	17.0	17.0	3.00	0.00
	4.3 oz														
Fish Sticks	SERVING	200	55	380	3.00	1.44	60.0	50	0.0	1	18.0	21.0	5.0	0.50	0.00
	4 EACH														
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pretzel, Goldfish, 300/.75oz/c	1 EACH	90	0	250	1.00	0.72	0.0	0	0.0	*N/A*	2.0	16.0	1.5	0.00	*N/A*
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	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	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots,Rainbow	3 oz.svg.	35	0	65	2.00	0.00	200.0	*N/A*	*N/A*	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Grape	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Zucchini	SERVING, 2.4 oz	12	0	5	0.68	0.25	10.9	136	12.18	2	0.82	2.12	0.22	0.06	0.00
SB, Peas, thawed	SERVING, 3.5 oz	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
SB, Black Bean Salad	SVG	117	0	461	5.08	0.53	94.0	524	32.57	*3	4.44	19.71	2.89	0.27	*0.00
SB, Broccoli Florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.6	0	24.55	0	2.52	2.52	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pears	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.0	74	0.0	15	0.0	17.24	0.0	0.00	0.00
Strawberries, Raw	SERVING, 3 oz	27	0	1	1.70	0.35	13.6	10	50.01	4	0.57	6.53	0.26	0.13	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1% - Carton	EACH	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	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,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00

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

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**Escondido Union School District**

**May 1, 2018 thru May 31, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/11/2018															
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		479	51	816	5.52	*2.35	*351.0	*1009	*52.82	*29 *24.4%	22.12 18.5%	60.93 50.8%	16.46 30.9%	2.90 5.4%	*0.00 *0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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**Escondido Union School District**

**May 1, 2018 thru May 31, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 05/14/2018															
Elementary Lunch K-5	Total														
Chix: Nuggets	SERVING, 5 pcs	208	42	457	2.00	1.00	20.0	178	0.0	1	19.0	15.0	8.0	1.00	0.00
Burrito, Salsa Verde Chicken	1 EACH	495	105	877	7.41	3.71	135.2	91	44.0	3	24.04	72.73	11.26	3.00	0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cracker, Goldfish, Chs	1 EACH	100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	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	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots,Rainbow	3 oz.svg.	35	0	65	2.00	0.00	200.0	*N/A*	*N/A*	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Grape	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Bell,Peppers,Mixed	SERVING, 2.75oz	22	0	2	1.41	0.24	4.8	1312	66.64	2	0.79	4.64	0.16	0.02	0.00
SB, Peas, thawed	SERVING, 3.5 oz	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Broccoli Florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.6	0	24.55	0	2.52	2.52	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Applesauce Cinnamon	SERVING, 4.5 oz	87	0	3	1.54	0.16	4.1	8	2.17	19	0.21	22.33	0.22	0.04	0.00
Orange, Smiles	SERVING 4.95	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1% - Carton	EACH	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	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, Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00

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**Escondido Union School District**

**May 1, 2018 thru May 31, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 05/14/2018	1 OZ														
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		400	24	456	6.84	*1.87	*451.1	*1226	*86.46	*37	16.21	63.86	9.82	2.15	*0.00
% of Calories										*37.3%	16.2%	63.8%	22.1%	4.8%	*0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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

**May 1, 2018 thru May 31, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/15/2018															
Elementary Lunch K-5	Total														
Beef, Teriyaki/Brown Rice -EL	SERVING	312	40	1132	2.50	2.23	33.1	50	0.0	10	17.77	39.28	8.67	3.50	0.50
Sand: Turkey Ham & Cheese Elem	1 Each	305	70	1060	3.00	2.88	175.0	200	1.2	*4	25.5	34.5	10.0	3.75	0.00
Sand: PBJ, Grape, WG	EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Chs, PZA Guy, LUNCH	SLICE	347	36	384	4.16	2.43	411.3	825	5.08	2	20.4	38.98	12.69	6.48	0.00
Pizza, Pepp, PZA Guy, LUNCH	SLICE	359	42	490	4.16	2.89	417.9	819	2.08	2	21.75	21.75	15.59	7.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Caesar Salad	5 oz. svg.	378	9	588	9.23	0.51	35.9	*4930	*13.6	1	1.51	34.1	24.87	1.42	0.00
SB, Carrots, Raw, Baby: 3.0 oz	3.0 SVG	30	0	67	3.04	9.11	0.8	11728	2.28	5	0.0	7.59	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Grape	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD, Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.0	0	0.0	3	7.0	8.0	15.0	2.00	0.00
SB, Corn: Frozen, yellow	SERVING, 3 oz	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Mandarin Oranges,	SERVING 4 oz	31	0	4	0.44	0.32	8.9	133	94.19	8	0.44	7.54	0.0	0.00	0.00
Apple,Red, Sliced, Bags	EACH	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1% - Carton	EACH	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	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,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00

