

# Escondido Union School District

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Quantum Lunch 4-8

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

Quantum Lunch 4-8

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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/01/2018															
Quantum Lunch 4-8	Total														
Chix: Orange w Brwn Rice-Elem.	1 EACH	263	40	280	1.33	1.20	0.0	50	1.2	10	13.67	43.66	3.67	0.50	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
Chix, White,Sriracha	SERVING	190	35	250	1.00	1.08	0.0	200	1.2	2	15.0	14.0	9.0	1.50	0.00
Sand: 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
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
Chix, Strips & Onion Rings	SVG	418	26	568	4.97	2.87	119.0	0	2.38	6	18.97	38.73	20.92	4.49	0.00
FP: Sand: Ham, Sub	1 EACH	370	85	1070	3.00	2.88	350.0	300	1.2	*3	31.0	34.0	14.5	6.50	0.00
FP: Salad: Chicken Caesar	1 EACH	454	82	752	6.27	3.31	290.0	9929	27.22	4	22.11	32.97	25.44	6.31	0.00
FP: Parfait,Yog,Cinn Bitz,Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	11.63	2.50	*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, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Grape	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	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, 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, Celery Sticks	.5 CUP	4	0	22	0.44	0.05	10.9	20	0.88	0	0.19	0.82	0.05	0.01	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, 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, Corn: Frozen, yellow	.5 CUP	38	0	5	0.47	0.00	0.0	0	1.13	2	1.42	8.98	0.47	0.00	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
.....	...	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
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

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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

Quantum Lunch 4-8

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, 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, 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
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, 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, 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*
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
Weighted Daily Average		506	41	679	2.66	*2.23	*304.0	*2450	*23.38	*31	22.56	57.01	21.40	3.94	*0.00
% of Calories										*24.2%	17.8%	45.0%	38.0%	7.0%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Quantum Lunch 4-8

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															
Quantum Lunch 4-8	Total														
Sand: Chix, Spicy Patty	SANDWIC	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*0.00
Pizza, Nardone Bros.	1 EACH	360	40	610	3.00	2.70	299.9	500	11.99	7	21.99	29.99	16.99	8.00	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
FP: Sand: Italian Combo Sub	SANDWIC	380	75	1070	3.00	3.24	350.0	200	2.4	5	26.0	34.0	18.0	6.00	*0.00
PKO-Asian Salad - Chix	1 EACH	568	50	940	9.69	4.36	57.6	5234	128.91	*9	14.02	68.81	27.32	4.94	*0.00
PKO-Asian Salad - Tofu	1 EACH	578	0	800	10.68	5.43	207.6	5234	128.91	*9	14.36	69.81	29.32	4.94	*0.00
PKO: Sand: Italian Combo Sub	SANDWIC	380	75	1070	3.00	3.24	350.0	200	2.4	5	26.0	34.0	18.0	6.00	*0.00
FP: Parfait,Yog,Cinn Bitz,Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	11.63	2.50	*0.00
PK, Pizza Sticks	1 EACH	225	7	555	3.00	1.62	225.0	150	0.0	*N/A*	10.5	25.5	9.0	3.00	*N/A*
.....	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
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	3.2 oz. 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	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Grape	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	0.02	*N/A*
SB, Bell,Peppers,Mixed	.5 CUP	11	0	1	0.70	0.12	2.4	656	33.32	1	0.39	2.32	0.08	0.01	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, Edamame	.5 CUP	50	0	15	2.00	0.72	20.0	250	3.0	0	4.0	4.5	1.5	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*
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*
.....	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pinappl Tidbt, Draind	.5 CUP	47	0	0	0.67	0.24	13.4	0	6.03	9	0.5	11.4	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	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	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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May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Quantum Lunch 4-8

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, 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
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, 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, 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*
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
Weighted Daily Average		*632	*40	*923	*6.36	*5.25	*512.6	*3655	*18.96	*37	*27.15	*69.55	*28.14	*8.62	*0.00
% of Calories										*23.4%	*17.2%	*44.0%	*40.1%	*12.3%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/03/2018															
Quantum Lunch 4-8	Total														
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
Corn Dog	1 EACH	240	40	390	5.00	1.80	80.0	0	0.0	5	9.0	30.0	8.0	2.50	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
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
FP: Parfait,Yog,Cinn Bitz,Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	11.63	2.50	*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, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Grape	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	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, 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, Celery Sticks	.5 CUP	4	0	22	0.44	0.05	10.9	20	0.88	0	0.19	0.82	0.05	0.01	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	.5 CUP	38	0	5	0.47	0.00	0.0	0	1.13	2	1.42	8.98	0.47	0.00	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, 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
.....	...	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	.5 CUP	35	0	5	0.50	0.00	0.0	150	0.6	8	0.0	8.5	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
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	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

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# Escondido Union School District

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Quantum Lunch 4-8

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	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, 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
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, 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, 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*
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
Weighted Daily Average		421	25	589	4.03	*1.87	*334.7	*2307	*21.09	*31	14.33	48.39	18.75	3.82	*0.00
% of Calories										*29.2%	13.6%	46.0%	40.1%	8.2%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<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

