

# Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 05/01/2017																
Middle School Breakfast 6-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	14	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	1	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bk,Pancakes & Sausage(1)	EACH	8	214	29	345	2.10	1.60	12.0	44	0.0	4	9.73	27.82	7.5	1.87	0.00
Mexican Sweetbread	EACH	21	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Bar, Breakfast, Oatmeal CC	EACH	21	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Bar, Peanut Butter & Jelly	EACH	4	300	0	220	4.00	1.44	20.0	70	0.0	14	9.0	32.0	17.0	3.50	0.00
Cinnamon Roll, WG, IW	1 EACH	11	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.01	11.0	6.00	0.00
Brkfst,Burrito, Egg & Chorizo	1 EACH	10	200	40	370	3.00	2.70	150.0	500	1.2	0	9.0	22.0	9.0	3.50	0.00
Bagel, Pizza , Breakfast	1 EACH	5	192	15	363	1.80	1.59	217.0	73	3.8	4	11.65	23.16	5.71	3.01	0.00
.....	...	4	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, Pinappl Tidbt, Draind	SERVING	20	94	0	0	1.34	0.48	26.8	0	12.07	19	1.01	22.8	0.0	0.00	0.00
Tangerines/Whole	EACH	25	50	0	0	2.00	0.00	40.0	300	27.0	9	1.0	2.0	0.0	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	0	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING	0	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	45	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	EACH	20	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	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 8oz. Hollandia	1 EACH	6	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	83	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	11	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Syrup, Maple	1 OZ	6	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Sauce, Tapatio	TSP	3	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			423	18	401	3.47	2.89	396.5	882	26.69	*43	14.95	72.99	7.91	2.68	*0.00
% of Calories											*41.0%	14.1%	69.1%	16.8%	5.7%	*0.0%
Nutrient Guideline			400-550		600									<=35.0	<10.00	

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

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**Escondido Union School District**

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/02/2017																
Middle School Breakfast 6-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	14	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	2	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bk,Pancakes & Sausage(1)	EACH	8	214	29	345	2.10	1.60	12.0	44	0.0	4	9.73	27.82	7.5	1.87	0.00
Mexican Sweetbread	EACH	23	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Bar, Breakfast, Oatmeal CC	EACH	22	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Bar, Peanut Butter & Jelly	EACH	5	300	0	220	4.00	1.44	20.0	70	0.0	14	9.0	32.0	17.0	3.50	0.00
Burrito, MS ham,egg,chs&tots	EACH	10	405	150	835	5.05	2.51	320.9	448	1.55	*1	17.3	35.9	20.39	9.60	*9.40
Brkfst, Eggs Scram/Ssg&Muffin	1 EACH	8	314	370	574	1.80	2.24	66.1	552	0.5	*8	17.79	23.25	15.69	4.80	*0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Apricots, Sliced	SERVING , 4.25oz	20	101	0	3	3.31	4.30	41.3	91	4.3	18	1.65	24.79	0.0	0.00	0.00
Strawberries, Raw	SERVING , 3 oz	25	28	0	1	1.72	0.35	13.8	10	50.68	4	0.58	6.62	0.26	0.13	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	45	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	EACH	20	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	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 8oz. Hollandia	1 EACH	6	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	83	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	11	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Syrup, Maple	1 OZ	6	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Sauce, Tapatio	TSP	3	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			435	58	448	3.96	3.86	404.3	834	31.76	*41	16.40	73.24	9.26	2.99	*0.94
% of Calories											*37.4%	15.1%	67.4%	19.2%	6.2%	*1.9%
Nutrient Guideline			400-550		600									<=35.0	<10.00	

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

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

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**Escondido Union School District**