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# Escondido Union School District

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

Page 23

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/15/2018															
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		295	9	365	3.00	*1.56	*316.0	*2075	*14.08	*27 *36.1%	11.24 15.2%	41.64 56.4%	9.70 29.6%	1.76 5.4%	*0.01 *0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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

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**Escondido Union School District**

**May 1, 2018 thru May 31, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/16/2018															
Elementary Lunch K-5	Total														
Pizza, Pepperoni, WG	1 EACH	340	35	580	3.00	1.80	400.0	500	9.0	4	20.0	34.0	18.0	9.00	0.00
FP: Pasta w/Meat Sauce/GBr.	2/3 Cup	*419	*25	*418	*6.29	*4.19	*187.2	*152	*6.02	*3	*21.9	*58.35	*11.26	*4.29	*0.00
FP: Pasta w/Meatless Sce/GBr.	SVG	*500	*10	*1359	*10.98	*7.14	*331.2	*1733	*10.35	*8	*23.48	*71.62	*12.66	*3.20	*0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Chs, PZA Guy, LUNCH	SLICE	347	36	384	4.16	2.43	411.3	825	5.08	2	20.4	38.98	12.69	6.48	0.00
Pizza, Pepp, PZA Guy, LUNCH	SLICE	359	42	490	4.16	2.89	417.9	819	2.08	2	21.75	21.75	15.59	7.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Caesar Salad	5 oz. svg.	378	9	588	9.23	0.51	35.9	*4930	*13.6	1	1.51	34.1	24.87	1.42	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots,Rainbow	3 oz.svg.	35	0	65	2.00	0.00	200.0	*N/A*	*N/A*	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Grape	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Bell,Peppers,Mixed	SERVING, 2.75oz	22	0	2	1.41	0.24	4.8	1312	66.64	2	0.79	4.64	0.16	0.02	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
A to Z Yams, Purple	CUP	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
SB, CND, Beans, Garbanzo	1/2 CUP	131	0	504	9.08	1.36	32.3	24	3.83	*N/A*	6.05	22.19	2.02	0.50	*N/A*
SB, Broccoli Florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.6	0	24.55	0	2.52	2.52	0.0	0.00	0.00
SB, Raisins, Ind Box	1 EACH	129	0	5	1.59	0.81	21.5	0	0.99	25	1.32	34.05	0.2	0.02	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pinappl Tidbt, Draind	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.8	0	12.07	19	1.01	22.8	0.0	0.00	0.00
Bananas, Whole,	EACH	147	0	2	4.28	0.43	8.2	105	14.33	20	1.8	37.62	0.54	0.18	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1% - Carton	EACH	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	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, Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00

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

**May 1, 2018 thru May 31, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/16/2018															
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		*564	*26	*656	*7.28	*2.22	*594.1	*1427	*20.79	*45	*24.32	*83.81	*18.09	*6.36	*0.00
% of Calories										*31.6%	*17.2%	*59.4%	*28.9%	*10.1%	*0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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

**May 1, 2018 thru May 31, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/17/2018															
Elementary Lunch K-5	Total														
Wrapped Pup	1 EACH	292	20	697	3.00	1.46	7.4	101	0.0	4	13.09	30.01	13.15	4.05	*0.00
Burrito, Bean & Cheese	1 EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots, Raw, Baby: 3.0 oz	SERVING	30	0	67	3.04	9.11	0.8	11728	2.28	5	0.0	7.59	0.0	0.00	0.00
SB, Cucumber, Sliced	2.50 oz														
	SERVING,	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
	3.0 oz														
SB, Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Jicama Sticks	SERVING,	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
	2.5 oz														
SB, Tomatoes, Grape	SERVING,	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
	2.61oz														
SB, Celery Sticks	SERVING	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
	-2.5 oz														
CD, Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.0	0	0.0	3	7.0	8.0	15.0	2.00	0.00
SB, Corn: Frozen, yellow	SERVING,	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
	3 oz														
SB, Black Bean Salad	SVG	117	0	461	5.08	0.53	94.0	524	32.57	*3	4.44	19.71	2.89	0.27	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	SERVING,	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
	4.5 oz														
Halo, Mandarin Oranges	EACH	50	0	0	2.00	0.00	40.0	300	27.0	9	1.0	13.0	0.0	0.00	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1% - Carton	EACH	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	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, Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
	1 OZ														