Quantum Lunch 4-8

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															
Quantum Lunch 4-8															
	Total														
	1 EACH	416	39	587	4.83	1.05	32.8	0	0.0	*0	22.14	49.72	14.98	2.28	*0.00
	Shrimp Poppers w Goldfish														
	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
	FP: Nacho Sauce with Chips														
	SERVING, 6 pcs	438	47	937	5.80	1.36	40.0	178	3.6	1	24.0	46.0	17.5	3.00	0.00
	Chix: Nuggets, Goldfish & Tots														
	Burrito, Bean & Cheese	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
	1 EACH														
	Sand: PBJ, Grape, WG	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
	1 EACH														
	FP: Sriracha Tuna	339	*51	1798	2.60	1.96	235.6	*1109	*10.7	*2	22.48	25.74	14.23	*3.62	*0.00
	SVG														
	FP: Salad, SouthWestern, Chix.	635	126	1152	7.47	2.30	264.5	673	53.02	*7	29.0	49.08	36.23	10.91	*0.00
	1 EACH														
	FP: Parfait,Yog,Cinn Bitz,Pch	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	11.63	2.50	*0.00
	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
	MEXICAN CONDIMENT	114	17	100	2.27	0.39	115.7	269	3.94	*0	4.67	3.78	9.3	3.99	*0.00
	1 EACH														
	CD, Avocado,Sliced	45	0	2	1.88	0.15	3.4	6	2.8	*N/A*	0.56	2.39	4.1	0.59	*N/A*
	SVG.														
	CD, Lettuce, Shredded	3	0	3	0.40	0.14	5.4	94	1.11	*N/A*	0.29	0.59	0.05	0.01	*N/A*
	SVG														
	CD, Pico de Gallo	15	0	1171	0.63	0.22	5.0	386	9.27	*0	0.48	3.83	0.21	0.02	*0.00
	2 OZ. SVG														
	CD, Sour Cream	28	7	7	0.00	0.00	9.4	94	0.57	0	0.47	0.94	2.36	1.42	0.00
	SVG														
	CD, Shredded Cheese	58	15	91	0.00	0.10	101.2	152	0.0	0	3.54	0.51	4.56	3.04	0.00
	SVG														
	.....	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	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
	1 CUP														
	SB, Carrot,Raw,Baby,Ind,3.0 oz	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
	EACH-3.0 OZ														
	SB, Cucumber, Sliced	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
	.5 CUP														
	SB, Tomatoes, Grape	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	0.02	*N/A*
	.75 CUP														
	SB, Corn: Frozen, yellow	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
	SERVING, 3 oz														
	SB, Zucchini	6	0	3	0.34	0.13	5.4	68	6.09	1	0.41	1.06	0.11	0.03	0.00
	.5 CUP														
	SB, Corn: Frozen, yellow	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
	SERVING, 3 oz														
	SB, Peas, thawed	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
	SERVING, 3.5 oz														
	SB, Black Bean Salad	117	0	461	5.08	0.53	94.0	524	32.57	*3	4.44	19.71	2.89	0.27	*0.00
	SVG														
	.....	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	37	0	6	1.23	0.00	0.0	37	0.0	7	0.0	8.62	0.0	0.00	0.00
	.5 CUP														
	Strawberries, Raw	27	0	1	1.70	0.35	13.6	10	50.01	4	0.57	6.53	0.26	0.13	0.00
	SERVING, 3 oz														
	Apple, Red, 138 ct.	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
	1 EACH														
	Apple, Green, 138ct, #2649	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
	EACH 1.9														
	.....	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.	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
	EACH														
	Milk, Choc,Pouch,90/ea.8oz.	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
	EACH														

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**Escondido Union School District**

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

Base Menu Spreadsheet

Quantum Lunch 4-8

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															
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, 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
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, 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, 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*
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
Weighted Daily Average		*708	*42	*1132	*7.97	*4.24	*388.3	*2301	*45.05	*31	*29.17	*79.80	*30.75	*4.73	*0.00
% of Calories										*17.4%	*16.5%	*45.1%	*39.1%	*6.0%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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**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)
Mon - 05/07/2018															
Quantum Lunch 4-8	Total														
Turkey & Gravy w Mash Potato	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
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
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
Pizza, Nardone Bros.	1 EACH	360	40	610	3.00	2.70	299.9	500	11.99	7	21.99	29.99	16.99	8.00	0.00
Sand: Cheese, Grilled, WG	1 EACH	280	32	581	3.00	1.64	4650.2	524	0.0	6	18.55	30.96	9.91	5.56	0.00
Chix, Strips & Onion Rings	SVG	418	26	568	4.97	2.87	119.0	0	2.38	6	18.97	38.73	20.92	4.49	0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
FP: Sand: Turkey, Sub	SANDWIC	390	75	810	3.00	2.16	300.0	400	0.0	3	32.0	32.0	16.5	7.50	0.00
FP: Salad, Gourmet, Taco	1 EACH	605	83	1115	7.33	5.88	602.4	11457	50.87	*4	26.94	36.8	37.75	17.71	*18.79
FP: Parfait,Yog,Cinn Bitz,Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	11.63	2.50	*0.00
.....	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
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, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Grape	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	0.02	*N/A*
SB, Bell,Peppers,Mixed	.5 CUP	11	0	1	0.70	0.12	2.4	656	33.32	1	0.39	2.32	0.08	0.01	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
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, Peas, thawed	.5 CUP	37	0	35	2.63	0.75	11.3	1003	441.0	2	2.46	6.81	0.13	0.02	0.00
.....	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Applesauce Cinnamon	.5 CUP	43	0	1	0.77	0.08	2.0	4	1.08	9	0.1	11.17	0.11	0.02	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
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
Orange, Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1% - Carton	EACH	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	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