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Wed - 05/03/2017</b>																
Middle School Breakfast 6-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	10	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	1	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bk,Pancakes & Sausage(1)	EACH	6	214	29	345	2.10	1.60	12.0	44	0.0	4	9.73	27.82	7.5	1.87	0.00
Mexican Sweetbread	EACH	24	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Bar, Breakfast, Oatmeal CC	EACH	22	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Coffee Cake WG	EACH	10	251	34	241	1.93	1.39	57.9	0	0.0	18	4.83	37.65	8.69	0.97	0.00
Pizza, Breakfast Sausage	1 EACH	3	185	16	355	1.87	0.83	191.2	246	7.51	2	9.96	18.49	8.67	4.18	0.00
Burrito, MS,bacon,egg,chs&tots	1 EACH	11	349	195	716	5.05	2.49	161.9	354	1.35	1	12.75	35.38	16.25	5.87	0.00
Brkfst-Egg,Cheese,Sau, Biscuit	each	9	346	142	751	2.10	2.22	203.8	416	0.01	*6	16.21	30.1	17.65	6.71	*0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	SERVING , 4.5 oz	20	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
Bananas , Whole,	EACH	25	147	0	2	4.28	0.43	8.2	105	14.33	20	1.8	37.62	0.54	0.18	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	45	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	EACH	20	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	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 8oz. Hollandia	1 EACH	6	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	83	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	11	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Syrup, Maple	1 OZ	6	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Sauce, Tapatio	TSP	3	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			464	51	471	4.08	2.65	396.1	850	21.75	*45	16.10	80.82	9.36	2.89	*0.00
% of Calories											*38.4%	13.9%	69.7%	18.1%	5.6%	*0.0%
Nutrient Guideline			400-550		600									<=35.0	<10.00	

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

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

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May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/04/2017																
Middle School Breakfast 6-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	15	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	1	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bk,Pancakes & Sausage(1)	EACH	7	214	29	345	2.10	1.60	12.0	44	0.0	4	9.73	27.82	7.5	1.87	0.00
Mexican Sweetbread	EACH	20	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Bar, Breakfast, Oatmeal CC	EACH	20	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Bar, Peanut Butter & Jelly	EACH	4	300	0	220	4.00	1.44	20.0	70	0.0	14	9.0	32.0	17.0	3.50	0.00
Pancakes,Mini, Maple	1 EACH	7	230	0	150	3.00	0.72	40.0	0	0.0	14	4.0	41.0	7.0	0.50	0.00
Burrito, MS ham,egg,chs&tots	EACH	12	405	150	835	5.05	2.51	320.9	448	1.55	*1	17.3	35.9	20.39	9.60	*9.40
.....	...	7	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, Pears	SERVING , 3.5 oz	20	74	0	12	2.46	0.00	0.0	74	0.0	15	0.0	17.24	0.0	0.00	0.00
Kiwi, Wedges	4.90 OZ.	25	81	0	0	4.03	0.73	40.3	201	132.87	12	2.01	20.13	0.0	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	45	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	EACH	25	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	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 8oz. Hollandia	1 EACH	6	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	83	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	11	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Syrup, Maple	1 OZ	6	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Sauce, Tapatio	TSP	3	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			428	31	422	4.32	2.81	406.7	859	51.56	*43	15.18	74.94	8.29	2.65	*1.13
% of Calories											*39.9%	14.2%	70.1%	17.4%	5.6%	*2.4%
Nutrient Guideline			400-550		600									<=35.0	<10.00	

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

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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/05/2017																
Middle School Breakfast 6-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	15	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	1	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bk,Pancakes & Sausage(1)	EACH	7	214	29	345	2.10	1.60	12.0	44	0.0	4	9.73	27.82	7.5	1.87	0.00
Mexican Sweetbread	EACH	20	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Bar, Breakfast, Oatmeal CC	EACH	20	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Coffee Cake WG	1 EACH	7	251	34	241	1.93	1.39	57.9	0	0.0	18	4.83	37.65	8.69	0.97	0.00
Brkfst,Burrito, Egg & Chorizo	1 EACH	6	200	40	370	3.00	2.70	150.0	500	1.2	0	9.0	22.0	9.0	3.50	0.00
Bagel, Pizza , Breakfast	1 EACH	8	192	15	363	1.80	1.59	217.0	73	3.8	4	11.65	23.16	5.71	3.01	0.00
Brkfst-Egg,Cheese,Sau, Biscuit	each	11	346	142	751	2.10	2.22	203.8	416	0.01	*6	16.21	30.1	17.65	6.71	*0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	SERVING , 4.5 oz	20	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
Blueberries, Frozen	2.8 OZ	25	41	0	1	2.04	0.00	0.0	0	0.0	7	0.0	9.16	1.02	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	45	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	EACH	25	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	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 8oz. Hollandia	1 EACH	6	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	83	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	11	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Syrup, Maple	1 OZ	6	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Sauce, Tapatio	TSP	3	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			423	34	453	3.25	2.85	407.3	879	18.77	*42	15.55	72.81	8.47	2.58	*0.00
% of Calories											*39.9%	14.7%	68.8%	18.0%	5.5%	*0.0%
Nutrient Guideline			400-550		600									<=35.0	<10.00	