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

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/17/2018															
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		326	10	387	4.03	*1.75	*369.7	*2330	*22.66	*35	12.99	49.73	9.31	2.20	*0.00
% of Calories										*43.0%	15.9%	61.1%	25.7%	6.1%	*0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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

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

<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.

**Escondido Union School District**

**May 1, 2018 thru May 31, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/18/2018															
Elementary Lunch K-5	Total														
Tostada, Sriracha Tuna - GF	5.50 oz.	239	*15	2516	5.10	1.24	188.1	*1026	*23.29	*1	6.82	23.45	13.16	*3.85	*0.00
Cheeseburger, Mini	1 EACH	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MEXICAN CONDIMENTS	1 EA	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo	2 OZ. SVG	15	0	1171	0.63	0.22	5.0	386	9.27	*0	0.48	3.83	0.21	0.02	*0.00
CD, Lettuce, Shredded	SVG	3	0	3	0.40	0.14	5.4	94	1.11	*N/A*	0.29	0.59	0.05	0.01	*N/A*
CD, Shredded Cheese	SVG	58	15	91	0.00	0.10	101.2	152	0.0	0	3.54	0.51	4.56	3.04	0.00
CD, Sour Cream	SVG	28	7	7	0.00	0.00	9.4	94	0.57	0	0.47	0.94	2.36	1.42	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots,Rainbow	3 oz.svg.	35	0	65	2.00	0.00	200.0	*N/A*	*N/A*	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Grape	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Zucchini	SERVING, 2.4 oz	12	0	5	0.68	0.25	10.9	136	12.18	2	0.82	2.12	0.22	0.06	0.00
SB, Peas, thawed	SERVING, 3.5 oz	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
SB, Black Bean Salad	SVG	117	0	461	5.08	0.53	94.0	524	32.57	*3	4.44	19.71	2.89	0.27	*0.00
SB, Broccoli Florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.6	0	24.55	0	2.52	2.52	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pears	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.0	74	0.0	15	0.0	17.24	0.0	0.00	0.00
Fruit, Fresh Fri 1	1 EACH	4	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1% - Carton	EACH	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	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, Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00

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**Escondido Union School District**

**May 1, 2018 thru May 31, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/18/2018															
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		402	*31	*694	*3.87	*2.04	*388.7	*1058	*24.81	*29	*20.95	*53.08	*11.99	*3.24	*0.00
% of Calories										*28.7%	*20.8%	*52.8%	*26.8%	*7.2%	*0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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**Escondido Union School District**

**May 1, 2018 thru May 31, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 05/21/2018															
Elementary Lunch K-5	Total														
Quesadilla, Chicken	SERVING	300	45	560	3.00	2.70	250.0	200	0.0	1	19.0	31.0	11.0	4.50	0.00
FP: Taco, Beef Dip/ Nacho Chip	5.75 oz/serving	*603	*64	*1237	*9.93	*5.26	*283.0	*785	*7.0	*2	*23.93	*48.9	*32.53	*12.46	*0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots,Rainbow	3 oz.svg.	35	0	65	2.00	0.00	200.0	*N/A*	*N/A*	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Grape	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Bell,Peppers,Mixed	SERVING, 2.75oz	22	0	2	1.41	0.24	4.8	1312	66.64	2	0.79	4.64	0.16	0.02	0.00
SB, Peas, thawed	SERVING, 3.5 oz	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Broccoli Florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.6	0	24.55	0	2.52	2.52	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Applesauce Cinnamon	SERVING, 4.5 oz	87	0	3	1.54	0.16	4.1	8	2.17	19	0.21	22.33	0.22	0.04	0.00
Orange, Smiles	SERVING 4.95	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1% - Carton	EACH	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	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,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00