Quantum Lunch 4-8

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 - 05/07/2018															
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, 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
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, 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, 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*
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
Weighted Daily Average		687	75	1158	4.20	*2.86	*1227.2	*2623	*15.45	*34	32.49	65.39	33.22	10.50	*0.93
% of Calories										*19.8%	18.9%	38.1%	43.6%	13.8%	*1.2%
Nutrient Guideline		600-650		1230									<=30.0	<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

Quantum Lunch 4-8

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															
Quantum Lunch 4-8	Total														
Chix, White,Sriracha	SERVING	190	35	250	1.00	1.08	0.0	200	1.2	2	15.0	14.0	9.0	1.50	0.00
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
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
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
Baked Zita/Garlic Bread	1 EA	437	25	588	6.83	3.47	368.4	488	2.69	7	24.38	58.95	13.37	6.19	0.00
Chix, Strips & Onion Rings	SVG	418	26	568	4.97	2.87	119.0	0	2.38	6	18.97	38.73	20.92	4.49	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
FP: Sand: Ham, Sub	1 EACH	370	85	1070	3.00	2.88	350.0	300	1.2	*3	31.0	34.0	14.5	6.50	0.00
FP: Salad: Chicken Caesar	1 EACH	454	82	752	6.27	3.31	290.0	9929	27.22	4	22.11	32.97	25.44	6.31	0.00
FP: Parfait,Yog,Cinn Bitz,Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	11.63	2.50	*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, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Grape	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	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, 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, Celery Sticks	.5 CUP	4	0	22	0.44	0.05	10.9	20	0.88	0	0.19	0.82	0.05	0.01	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, 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, Corn: Frozen, yellow	.5 CUP	38	0	5	0.47	0.00	0.0	0	1.13	2	1.42	8.98	0.47	0.00	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
.....	...	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
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

Quantum Lunch 4-8

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															
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, 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
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, 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, 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*
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
Weighted Daily Average		624	49	896	5.18	*2.69	*503.4	*2627	*25.73	*32	29.35	68.94	26.76	6.52	*0.00
% of Calories										*20.4%	18.8%	44.2%	38.6%	9.4%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Escondido Union School District

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Quantum Lunch 4-8

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															
Quantum Lunch 4-8	Total														
Sand: Chix, Spicy Patty	SANDWIC	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*0.00
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
FP: Sand: Italian Combo Sub	SANDWIC	380	75	1070	3.00	3.24	350.0	200	2.4	5	26.0	34.0	18.0	6.00	*0.00
PKO-Asian Salad - Chix	1 EACH	568	50	940	9.69	4.36	57.6	5234	128.91	*9	14.02	68.81	27.32	4.94	*0.00
PKO-Asian Salad - Tofu	1 EACH	578	0	800	10.68	5.43	207.6	5234	128.91	*9	14.36	69.81	29.32	4.94	*0.00
PKO: Sand: Italian Combo Sub	SANDWIC	380	75	1070	3.00	3.24	350.0	200	2.4	5	26.0	34.0	18.0	6.00	*0.00
FP: Parfait,Yog,Cinn Bitz,Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	11.63	2.50	*0.00
PK, Pizza Sticks	1 EACH	225	7	555	3.00	1.62	225.0	150	0.0	*N/A*	10.5	25.5	9.0	3.00	*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, Raw, Baby: 3.0 oz	3.2 oz. 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	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Grape	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	0.02	*N/A*
SB, Bell,Peppers,Mixed	.5 CUP	11	0	1	0.70	0.12	2.4	656	33.32	1	0.39	2.32	0.08	0.01	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, Edamame	.5 CUP	50	0	15	2.00	0.72	20.0	250	3.0	0	4.0	4.5	1.5	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*
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
.....	...	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	.5 CUP	47	0	0	0.67	0.24	13.4	0	6.03	9	0.5	11.4	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
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, 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
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

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# Escondido Union School District

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Quantum Lunch 4-8

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 - 05/09/2018															
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, 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*
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
Weighted Daily Average		480	28	706	4.75	*3.20	*375.5	*3334	*12.99	*35	18.72	60.76	19.16	3.40	*0.00
% of Calories										*29.5%	15.6%	50.6%	35.9%	6.4%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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**Escondido Union School District**

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

Base Menu Spreadsheet

Quantum Lunch 4-8

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 - 05/10/2018															
Quantum Lunch 4-8	Total														
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
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
Corn Dog	1 EACH	240	40	390	5.00	1.80	80.0	0	0.0	5	9.0	30.0	8.0	2.50	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
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
FP: Parfait,Yog,Cinn Bitz,Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	11.63	2.50	*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, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Grape	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	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, 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, Celery Sticks	.5 CUP	4	0	22	0.44	0.05	10.9	20	0.88	0	0.19	0.82	0.05	0.01	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	.5 CUP	38	0	5	0.47	0.00	0.0	0	1.13	2	1.42	8.98	0.47	0.00	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, 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
.....	...	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	.5 CUP	35	0	5	0.50	0.00	0.0	150	0.6	8	0.0	8.5	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
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

\*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

Quantum Lunch 4-8

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 - 05/10/2018															
	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, 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
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, 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, 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*
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
Weighted Daily Average		349	15	471	2.33	*0.58	*354.5	*2307	*22.78	*31	11.27	40.07	16.03	2.97	*0.00
% of Calories										*35.4%	12.9%	46.0%	41.4%	7.7%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<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