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

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

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

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**Escondido Union School District**

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 05/08/2017</b>																
Middle School Breakfast 6-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	14	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	1	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bk,Pancakes & Sausage(1)	EACH	8	214	29	345	2.10	1.60	12.0	44	0.0	4	9.73	27.82	7.5	1.87	0.00
Mexican Sweetbread	EACH	21	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Bar, Breakfast, Oatmeal CC	EACH	21	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Bar, Peanut Butter & Jelly	EACH	4	300	0	220	4.00	1.44	20.0	70	0.0	14	9.0	32.0	17.0	3.50	0.00
Cinnamon Roll, WG, IW	1 EACH	11	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.01	11.0	6.00	0.00
Brkfst,Burrito, Egg & Chorizo	1 EACH	10	200	40	370	3.00	2.70	150.0	500	1.2	0	9.0	22.0	9.0	3.50	0.00
Bagel, Pizza , Breakfast	1 EACH	5	192	15	363	1.80	1.59	217.0	73	3.8	4	11.65	23.16	5.71	3.01	0.00
.....	...	4	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, Pinappl Tidbt, Draind	SERVING	20	94	0	0	1.34	0.48	26.8	0	12.07	19	1.01	22.8	0.0	0.00	0.00
Tangerines/Whole	EACH	25	50	0	0	2.00	0.00	40.0	300	27.0	9	1.0	2.0	0.0	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	0	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING	0	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	45	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	EACH	20	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	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 8oz. Hollandia	1 EACH	6	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	83	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	11	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Syrup, Maple	1 OZ	6	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Sauce, Tapatio	TSP	3	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			423	18	401	3.47	2.89	396.5	882	26.69	*43	14.95	72.99	7.91	2.68	*0.00
% of Calories											*41.0%	14.1%	69.1%	16.8%	5.7%	*0.0%
Nutrient Guideline			400-550		600									<=35.0	<10.00	

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

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/09/2017																
Middle School Breakfast 6-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	14	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	2	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bk,Pancakes & Sausage(1)	EACH	8	214	29	345	2.10	1.60	12.0	44	0.0	4	9.73	27.82	7.5	1.87	0.00
Mexican Sweetbread	EACH	23	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Bar, Breakfast, Oatmeal CC	EACH	22	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Bar, Peanut Butter & Jelly	EACH	5	300	0	220	4.00	1.44	20.0	70	0.0	14	9.0	32.0	17.0	3.50	0.00
Burrito, MS ham,egg,chs&tots	EACH	10	405	150	835	5.05	2.51	320.9	448	1.55	*1	17.3	35.9	20.39	9.60	*9.40
Brkfst, Eggs Scram/Ssg&Muffin	1 EACH	8	314	370	574	1.80	2.24	66.1	552	0.5	*8	17.79	23.25	15.69	4.80	*0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Apricots, Sliced	SERVING , 4.25oz	20	101	0	3	3.31	4.30	41.3	91	4.3	18	1.65	24.79	0.0	0.00	0.00
Strawberries, Raw	SERVING , 3 oz	25	28	0	1	1.72	0.35	13.8	10	50.68	4	0.58	6.62	0.26	0.13	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	45	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	EACH	20	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	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 8oz. Hollandia	1 EACH	6	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	83	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	11	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Syrup, Maple	1 OZ	6	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Sauce, Tapatio	TSP	3	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			435	58	448	3.96	3.86	404.3	834	31.76	*41	16.40	73.24	9.26	2.99	*0.94
% of Calories											*37.4%	15.1%	67.4%	19.2%	6.2%	*1.9%
Nutrient Guideline			400-550		600									<=35.0	<10.00	

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

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**Escondido Union School District**