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# Escondido Union School District

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 05/21/2018															
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		*589	*42	*858	*9.04	*3.64	*638.3	*1536	*81.84	*38 *26.1%	*26.16 *17.8%	*77.81 *52.8%	*19.86 *30.3%	*6.57 *10.0%	*0.00 *0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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

**May 1, 2018 thru May 31, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/22/2018															
Elementary Lunch K-5	Total														
Chix, Oven, & Waffle	SVG	257	73	656	2.51	1.63	50.3	0	0.0	2	18.2	17.57	12.89	2.78	0.00
Cheesy Bread	1 EACH	399	30	501	3.00	2.80	424.0	108	4.5	3	22.85	37.96	17.26	6.81	0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Sauce, Marinara	1 EACH	40	0	230	1.00	*N/A*	*N/A*	*N/A*	*N/A*	4	1.0	7.0	1.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Chs, PZA Guy, LUNCH	SLICE	347	36	384	4.16	2.43	411.3	825	5.08	2	20.4	38.98	12.69	6.48	0.00
Pizza, Pepp, PZA Guy, LUNCH	SLICE	359	42	490	4.16	2.89	417.9	819	2.08	2	21.75	21.75	15.59	7.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Caesar Salad	5 oz. svg.	378	9	588	9.23	0.51	35.9	*4930	*13.6	1	1.51	34.1	24.87	1.42	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots, Raw, Baby: 3.0 oz	3.0 SVG	30	0	67	3.04	9.11	0.8	11728	2.28	5	0.0	7.59	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Grape	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD, Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.0	0	0.0	3	7.0	8.0	15.0	2.00	0.00
SB, Corn: Frozen, yellow	SERVING, 3 oz	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Mandarin Oranges,	SERVING 4 oz	31	0	4	0.44	0.32	8.9	133	94.19	8	0.44	7.54	0.0	0.00	0.00
Fruit, Fresh Tues 1	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1% - Carton	EACH	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	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, Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00

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**Escondido Union School District**

**May 1, 2018 thru May 31, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/22/2018															
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		529	50	822	4.46	*3.34	*562.3	*2310	*16.18	*31	27.23	61.47	19.77	5.58	*0.00
% of Calories										*23.8%	20.6%	46.5%	33.6%	9.5%	*0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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**Escondido Union School District**

**May 1, 2018 thru May 31, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/23/2018															
Elementary Lunch K-5															
Turkey & Gravy w Mash Potato	Total														
Sand: Veggie Burger, Twin	9 OZ SVG.	247	44	876	2.03	0.71	20.3	0	6.08	1	19.33	22.17	8.86	2.45	0.00
Sand: PBJ, Grape, WG	1 EACH	310	15	460	6.00	2.70	150.0	200	15.0	7	14.0	40.0	12.0	3.50	0.00
Cheese, String 2/Cracker 1	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Yogurt w Pretzels	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
.....	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
Roll, WG, - on Salad Bar	1 EACH	140	0	260	3.00	1.80	60.0	0	0.0	3	7.0	28.0	2.0	0.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Chs, PZA Guy, LUNCH	SLICE	347	36	384	4.16	2.43	411.3	825	5.08	2	20.4	38.98	12.69	6.48	0.00
Pizza, Pepp, PZA Guy, LUNCH	SLICE	359	42	490	4.16	2.89	417.9	819	2.08	2	21.75	21.75	15.59	7.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Caesar Salad	5 oz. svg.	378	9	588	9.23	0.51	35.9	*4930	*13.6	1	1.51	34.1	24.87	1.42	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots,Rainbow	3 oz.svg.	35	0	65	2.00	0.00	200.0	*N/A*	*N/A*	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Grape	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Bell,Peppers,Mixed	SERVING, 2.75oz	22	0	2	1.41	0.24	4.8	1312	66.64	2	0.79	4.64	0.16	0.02	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
A to Z Zucchini Pasta	CUP	19	0	9	1.13	0.42	18.1	226	20.23	*N/A*	1.37	3.51	0.36	0.09	0.00
SB, CND, Beans, Garbanzo	1/2 CUP	131	0	504	9.08	1.36	32.3	24	3.83	*N/A*	6.05	22.19	2.02	0.50	*N/A*
SB, Broccoli Florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.6	0	24.55	0	2.52	2.52	0.0	0.00	0.00
SB, Raisins, Ind Box	1 EACH	129	0	5	1.59	0.81	21.5	0	0.99	25	1.32	34.05	0.2	0.02	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pinappl Tidbt, Draind	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.8	0	12.07	19	1.01	22.8	0.0	0.00	0.00
Bananas, Whole,	EACH	147	0	2	4.28	0.43	8.2	105	14.33	20	1.8	37.62	0.54	0.18	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1% - Carton	EACH	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	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,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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**Escondido Union School District**