Quantum Lunch 4-8

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															
Quantum Lunch 4-8	Total														
Beef, West. Bac. Ch.Burger	1 EACH	634	90	1519	4.79	3.88	254.6	200	1.43	*6	34.29	50.2	33.27	12.14	*1.00
Chix: Nuggets, Goldfish & Tots	SERVING, 6 pcs	438	47	937	5.80	1.36	40.0	178	3.6	1	24.0	46.0	17.5	3.00	0.00
Burrito, Bean & Cheese	1 EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Tamale, Chicken, Green Sauce	1 EACH	340	40	800	3.00	2.70	80.0	300	21.0	1	19.0	32.0	18.0	2.00	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
FP: Sand: Tuna Sub - Middle	SANDWIC	288	32	568	3.03	2.00	117.5	445	0.42	4	25.52	34.25	7.53	0.52	0.00
FP: Salad, SouthWestern, Chix.	1 EACH	635	126	1152	7.47	2.30	264.5	673	53.02	*7	29.0	49.08	36.23	10.91	*0.00
FP: Parfait,Yog,Cinn Bitz,Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	11.63	2.50	*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, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Grape	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	0.02	*N/A*
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, Zucchini	.5 CUP	6	0	3	0.34	0.13	5.4	68	6.09	1	0.41	1.06	0.11	0.03	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, 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
.....	...	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	.5 CUP	37	0	6	1.23	0.00	0.0	37	0.0	7	0.0	8.62	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
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

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# Escondido Union School District

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Quantum Lunch 4-8

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)
Fri - 05/11/2018															
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, 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
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, 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, 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*
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
Weighted Daily Average		703	47	1132	7.74	*3.35	*422.0	*2287	*46.93	*33	28.97	79.51	30.22	4.68	*0.01
% of Calories										*18.6%	16.5%	45.3%	38.7%	6.0%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<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

Quantum Lunch 4-8

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															
Quantum Lunch 4-8	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
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
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: 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
Chix, Strips & Onion Rings	SVG	418	26	568	4.97	2.87	119.0	0	2.38	6	18.97	38.73	20.92	4.49	0.00
FP: Sand: Turkey, Sub	SANDWIC	390	75	810	3.00	2.16	300.0	400	0.0	3	32.0	32.0	16.5	7.50	0.00
FP: Salad, Gourmet, Taco	1 EACH	605	83	1115	7.33	5.88	602.4	11457	50.87	*4	26.94	36.8	37.75	17.71	*18.79
FP: Parfait, Yog, Cinn Bitz, Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	11.63	2.50	*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
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, Carrot, Raw, Baby, Ind, 3.0 oz	EACH-3.0 OZ	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Grape	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	0.02	*N/A*
SB, Bell, Peppers, Mixed	.5 CUP	11	0	1	0.70	0.12	2.4	656	33.32	1	0.39	2.32	0.08	0.01	0.00
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
SB, Corn: Frozen, yellow	-2.5 oz 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, Peas, thawed	.5 CUP	37	0	35	2.63	0.75	11.3	1003	441.0	2	2.46	6.81	0.13	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
.....	...	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	.5 CUP	43	0	1	0.77	0.08	2.0	4	1.08	9	0.1	11.17	0.11	0.02	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
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
Orange, Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0.00	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

\*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

Quantum Lunch 4-8

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 - 05/14/2018	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, 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
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, 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, 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*
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
Weighted Daily Average		536	45	774	3.86	*2.28	*1318.5	*2521	*15.67	*34	24.43	60.80	22.02	5.77	*0.38
% of Calories										*25.1%	18.2%	45.4%	37.0%	9.7%	*0.6%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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

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<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

Quantum Lunch 4-8

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															
Quantum Lunch 4-8	Total														
Chix, White,Sriracha	SERVING	190	35	250	1.00	1.08	0.0	200	1.2	2	15.0	14.0	9.0	1.50	0.00
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
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
Chix: Orange w Brwn Rice-Elem.	1 EACH	263	40	280	1.33	1.20	0.0	50	1.2	10	13.67	43.66	3.67	0.50	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
Chix, Strips & Onion Rings	SVG	418	26	568	4.97	2.87	119.0	0	2.38	6	18.97	38.73	20.92	4.49	0.00
FP: Sand: Ham, Sub	1 EACH	370	85	1070	3.00	2.88	350.0	300	1.2	*3	31.0	34.0	14.5	6.50	0.00
FP: Salad: Chicken Caesar	1 EACH	454	82	752	6.27	3.31	290.0	9929	27.22	4	22.11	32.97	25.44	6.31	0.00
FP: Parfait,Yog,Cinn Bitz,Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	11.63	2.50	*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, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Grape	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	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, 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, Celery Sticks	.5 CUP	4	0	22	0.44	0.05	10.9	20	0.88	0	0.19	0.82	0.05	0.01	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, 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, Corn: Frozen, yellow	.5 CUP	38	0	5	0.47	0.00	0.0	0	1.13	2	1.42	8.98	0.47	0.00	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
.....	...	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
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

Quantum Lunch 4-8

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 - 05/15/2018															
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, 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
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, 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, 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*
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
Weighted Daily Average		442	32	596	2.27	*1.14	*351.0	*2372	*24.61	*32	16.71	53.43	17.89	3.36	*0.00
% of Calories										*28.7%	15.1%	48.4%	36.5%	6.8%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Escondido Union School District