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Wed - 05/10/2017</b>																
Middle School Breakfast 6-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	10	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	1	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bk,Pancakes & Sausage(1)	EACH	6	214	29	345	2.10	1.60	12.0	44	0.0	4	9.73	27.82	7.5	1.87	0.00
Mexican Sweetbread	EACH	24	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Bar, Breakfast, Oatmeal CC	EACH	22	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Coffee Cake WG	EACH	10	251	34	241	1.93	1.39	57.9	0	0.0	18	4.83	37.65	8.69	0.97	0.00
Pizza, Breakfast Sausage	1 EACH	3	185	16	355	1.87	0.83	191.2	246	7.51	2	9.96	18.49	8.67	4.18	0.00
Burrito, MS,bacon,egg,chs&tots	1 EACH	11	349	195	716	5.05	2.49	161.9	354	1.35	1	12.75	35.38	16.25	5.87	0.00
Brkfst-Egg,Cheese,Sau, Biscuit	each	9	346	142	751	2.10	2.22	203.8	416	0.01	*6	16.21	30.1	17.65	6.71	*0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	SERVING , 4.5 oz	20	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
Bananas , Whole,	EACH	25	147	0	2	4.28	0.43	8.2	105	14.33	20	1.8	37.62	0.54	0.18	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	45	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	EACH	20	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	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 8oz. Hollandia	1 EACH	6	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	83	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	11	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Syrup, Maple	1 OZ	6	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Sauce, Tapatio	TSP	3	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			464	51	471	4.08	2.65	396.1	850	21.75	*45	16.10	80.82	9.36	2.89	*0.00
% of Calories											*38.4%	13.9%	69.7%	18.1%	5.6%	*0.0%
Nutrient Guideline			400-550		600									<=35.0	<10.00	

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

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/11/2017																
Middle School Breakfast 6-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	15	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	1	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bk,Pancakes & Sausage(1)	EACH	7	214	29	345	2.10	1.60	12.0	44	0.0	4	9.73	27.82	7.5	1.87	0.00
Mexican Sweetbread	EACH	20	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Bar, Breakfast, Oatmeal CC	EACH	20	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Bar, Peanut Butter & Jelly	EACH	4	300	0	220	4.00	1.44	20.0	70	0.0	14	9.0	32.0	17.0	3.50	0.00
Pancakes,Mini, Maple	1 EACH	7	230	0	150	3.00	0.72	40.0	0	0.0	14	4.0	41.0	7.0	0.50	0.00
Burrito, MS ham,egg,chs&tots	EACH	12	405	150	835	5.05	2.51	320.9	448	1.55	*1	17.3	35.9	20.39	9.60	*9.40
.....	...	7	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, Pears	SERVING , 3.5 oz	20	74	0	12	2.46	0.00	0.0	74	0.0	15	0.0	17.24	0.0	0.00	0.00
Kiwi, Wedges	4.90 OZ.	25	81	0	0	4.03	0.73	40.3	201	132.87	12	2.01	20.13	0.0	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	45	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	EACH	25	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	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 8oz. Hollandia	1 EACH	6	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	83	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	11	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Syrup, Maple	1 OZ	6	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Sauce, Tapatio	TSP	3	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			428	31	422	4.32	2.81	406.7	859	51.56	*43	15.18	74.94	8.29	2.65	*1.13
% of Calories											*39.9%	14.2%	70.1%	17.4%	5.6%	*2.4%
Nutrient Guideline			400-550		600									<=35.0	<10.00	

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

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**Escondido Union School District**

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/12/2017																
Middle School Breakfast 6-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	15	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	1	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bk,Pancakes & Sausage(1)	EACH	7	214	29	345	2.10	1.60	12.0	44	0.0	4	9.73	27.82	7.5	1.87	0.00
Mexican Sweetbread	EACH	20	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Bar, Breakfast, Oatmeal CC	EACH	20	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Coffee Cake WG	1 EACH	7	251	34	241	1.93	1.39	57.9	0	0.0	18	4.83	37.65	8.69	0.97	0.00
Brkfst,Burrito, Egg & Chorizo	1 EACH	6	200	40	370	3.00	2.70	150.0	500	1.2	0	9.0	22.0	9.0	3.50	0.00
Bagel, Pizza , Breakfast	1 EACH	8	192	15	363	1.80	1.59	217.0	73	3.8	4	11.65	23.16	5.71	3.01	0.00
Brkfst-Egg,Cheese,Sau, Biscuit	each	11	346	142	751	2.10	2.22	203.8	416	0.01	*6	16.21	30.1	17.65	6.71	*0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	SERVING , 4.5 oz	20	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
Blueberries, Frozen	2.8 OZ	25	41	0	1	2.04	0.00	0.0	0	0.0	7	0.0	9.16	1.02	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	45	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	EACH	25	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	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 8oz. Hollandia	1 EACH	6	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	83	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	11	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Syrup, Maple	1 OZ	6	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Sauce, Tapatio	TSP	3	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			423	34	453	3.25	2.85	407.3	879	18.77	*42	15.55	72.81	8.47	2.58	*0.00
% of Calories											*39.9%	14.7%	68.8%	18.0%	5.5%	*0.0%
Nutrient Guideline			400-550		600									<=35.0	<10.00	