**May 1, 2018 thru May 31, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/23/2018															
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
	1 OZ														
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		611	34	916	8.50	*2.58	*502.4	*1325	*23.91	*46	27.70	90.27	17.24	4.57	*0.00
% of Calories										*30.0%	18.1%	59.1%	25.4%	6.7%	*0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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**Escondido Union School District**

**May 1, 2018 thru May 31, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/24/2018															
Elementary Lunch K-5	Total														
Sopes, Beef, Spicy	SVG	328	78	505	2.00	1.72	810.1	404	5.67	4	24.33	25.96	14.58	7.29	0.00
Sopes, Bean	5 oz. svg.	342	30	730	8.01	2.08	858.6	366	1.38	*3	15.26	44.64	11.73	6.38	0.00
Chix, Nuggets	SERVING, 5 Pcs	208	42	457	2.00	1.00	20.0	178	0.0	1	19.0	15.0	8.0	1.00	0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cracker, Goldfish, Chs	1 EACH	100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MEXICAN CONDIMENTS	1 EA	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Lettuce, Shredded	SVG	3	0	3	0.40	0.14	5.4	94	1.11	*N/A*	0.29	0.59	0.05	0.01	*N/A*
CD, Pico de Gallo	2 OZ. SVG	15	0	1171	0.63	0.22	5.0	386	9.27	*0	0.48	3.83	0.21	0.02	*0.00
CD, Shredded Cheese	SVG	58	15	91	0.00	0.10	101.2	152	0.0	0	3.54	0.51	4.56	3.04	0.00
CD, Sour Cream	SVG	28	7	7	0.00	0.00	9.4	94	0.57	0	0.47	0.94	2.36	1.42	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots, Raw, Baby: 3.0 oz	SERVING 2.50 oz	30	0	67	3.04	9.11	0.8	11728	2.28	5	0.0	7.59	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Tomatoes, Grape	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD, Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.0	0	0.0	3	7.0	8.0	15.0	2.00	0.00
SB, Corn: Frozen, yellow	SERVING, 3 oz	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
SB, Black Bean Salad	SVG	117	0	461	5.08	0.53	94.0	524	32.57	*3	4.44	19.71	2.89	0.27	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	SERVING, 4.5 oz	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
Halo, Mandarin Oranges	EACH	50	0	0	2.00	0.00	40.0	300	27.0	9	1.0	13.0	0.0	0.00	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00

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

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

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**Escondido Union School District**

**May 1, 2018 thru May 31, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/24/2018															
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1% - Carton	EACH	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	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, Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		541	55	775	5.47	*2.80	*773.9	*2688	*25.45	*40	29.11	69.20	17.49	5.62	*0.00
% of Calories										*29.3%	21.5%	51.2%	29.1%	9.4%	*0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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

**May 1, 2018 thru May 31, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/25/2018															
Elementary Lunch K-5	Total														
Sand: Fish Fillet	1 EACH	330	55	600	6.00	3.24	160.0	0	0.0	*4	26.0	50.0	5.0	0.00	*0.00
Cheeseburger, Mini	1 EACH	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots,Rainbow	3 oz.svg.	35	0	65	2.00	0.00	200.0	*N/A*	*N/A*	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Grape	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Zucchini	SERVING, 2.4 oz	12	0	5	0.68	0.25	10.9	136	12.18	2	0.82	2.12	0.22	0.06	0.00
SB, Peas, thawed	SERVING, 3.5 oz	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
SB, Black Bean Salad	SVG	117	0	461	5.08	0.53	94.0	524	32.57	*3	4.44	19.71	2.89	0.27	*0.00
SB, Broccoli Florets	SERVING, 1.1 oz	18	0	4	0.00	0.00	12.6	0	24.55	0	2.52	2.52	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pears	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.0	74	0.0	15	0.0	17.24	0.0	0.00	0.00
Fruit, Fresh Fri 1	1 EACH	4	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1% - Carton	EACH	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	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,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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**Escondido Union School District**