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Quantum Lunch 4-8

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															
Quantum Lunch 4-8	Total														
Sand: Chix, Spicy Patty	SANDWIC	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*0.00
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
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
FP: Sand: Italian Combo Sub	SANDWIC	380	75	1070	3.00	3.24	350.0	200	2.4	5	26.0	34.0	18.0	6.00	*0.00
PKO-Asian Salad - Chix	1 EACH	568	50	940	9.69	4.36	57.6	5234	128.91	*9	14.02	68.81	27.32	4.94	*0.00
PKO-Asian Salad - Tofu	1 EACH	578	0	800	10.68	5.43	207.6	5234	128.91	*9	14.36	69.81	29.32	4.94	*0.00
FP: Parfait,Yog,Cinn Bitz,Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	11.63	2.50	*0.00
PK, Pizza Sticks	1 EACH	225	7	555	3.00	1.62	225.0	150	0.0	*N/A*	10.5	25.5	9.0	3.00	*N/A*
.....	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
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	3.2 oz. 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	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Grape	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	0.02	*N/A*
SB, Bell,Peppers,Mixed	.5 CUP	11	0	1	0.70	0.12	2.4	656	33.32	1	0.39	2.32	0.08	0.01	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, Edamame	.5 CUP	50	0	15	2.00	0.72	20.0	250	3.0	0	4.0	4.5	1.5	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*
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*
.....	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pinappl Tidbt, Drained	.5 CUP	47	0	0	0.67	0.24	13.4	0	6.03	9	0.5	11.4	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	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	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

Quantum Lunch 4-8

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 - 05/16/2018															
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
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, 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, 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*
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
Weighted Daily Average		*639	*46	*1052	*7.18	*4.37	*881.4	*3407	*11.77	*37	*30.42	*80.86	*23.42	*4.27	*0.00
% of Calories										*23.4%	*19.0%	*50.6%	*33.0%	*6.0%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<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

Quantum Lunch 4-8

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 - 05/17/2018															
Quantum Lunch 4-8	Total														
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
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: 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
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
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
Chix: Popcorn, Dark, Goldfish	1 EACH	393	86	769	4.00	2.36	38.0	167	0.0	0	21.0	31.0	20.5	4.00	0.00
FP: Parfait, Yog, Cinn Bitz, Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	11.63	2.50	*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, Carrot, Raw, Baby, Ind, 3.0 oz	EACH-3.0 OZ	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Grape	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	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, 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, Celery Sticks	.5 CUP	4	0	22	0.44	0.05	10.9	20	0.88	0	0.19	0.82	0.05	0.01	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	.5 CUP	38	0	5	0.47	0.00	0.0	0	1.13	2	1.42	8.98	0.47	0.00	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, 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
.....	...	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	.5 CUP	35	0	5	0.50	0.00	0.0	150	0.6	8	0.0	8.5	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
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

Quantum Lunch 4-8

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, 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, 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
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, 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, 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*
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
Weighted Daily Average		353	16	480	2.35	*0.60	*400.6	*2314	*22.78	*31	11.58	40.39	16.26	3.04	*0.00
% of Calories										*35.0%	13.1%	45.8%	41.5%	7.8%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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**Escondido Union School District**

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

Base Menu Spreadsheet

Quantum Lunch 4-8

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)
Fri - 05/18/2018															
Quantum Lunch 4-8	Total														
Shrimp Poppers w Goldfish	1 EACH	416	39	587	4.83	1.05	32.8	0	0.0	*0	22.14	49.72	14.98	2.28	*0.00
Chix: Nuggets, Goldfish & Tots	SERVING, 6 pcs	438	47	937	5.80	1.36	40.0	178	3.6	1	24.0	46.0	17.5	3.00	0.00
Burrito, Bean & Cheese	1 EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
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
FP: Sriracha Tuna	SVG	339	*51	1798	2.60	1.96	235.6	*1109	*10.7	*2	22.48	25.74	14.23	*3.62	*0.00
FP: Salad, SouthWestern, Chix.	1 EACH	635	126	1152	7.47	2.30	264.5	673	53.02	*7	29.0	49.08	36.23	10.91	*0.00
FP: Parfait, Yog, Cinn Bitz, Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	11.63	2.50	*0.00
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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MEXICAN CONDIMENT	1 EACH	114	17	100	2.27	0.39	115.7	269	3.94	*0	4.67	3.78	9.3	3.99	*0.00
CD, Avocado, Sliced	SVG.	45	0	2	1.88	0.15	3.4	6	2.8	*N/A*	0.56	2.39	4.1	0.59	*N/A*
CD, Lettuce, Shredded	SVG	3	0	3	0.40	0.14	5.4	94	1.11	*N/A*	0.29	0.59	0.05	0.01	*N/A*
CD, Pico de Gallo	2 OZ. SVG	15	0	1171	0.63	0.22	5.0	386	9.27	*0	0.48	3.83	0.21	0.02	*0.00
CD, Shredded Cheese	SVG	58	15	91	0.00	0.10	101.2	152	0.0	0	3.54	0.51	4.56	3.04	0.00
CD, Sour Cream	SVG	28	7	7	0.00	0.00	9.4	94	0.57	0	0.47	0.94	2.36	1.42	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
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, Carrot, Raw, Baby, Ind, 3.0 oz	EACH-3.0 OZ	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Grape	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	0.02	*N/A*
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, Zucchini	.5 CUP	6	0	3	0.34	0.13	5.4	68	6.09	1	0.41	1.06	0.11	0.03	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, 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
.....	...	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	.5 CUP	37	0	6	1.23	0.00	0.0	37	0.0	7	0.0	8.62	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
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