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

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 05/15/2017</b>																
Middle School Breakfast 6-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	14	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	1	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bk,Pancakes & Sausage(1)	EACH	8	214	29	345	2.10	1.60	12.0	44	0.0	4	9.73	27.82	7.5	1.87	0.00
Mexican Sweetbread	EACH	21	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Bar, Breakfast, Oatmeal CC	EACH	21	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Bar, Peanut Butter & Jelly	EACH	4	300	0	220	4.00	1.44	20.0	70	0.0	14	9.0	32.0	17.0	3.50	0.00
Cinnamon Roll, WG, IW	1 EACH	11	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.01	11.0	6.00	0.00
Brkfst,Burrito, Egg & Chorizo	1 EACH	10	200	40	370	3.00	2.70	150.0	500	1.2	0	9.0	22.0	9.0	3.50	0.00
Bagel, Pizza , Breakfast	1 EACH	5	192	15	363	1.80	1.59	217.0	73	3.8	4	11.65	23.16	5.71	3.01	0.00
.....	...	4	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, Pinappl Tidbt, Draind	SERVING	20	94	0	0	1.34	0.48	26.8	0	12.07	19	1.01	22.8	0.0	0.00	0.00
Tangerines/Whole	EACH	25	50	0	0	2.00	0.00	40.0	300	27.0	9	1.0	2.0	0.0	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	0	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING	0	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	45	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	EACH	20	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	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 8oz. Hollandia	1 EACH	6	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	83	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	11	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Syrup, Maple	1 OZ	6	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Sauce, Tapatio	TSP	3	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			423	18	401	3.47	2.89	396.5	882	26.69	*43	14.95	72.99	7.91	2.68	*0.00
% of Calories											*41.0%	14.1%	69.1%	16.8%	5.7%	*0.0%
Nutrient Guideline			400-550		600									<=35.0	<10.00	

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

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**Escondido Union School District**

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/16/2017																
Middle School Breakfast 6-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	14	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	2	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bk,Pancakes & Sausage(1)	EACH	8	214	29	345	2.10	1.60	12.0	44	0.0	4	9.73	27.82	7.5	1.87	0.00
Mexican Sweetbread	EACH	23	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Bar, Breakfast, Oatmeal CC	EACH	22	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Bar, Peanut Butter & Jelly	EACH	5	300	0	220	4.00	1.44	20.0	70	0.0	14	9.0	32.0	17.0	3.50	0.00
Burrito, MS ham,egg,chs&tots	EACH	10	405	150	835	5.05	2.51	320.9	448	1.55	*1	17.3	35.9	20.39	9.60	*9.40
Brkfst, Eggs Scram/Ssg&Muffin	1 EACH	8	314	370	574	1.80	2.24	66.1	552	0.5	*8	17.79	23.25	15.69	4.80	*0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Apricots, Sliced	SERVING , 4.25oz	20	101	0	3	3.31	4.30	41.3	91	4.3	18	1.65	24.79	0.0	0.00	0.00
Strawberries, Raw	SERVING , 3 oz	25	28	0	1	1.72	0.35	13.8	10	50.68	4	0.58	6.62	0.26	0.13	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	45	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	EACH	20	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	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 8oz. Hollandia	1 EACH	6	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	83	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	11	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Syrup, Maple	1 OZ	6	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Sauce, Tapatio	TSP	3	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average % of Calories			435	58	448	3.96	3.86	404.3	834	31.76	*41 *37.4%	16.40 15.1%	73.24 67.4%	9.26 19.2%	2.99 6.2%	*0.94 *1.9%
Nutrient Guideline			400-550		600									<=35.0	<10.00	