**May 1, 2018 thru May 31, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/25/2018															
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		517	*46	*753	*5.71	*3.02	*517.8	*1134	*23.68	*33 *25.6%	*29.21 *22.6%	*72.86 *56.3%	*13.15 *22.9%	*3.13 *5.4%	*0.00 *0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

Mon - 05/28/2018															
Elementary Lunch K-5 HOLIDAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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**Escondido Union School District**

**May 1, 2018 thru May 31, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/29/2018															
Elementary Lunch K-5	Total														
Corn Dog w/Tots	SVG	370	40	700	7.80	1.80	80.0	0	3.6	5	11.0	47.0	14.0	3.50	0.00
Sand: Chix, Spicy Patty	SANDWIC	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Chs, PZA Guy, LUNCH	SLICE	347	36	384	4.16	2.43	411.3	825	5.08	2	20.4	38.98	12.69	6.48	0.00
Pizza, Pepp, PZA Guy, LUNCH	SLICE	359	42	490	4.16	2.89	417.9	819	2.08	2	21.75	21.75	15.59	7.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
ROSE ONLY	1 EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Corn Dog w/Onion Rings	SVG.	438	40	588	7.97	2.87	179.0	0	2.38	10	11.97	57.73	15.92	3.99	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Caesar Salad	5 oz. svg.	378	9	588	9.23	0.51	35.9	*4930	*13.6	1	1.51	34.1	24.87	1.42	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots, Raw, Baby: 3.0 oz	3.0 SVG	30	0	67	3.04	9.11	0.8	11728	2.28	5	0.0	7.59	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Tomatoes, Grape	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD, Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.0	0	0.0	3	7.0	8.0	15.0	2.00	0.00
SB, Corn: Frozen, yellow	SERVING, 3 oz	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Mandarin Oranges,	SERVING 4 oz	31	0	4	0.44	0.32	8.9	133	94.19	8	0.44	7.54	0.0	0.00	0.00
Fruit, Fresh Tues 1	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1% - Carton	EACH	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	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00

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

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/29/2018															
Milk, FF, Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		571	41	941	7.54	*3.44	*484.2	*2330	*16.30	*33 *23.1%	26.00 18.2%	76.75 53.8%	18.19 28.7%	4.17 6.6%	*0.00 *0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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**Escondido Union School District**

**May 1, 2018 thru May 31, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/30/2018															
Elementary Lunch K-5	Total														
FP: Macaroni & Cheese	Pan 31 6 o	140	0	260	3.00	1.80	60.0	0	0.0	3	7.0	28.0	2.0	0.50	0.00
	z ser														
Cheeseburger, Mini	1 EACH	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Roll, WG, - on Salad Bar	1 EACH	140	0	260	3.00	1.80	60.0	0	0.0	3	7.0	28.0	2.0	0.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Caesar Salad	5 oz. svg.	378	9	588	9.23	0.51	35.9	*4930	*13.6	1	1.51	34.1	24.87	1.42	0.00
SB, Salad, Garden Fresh	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots,Rainbow	3 oz.svg.	35	0	65	2.00	0.00	200.0	*N/A*	*N/A*	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	SERVING,	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
	3.0 oz														
SB, Tomatoes, Grape	SERVING,	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
	2.61oz														
SB, Bell,Peppers,Mixed	SERVING,	22	0	2	1.41	0.24	4.8	1312	66.64	2	0.79	4.64	0.16	0.02	0.00
	2.75oz														
SB, Edamame	SERVING,	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
	3 oz														
A to Z Salad Bar 1	1 CUP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Beans, Garbanzo	1/2 CUP	131	0	504	9.08	1.36	32.3	24	3.83	*N/A*	6.05	22.19	2.02	0.50	*N/A*
SB, Broccoli Florets	SERVING,	18	0	4	0.00	0.00	12.6	0	24.55	0	2.52	2.52	0.0	0.00	0.00
	1.1 oz														
SB, Raisins, Ind Box	1 EACH	129	0	5	1.59	0.81	21.5	0	0.99	25	1.32	34.05	0.2	0.02	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pinappl Tidbt, Draind	SERVING,	94	0	0	1.34	0.48	26.8	0	12.07	19	1.01	22.8	0.0	0.00	0.00
	4.0 oz														
Bananas, Whole,	EACH	147	0	2	4.28	0.43	8.2	105	14.33	20	1.8	37.62	0.54	0.18	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1% - Carton	EACH	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	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, Carton. 70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00