Quantum Lunch 4-8

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)
Fri - 05/18/2018															
.....	...	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, 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
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, 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, 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*
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
Weighted Daily Average		703	*47	*1145	*6.92	*3.35	*424.0	*2288	*16.73	*30	*28.91	*77.68	*30.57	*4.64	*0.01
% of Calories										*17.2%	*16.5%	*44.2%	*39.1%	*5.9%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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

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**Escondido Union School District**

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

Base Menu Spreadsheet

Quantum Lunch 4-8

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 - 05/21/2018															
Quantum Lunch 4-8	Total														
Turkey & Gravy w Mash Potato	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
Pizza, Nardone Bros.	1 EACH	360	40	610	3.00	2.70	299.9	500	11.99	7	21.99	29.99	16.99	8.00	0.00
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: 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
Chix, Strips & Onion Rings	SVG	418	26	568	4.97	2.87	119.0	0	2.38	6	18.97	38.73	20.92	4.49	0.00
FP: Sand: Turkey, Sub	SANDWIC	390	75	810	3.00	2.16	300.0	400	0.0	3	32.0	32.0	16.5	7.50	0.00
FP: Salad, Gourmet, Taco	1 EACH	605	83	1115	7.33	5.88	602.4	11457	50.87	*4	26.94	36.8	37.75	17.71	*18.79
FP: Parfait,Yog,Cinn Bitz,Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	11.63	2.50	*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
.....	...	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, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Grape	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	0.02	*N/A*
SB, Bell,Peppers,Mixed	.5 CUP	11	0	1	0.70	0.12	2.4	656	33.32	1	0.39	2.32	0.08	0.01	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
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, Peas, thawed	.5 CUP	37	0	35	2.63	0.75	11.3	1003	441.0	2	2.46	6.81	0.13	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
.....	...	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	.5 CUP	43	0	1	0.77	0.08	2.0	4	1.08	9	0.1	11.17	0.11	0.02	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
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
Orange, Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0.00	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

Quantum Lunch 4-8

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, 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, 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
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, 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, 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*
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
Weighted Daily Average		610	63	1019	3.83	*2.53	*692.8	*2511	*15.40	*33	27.37	60.06	29.44	8.76	*0.93
% of Calories										*21.8%	18.0%	39.4%	43.5%	12.9%	*1.4%
Nutrient Guideline		600-650		1230									<=30.0	<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

Quantum Lunch 4-8

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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/22/2018															
Quantum Lunch 4-8	Total														
Chix: Oven & Goldfish Cracker	1 EACH	292	76	646	2.01	1.45	40.3	0	0.0	0	19.2	20.08	14.64	3.53	0.00
Chix, White,Sriracha	SERVING	190	35	250	1.00	1.08	0.0	200	1.2	2	15.0	14.0	9.0	1.50	0.00
Ravioli, Cheese & Garlic Bread	SERVING	910	60	5204	14.31	14.03	524.8	7217	194.03	*2	52.43	139.07	25.66	6.11	*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
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
Chix, Strips & Onion Rings	SVG	418	26	568	4.97	2.87	119.0	0	2.38	6	18.97	38.73	20.92	4.49	0.00
FP: Sand: Ham, Sub	1 EACH	370	85	1070	3.00	2.88	350.0	300	1.2	*3	31.0	34.0	14.5	6.50	0.00
FP: Salad: Chicken Caesar	1 EACH	454	82	752	6.27	3.31	290.0	9929	27.22	4	22.11	32.97	25.44	6.31	0.00
FP: Parfait,Yog,Cinn Bitz,Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	11.63	2.50	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cracker, Goldfish, Chs	1 EACH	100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	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, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Grape	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	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, 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, Celery Sticks	.5 CUP	4	0	22	0.44	0.05	10.9	20	0.88	0	0.19	0.82	0.05	0.01	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, 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, Corn: Frozen, yellow	.5 CUP	38	0	5	0.47	0.00	0.0	0	1.13	2	1.42	8.98	0.47	0.00	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
.....	...	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
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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\* - 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

Quantum Lunch 4-8

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 - 05/22/2018															
.....	...	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, 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
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, 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, 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*
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
Weighted Daily Average		747	53	2671	7.68	*6.46	*561.1	*5240	*101.75	*29	35.52	94.75	28.89	6.10	*0.00
% of Calories										*15.5%	19.0%	50.8%	34.8%	7.4%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Escondido Union School District