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

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Wed - 05/17/2017</b>																
Middle School Breakfast 6-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	10	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	1	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bk,Pancakes & Sausage(1)	EACH	6	214	29	345	2.10	1.60	12.0	44	0.0	4	9.73	27.82	7.5	1.87	0.00
Mexican Sweetbread	EACH	24	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Bar, Breakfast, Oatmeal CC	EACH	22	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Coffee Cake WG	EACH	10	251	34	241	1.93	1.39	57.9	0	0.0	18	4.83	37.65	8.69	0.97	0.00
Pizza, Breakfast Sausage	1 EACH	3	185	16	355	1.87	0.83	191.2	246	7.51	2	9.96	18.49	8.67	4.18	0.00
Burrito, MS,bacon,egg,chs&tots	1 EACH	11	349	195	716	5.05	2.49	161.9	354	1.35	1	12.75	35.38	16.25	5.87	0.00
Brkfst-Egg,Cheese,Sau, Biscuit	each	9	346	142	751	2.10	2.22	203.8	416	0.01	*6	16.21	30.1	17.65	6.71	*0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	SERVING , 4.5 oz	20	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
Bananas , Whole,	1 EACH	25	147	0	2	4.28	0.43	8.2	105	14.33	20	1.8	37.62	0.54	0.18	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	45	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	EACH	20	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	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 8oz. Hollandia	1 EACH	6	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	83	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	11	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Syrup, Maple	1 OZ	6	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Sauce, Tapatio	TSP	3	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			464	51	471	4.08	2.65	396.1	850	21.75	*45	16.10	80.82	9.36	2.89	*0.00
% of Calories											*38.4%	13.9%	69.7%	18.1%	5.6%	*0.0%
Nutrient Guideline			400-550		600									<=35.0	<10.00	

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

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**Escondido Union School District**

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/18/2017																
Middle School Breakfast 6-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	15	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	1	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bk,Pancakes & Sausage(1)	EACH	7	214	29	345	2.10	1.60	12.0	44	0.0	4	9.73	27.82	7.5	1.87	0.00
Mexican Sweetbread	EACH	20	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Bar, Breakfast, Oatmeal CC	EACH	20	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Bar, Peanut Butter & Jelly	EACH	4	300	0	220	4.00	1.44	20.0	70	0.0	14	9.0	32.0	17.0	3.50	0.00
Pancakes,Mini, Maple	1 EACH	7	230	0	150	3.00	0.72	40.0	0	0.0	14	4.0	41.0	7.0	0.50	0.00
Burrito, MS ham,egg,chs&tots	EACH	12	405	150	835	5.05	2.51	320.9	448	1.55	*1	17.3	35.9	20.39	9.60	*9.40
.....	...	7	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, Pears	SERVING , 3.5 oz	20	74	0	12	2.46	0.00	0.0	74	0.0	15	0.0	17.24	0.0	0.00	0.00
Kiwi, Wedges	4.90 OZ.	25	81	0	0	4.03	0.73	40.3	201	132.87	12	2.01	20.13	0.0	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	45	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	EACH	25	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	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 8oz. Hollandia	1 EACH	6	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	83	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	11	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Syrup, Maple	1 OZ	6	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Sauce, Tapatio	TSP	3	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			428	31	422	4.32	2.81	406.7	859	51.56	*43	15.18	74.94	8.29	2.65	*1.13
% of Calories											*39.9%	14.2%	70.1%	17.4%	5.6%	*2.4%
Nutrient Guideline			400-550		600									<=35.0	<10.00	

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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/19/2017																
Middle School Breakfast 6-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	15	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	1	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bk,Pancakes & Sausage(1)	EACH	7	214	29	345	2.10	1.60	12.0	44	0.0	4	9.73	27.82	7.5	1.87	0.00
Mexican Sweetbread	EACH	20	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Bar, Breakfast, Oatmeal CC	EACH	20	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Coffee Cake WG	1 EACH	7	251	34	241	1.93	1.39	57.9	0	0.0	18	4.83	37.65	8.69	0.97	0.00
Brkfst,Burrito, Egg & Chorizo	1 EACH	6	200	40	370	3.00	2.70	150.0	500	1.2	0	9.0	22.0	9.0	3.50	0.00
Bagel, Pizza , Breakfast	1 EACH	8	192	15	363	1.80	1.59	217.0	73	3.8	4	11.65	23.16	5.71	3.01	0.00
Brkfst-Egg,Cheese,Sau, Biscuit	each	11	346	142	751	2.10	2.22	203.8	416	0.01	*6	16.21	30.1	17.65	6.71	*0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	SERVING , 4.5 oz	20	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
Blueberries, Frozen	2.8 OZ	25	41	0	1	2.04	0.00	0.0	0	0.0	7	0.0	9.16	1.02	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	45	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	EACH	25	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	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 8oz. Hollandia	1 EACH	6	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	83	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	11	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Syrup, Maple	1 OZ	6	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Sauce, Tapatio	TSP	3	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			423	34	453	3.25	2.85	407.3	879	18.77	*42	15.55	72.81	8.47	2.58	*0.00
% of Calories											*39.9%	14.7%	68.8%	18.0%	5.5%	*0.0%
Nutrient Guideline			400-550		600									<=35.0	<10.00	