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**Escondido Union School District**

**May 1, 2018 thru May 31, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/30/2018															
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		550	24	630	7.77	*2.99	*489.4	*1276	*16.71	*45 *33.1%	24.04 17.5%	89.35 65.0%	12.95 21.2%	3.47 5.7%	*0.00 *0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

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**Escondido Union School District**

**May 1, 2018 thru May 31, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/31/2018															
Elementary Lunch K-5	Total														
Salisbury Steak	SVG.	240	32	958	3.23	2.20	43.4	7	1.2	2	15.13	23.73	9.84	3.65	*0.00
Sand: Cheese, Grilled, WG	1 EACH	280	32	581	3.00	1.64	4650.2	524	0.0	6	18.55	30.96	9.91	5.56	0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
Yogurt w Pretzels	SERVING	302	9	358	1.20	1.12	646.0	1362	3.34	*34	8.6	56.6	3.52	1.20	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Roll, WG, - on Salad Bar	1 EACH	140	0	260	3.00	1.80	60.0	0	0.0	3	7.0	28.0	2.0	0.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	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	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
SB, Carrots, Raw, Baby: 3.0 oz	SERVING	30	0	67	3.04	9.11	0.8	11728	2.28	5	0.0	7.59	0.0	0.00	0.00
	2.50 oz														
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Tomatoes, Grape	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD, Peanut Butter Cup	SVG	180	0	160	2.00	0.72	20.0	0	0.0	3	7.0	8.0	15.0	2.00	0.00
SB, Corn: Frozen, yellow	SERVING, 3 oz	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
SB, Black Bean Salad	SVG	117	0	461	5.08	0.53	94.0	524	32.57	*3	4.44	19.71	2.89	0.27	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	SERVING, 4.5 oz	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
Fruit, Fresh Thurs 1	1 EACH	4	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1% - Carton	EACH	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	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, Carton. 70/ea. 8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00

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**Escondido Union School District**

**May 1, 2018 thru May 31, 2018**

Base Menu Spreadsheet

Elementary Lunch K-5

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/31/2018															
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING, 3.27oz	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Tomato, Fresh, Diced	SERVING, 3.66oz	15	0	37	0.78	0.41	4.5	206	14.1	*N/A*	1.03	2.81	0.17	0.02	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		496	*33	*974	*4.99	*3.17	*1822.8	*2442	*7.34	*35	*24.53	*64.93	*15.96	*5.42	*0.00
% of Calories										*28.1%	*19.8%	*52.3%	*29.0%	*9.8%	*0.0%
Nutrient Guideline		550-650		1230		3.50	286.00	1120	15.00		10.00		<=35.0	<10.00	

Weighted Average		*513	*35	*740	*6.31	*2.93	*559.0	*1790	*31.02	*36	*23.80	*69.55	*16.73	*4.79	*0.01
										*62.8%	*18.6%	*54.2%	*29.4%	*8.4%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	513		550 - 650	93%	Missing	37		Correction Required - Calories are Low
Cholesterol (mg)	35				Missing			
Sodium 1 (mg)	740		1230		Missing			
Sodium 2 (mg)	740		935		Missing			
Fiber (g)	6.31				Missing			
Iron (mg)	2.93		3.50	84%	Missing	0.57	Correction Required - Iron is Low	
Calcium (mg)	559.0		286.00	195%	Missing			
Vitamin A (IU)	1790		1120	160%	Missing			
Sugars (g)	36	27.90%			Missing			
Vitamin C (mg)	31.02		15.00	207%	Missing			
Protein (g)	23.80	18.56%	10.00	238%	Missing			
Carbohydrate (g)	69.55	54.23%			Missing			
Total Fat (g)	16.73	29.36%	<=35.00%		Missing			
Saturated Fat (g)	4.79	8.41%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	0.01	0.03%			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  
 1 - 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.**