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Quantum Lunch 4-8

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 - 05/23/2018															
Quantum Lunch 4-8	Total														
Sand: Chix, Spicy Patty	SANDWIC	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*0.00
Pizza, Nardone Bros.	1 EACH	360	40	610	3.00	2.70	299.9	500	11.99	7	21.99	29.99	16.99	8.00	0.00
Chix: Popcorn, Dark, Goldfish	1 EACH	393	86	769	4.00	2.36	38.0	167	0.0	0	21.0	31.0	20.5	4.00	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
PKO-Asian Salad - Chix	1 EACH	568	50	940	9.69	4.36	57.6	5234	128.91	*9	14.02	68.81	27.32	4.94	*0.00
PKO-Asian Salad - Tofu	1 EACH	578	0	800	10.68	5.43	207.6	5234	128.91	*9	14.36	69.81	29.32	4.94	*0.00
PKO: Sand: Italian Combo Sub	SANDWIC	380	75	1070	3.00	3.24	350.0	200	2.4	5	26.0	34.0	18.0	6.00	*0.00
FP: Parfait, Yog, Cinn Bitz, Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	11.63	2.50	*0.00
PK, Pizza Sticks	1 EACH	225	7	555	3.00	1.62	225.0	150	0.0	*N/A*	10.5	25.5	9.0	3.00	*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, Raw, Baby: 3.0 oz	3.2 oz. 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	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Grape	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	0.02	*N/A*
SB, Bell,Peppers,Mixed	.5 CUP	11	0	1	0.70	0.12	2.4	656	33.32	1	0.39	2.32	0.08	0.01	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, Edamame	.5 CUP	50	0	15	2.00	0.72	20.0	250	3.0	0	4.0	4.5	1.5	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*
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
.....	...	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	.5 CUP	47	0	0	0.67	0.24	13.4	0	6.03	9	0.5	11.4	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
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

\*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

Quantum Lunch 4-8

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 - 05/23/2018															
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, 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
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, 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, 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*
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
Weighted Daily Average		*763	*68	*1201	*7.59	*5.32	*541.3	*3709	*19.87	*38	*31.42	*79.56	*35.68	*10.13	*0.00
% of Calories										*19.8%	*16.5%	*41.7%	*42.1%	*11.9%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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

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Escondido Union School District

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Quantum Lunch 4-8

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															
Quantum Lunch 4-8	Total														
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
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: 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
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
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
FP: Parfait,Yog,Cinn Bitz,Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	11.63	2.50	*0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	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, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Grape	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	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, 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, Celery Sticks	.5 CUP	4	0	22	0.44	0.05	10.9	20	0.88	0	0.19	0.82	0.05	0.01	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	.5 CUP	38	0	5	0.47	0.00	0.0	0	1.13	2	1.42	8.98	0.47	0.00	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, 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
.....	...	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	.5 CUP	35	0	5	0.50	0.00	0.0	150	0.6	8	0.0	8.5	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
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

Quantum Lunch 4-8

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 - 05/24/2018															
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, 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
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, 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, 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*
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
Weighted Daily Average		352	16	481	2.34	*0.61	*404.6	*2319	*22.84	*31	11.55	40.40	16.22	3.08	*0.00
% of Calories										*35.1%	13.1%	45.9%	41.4%	7.9%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<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

Quantum Lunch 4-8

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)
Fri - 05/25/2018															
Quantum Lunch 4-8	Total														
Beef, West. Bac. Ch.Burger	1 EACH	634	90	1519	4.79	3.88	254.6	200	1.43	*6	34.29	50.2	33.27	12.14	*1.00
Chix: Nuggets, Goldfish & Tots	SERVING, 6 pcs	438	47	937	5.80	1.36	40.0	178	3.6	1	24.0	46.0	17.5	3.00	0.00
Burrito, Bean & Cheese	1 EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Tamale, Chicken, Green Sauce	1 EACH	340	40	800	3.00	2.70	80.0	300	21.0	1	19.0	32.0	18.0	2.00	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
FP: Sand: Tuna Sub - Middle	SANDWIC	288	32	568	3.03	2.00	117.5	445	0.42	4	25.52	34.25	7.53	0.52	0.00
FP: Salad, SouthWestern, Chix.	1 EACH	635	126	1152	7.47	2.30	264.5	673	53.02	*7	29.0	49.08	36.23	10.91	*0.00
FP: Parfait,Yog,Cinn Bitz,Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	11.63	2.50	*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, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Grape	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	0.02	*N/A*
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, Zucchini	.5 CUP	6	0	3	0.34	0.13	5.4	68	6.09	1	0.41	1.06	0.11	0.03	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, 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
.....	...	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	.5 CUP	37	0	6	1.23	0.00	0.0	37	0.0	7	0.0	8.62	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
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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Jalapenos,	1.125 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

Quantum Lunch 4-8

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, 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, 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
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, 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, 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*
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
Weighted Daily Average		710	*49	*1170	*6.92	*3.49	*429.6	*2285	*16.80	*31	*29.50	*77.55	*31.22	*4.94	*0.05
% of Calories										*17.2%	*16.6%	*43.7%	*39.6%	*6.3%	*0.1%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

Mon - 05/28/2018															
Quantum Lunch 4-8 HOLIDAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		600-650		1230									<=30.0	<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

Quantum Lunch 4-8

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															
Quantum Lunch 4-8	Total														
Chix: Orange w Brwn Rice-Elem.	1 EACH	263	40	280	1.33	1.20	0.0	50	1.2	10	13.67	43.66	3.67	0.50	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
Chix, White,Sriracha	SERVING	190	35	250	1.00	1.08	0.0	200	1.2	2	15.0	14.0	9.0	1.50	0.00
Sand: 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
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
Chix, Strips & Onion Rings	SVG	418	26	568	4.97	2.87	119.0	0	2.38	6	18.97	38.73	20.92	4.49	0.00
FP: Sand: Ham, Sub	1 EACH	370	85	1070	3.00	2.88	350.0	300	1.2	*3	31.0	34.0	14.5	6.50	0.00
FP: Salad: Chicken Caesar	1 EACH	454	82	752	6.27	3.31	290.0	9929	27.22	4	22.11	32.97	25.44	6.31	0.00
FP: Parfait,Yog,Cinn Bitz,Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	11.63	2.50	*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, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Grape	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	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, 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, Celery Sticks	.5 CUP	4	0	22	0.44	0.05	10.9	20	0.88	0	0.19	0.82	0.05	0.01	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, 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, Corn: Frozen, yellow	.5 CUP	38	0	5	0.47	0.00	0.0	0	1.13	2	1.42	8.98	0.47	0.00	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
.....	...	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
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