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

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

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

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**Escondido Union School District**

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 05/22/2017</b>																
Middle School Breakfast 6-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	14	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	1	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bk,Pancakes & Sausage(1)	EACH	8	214	29	345	2.10	1.60	12.0	44	0.0	4	9.73	27.82	7.5	1.87	0.00
Mexican Sweetbread	EACH	21	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Bar, Breakfast, Oatmeal CC	EACH	21	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Bar, Peanut Butter & Jelly	EACH	4	300	0	220	4.00	1.44	20.0	70	0.0	14	9.0	32.0	17.0	3.50	0.00
Cinnamon Roll, WG, IW	1 EACH	11	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.01	11.0	6.00	0.00
Brkfst,Burrito, Egg & Chorizo	1 EACH	10	200	40	370	3.00	2.70	150.0	500	1.2	0	9.0	22.0	9.0	3.50	0.00
Bagel, Pizza , Breakfast	1 EACH	5	192	15	363	1.80	1.59	217.0	73	3.8	4	11.65	23.16	5.71	3.01	0.00
.....	...	4	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, Pinappl Tidbt, Draind	SERVING	20	94	0	0	1.34	0.48	26.8	0	12.07	19	1.01	22.8	0.0	0.00	0.00
Fruit, Fresh Mon 1	1 EACH	25	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	0	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING	0	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	45	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	EACH	20	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	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 8oz. Hollandia	1 EACH	6	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	83	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	11	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Syrup, Maple	1 OZ	6	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Sauce, Tapatio	TSP	3	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			410	18	401	2.97	2.89	386.5	807	19.94	*41	14.70	72.49	7.91	2.68	*0.00
% of Calories											*40.0%	14.3%	70.7%	17.3%	5.9%	*0.0%
Nutrient Guideline			400-550		600									<=35.0	<10.00	

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**Escondido Union School District**

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/23/2017																
Middle School Breakfast 6-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	14	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	2	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bk,Pancakes & Sausage(1)	EACH	8	214	29	345	2.10	1.60	12.0	44	0.0	4	9.73	27.82	7.5	1.87	0.00
Mexican Sweetbread	EACH	23	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Bar, Breakfast, Oatmeal CC	EACH	22	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Bar, Peanut Butter & Jelly	EACH	5	300	0	220	4.00	1.44	20.0	70	0.0	14	9.0	32.0	17.0	3.50	0.00
Burrito, MS ham,egg,chs&tots	EACH	10	405	150	835	5.05	2.51	320.9	448	1.55	*1	17.3	35.9	20.39	9.60	*9.40
Brkfst, Eggs Scram/Ssg&Muffin	1 EACH	8	314	370	574	1.80	2.24	66.1	552	0.5	*8	17.79	23.25	15.69	4.80	*0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Apricots, Sliced	SERVING , 4.25oz	20	101	0	3	3.31	4.30	41.3	91	4.3	18	1.65	24.79	0.0	0.00	0.00
Fruit, Fresh Tues 1	1 ea	25	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	45	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	EACH	20	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	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 8oz. Hollandia	1 EACH	6	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	83	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	11	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Syrup, Maple	1 OZ	6	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Sauce, Tapatio	TSP	3	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			428	58	448	3.53	3.77	400.9	832	19.09	*40	16.26	71.58	9.20	2.95	*0.94
% of Calories											*37.0%	15.2%	67.0%	19.4%	6.2%	*2.0%
Nutrient Guideline			400-550		600									<=35.0	<10.00	

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

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**Escondido Union School District**