Quantum Lunch 4-8

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															
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, 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
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, 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, 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*
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
Weighted Daily Average		508	46	691	2.53	*1.50	*349.1	*2450	*25.07	*32	22.50	57.09	21.37	3.94	*0.00
% of Calories										*25.6%	17.7%	45.0%	37.9%	7.0%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<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

Quantum Lunch 4-8

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 - 05/30/2018															
Quantum Lunch 4-8	Total														
Sand: Chix, Spicy Patty	SANDWIC	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*0.00
Pizza, Nardone Bros.	1 EACH	360	40	610	3.00	2.70	299.9	500	11.99	7	21.99	29.99	16.99	8.00	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
FP: Sand: Italian Combo Sub	SANDWIC	380	75	1070	3.00	3.24	350.0	200	2.4	5	26.0	34.0	18.0	6.00	*0.00
PKO-Asian Salad - Chix	1 EACH	568	50	940	9.69	4.36	57.6	5234	128.91	*9	14.02	68.81	27.32	4.94	*0.00
PKO-Asian Salad - Tofu	1 EACH	578	0	800	10.68	5.43	207.6	5234	128.91	*9	14.36	69.81	29.32	4.94	*0.00
PKO: Sand: Italian Combo Sub	SANDWIC	380	75	1070	3.00	3.24	350.0	200	2.4	5	26.0	34.0	18.0	6.00	*0.00
FP: Parfait,Yog,Cinn Bitz,Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	11.63	2.50	*0.00
PK, Pizza Sticks	1 EACH	225	7	555	3.00	1.62	225.0	150	0.0	*N/A*	10.5	25.5	9.0	3.00	*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, Raw, Baby: 3.0 oz	3.2 oz. 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	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Grape	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	0.02	*N/A*
SB, Bell,Peppers,Mixed	.5 CUP	11	0	1	0.70	0.12	2.4	656	33.32	1	0.39	2.32	0.08	0.01	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, Edamame	.5 CUP	50	0	15	2.00	0.72	20.0	250	3.0	0	4.0	4.5	1.5	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*
.....	...	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	.5 CUP	47	0	0	0.67	0.24	13.4	0	6.03	9	0.5	11.4	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
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, 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

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# Escondido Union School District

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Quantum Lunch 4-8

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 - 05/30/2018															
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, 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, 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*
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
Weighted Daily Average		*641	*44	*937	*6.36	*4.58	*559.6	*3655	*20.65	*39	*27.15	*71.43	*28.14	*8.62	*0.00
% of Calories										*24.2%	*16.9%	*44.6%	*39.5%	*12.1%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Escondido Union School District

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

Quantum Lunch 4-8

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 - 05/31/2018															
Quantum Lunch 4-8	Total														
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
Corn Dog	1 EACH	240	40	390	5.00	1.80	80.0	0	0.0	5	9.0	30.0	8.0	2.50	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
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
FP: Parfait,Yog,Cinn Bitz,Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	11.63	2.50	*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, Carrot,Raw,Baby,Ind,3.0 oz	EACH-3.0 OZ	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Grape	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	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, 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, Celery Sticks	.5 CUP	4	0	22	0.44	0.05	10.9	20	0.88	0	0.19	0.82	0.05	0.01	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	.5 CUP	38	0	5	0.47	0.00	0.0	0	1.13	2	1.42	8.98	0.47	0.00	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, 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
.....	...	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	.5 CUP	35	0	5	0.50	0.00	0.0	150	0.6	8	0.0	8.5	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
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

\*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

Quantum Lunch 4-8

Portion Values - Detailed

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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)
Thu - 05/31/2018															
	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, 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
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, 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, 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*
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
Weighted Daily Average		416	*29	*603	*3.43	*1.19	*369.7	*2217	*14.68	*30	*14.03	*46.37	*18.75	*3.82	*0.00
% of Calories										*28.7%	*13.5%	*44.5%	*40.5%	*8.3%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

Weighted Average		*569	*42	*932	*4.93	*2.90	*532.1	*2781	*25.50	*33 *51.7%	*23.87 *16.8%	*64.08 *45.0%	*24.74 *39.1%	*5.44 *8.6%	*0.10 *0.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	569		600 - 650	95%	Missing	31		Correction Required - Total Fat too High
Cholesterol (mg)	42				Missing			
Sodium 1 (mg)	932		1230		Missing			
Sodium 2 (mg)	932		935		Missing			
Fiber (g)	4.93				Missing			
Iron (mg)	2.90				Missing			
Calcium (mg)	532.1				Missing			
Vitamin A (IU)	2781				Missing			
Sugars (g)	33	22.99%			Missing			
Vitamin C (mg)	25.50				Missing			
Protein (g)	23.87	16.76%			Missing			
Carbohydrate (g)	64.08	45.01%			Missing			
Total Fat (g)	24.74	39.10%	<=30.00%		Missing			
Saturated Fat (g)	5.44	8.60%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	0.10	0.17%			Missing			

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