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Wed - 05/24/2017</b>																
Middle School Breakfast 6-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	10	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	1	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bk,Pancakes & Sausage(1)	EACH	6	214	29	345	2.10	1.60	12.0	44	0.0	4	9.73	27.82	7.5	1.87	0.00
Mexican Sweetbread	EACH	24	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Bar, Breakfast, Oatmeal CC	EACH	22	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Coffee Cake WG	EACH	10	251	34	241	1.93	1.39	57.9	0	0.0	18	4.83	37.65	8.69	0.97	0.00
Pizza, Breakfast Sausage	1 EACH	3	185	16	355	1.87	0.83	191.2	246	7.51	2	9.96	18.49	8.67	4.18	0.00
Burrito, MS,bacon,egg,chs&tots	1 EACH	11	349	195	716	5.05	2.49	161.9	354	1.35	1	12.75	35.38	16.25	5.87	0.00
Brkfst-Egg,Cheese,Sau, Biscuit	each	9	346	142	751	2.10	2.22	203.8	416	0.01	*6	16.21	30.1	17.65	6.71	*0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	SERVING , 4.5 oz	20	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
Fruit, Fresh Wed 1	1 ea	25	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	45	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	EACH	20	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	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 8oz. Hollandia	1 EACH	6	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	83	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	11	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Syrup, Maple	1 OZ	6	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Sauce, Tapatio	TSP	3	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			428	51	471	3.01	2.55	394.1	824	18.17	*39	15.65	71.42	9.22	2.84	*0.00
% of Calories											*36.9%	14.6%	66.8%	19.4%	6.0%	*0.0%
Nutrient Guideline			400-550		600									<=35.0	<10.00	

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

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**Escondido Union School District**

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/25/2017																
Middle School Breakfast 6-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	15	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	1	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bk,Pancakes & Sausage(1)	EACH	7	214	29	345	2.10	1.60	12.0	44	0.0	4	9.73	27.82	7.5	1.87	0.00
Mexican Sweetbread	EACH	20	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Bar, Breakfast, Oatmeal CC	EACH	20	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Bar, Peanut Butter & Jelly	EACH	4	300	0	220	4.00	1.44	20.0	70	0.0	14	9.0	32.0	17.0	3.50	0.00
Pancakes,Mini, Maple	1 EACH	7	230	0	150	3.00	0.72	40.0	0	0.0	14	4.0	41.0	7.0	0.50	0.00
Burrito, MS ham,egg,chs&tots	EACH	12	405	150	835	5.05	2.51	320.9	448	1.55	*1	17.3	35.9	20.39	9.60	*9.40
.....	...	7	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, Pears	SERVING	20	74	0	12	2.46	0.00	0.0	74	0.0	15	0.0	17.24	0.0	0.00	0.00
	, 3.5 oz															
Fruit, Fresh Thurs 1	1 EACH	25	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*
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
	4.95															
Juice, Orange 4 oz.Hollandia	1 EACH	45	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	EACH	25	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	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 8oz. Hollandia	1 EACH	6	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	83	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	11	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Syrup, Maple	1 OZ	6	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Sauce, Tapatio	TSP	3	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			408	*31	*422	*3.32	*2.63	*396.6	*808	*18.34	*40	*14.67	*69.91	*8.29	*2.65	*1.13
% of Calories											*38.8%	*14.4%	*68.5%	*18.3%	*5.8%	*2.5%
Nutrient Guideline			400-550		600									<=35.0	<10.00	

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

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**Escondido Union School District**

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/26/2017																
Middle School Breakfast 6-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	15	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	1	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bk,Pancakes & Sausage(1)	EACH	7	214	29	345	2.10	1.60	12.0	44	0.0	4	9.73	27.82	7.5	1.87	0.00
Mexican Sweetbread	EACH	20	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Bar, Breakfast, Oatmeal CC	EACH	20	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Coffee Cake WG	1 EACH	7	251	34	241	1.93	1.39	57.9	0	0.0	18	4.83	37.65	8.69	0.97	0.00
Brkfst,Burrito, Egg & Chorizo	1 EACH	6	200	40	370	3.00	2.70	150.0	500	1.2	0	9.0	22.0	9.0	3.50	0.00
Bagel, Pizza , Breakfast	1 EACH	8	192	15	363	1.80	1.59	217.0	73	3.8	4	11.65	23.16	5.71	3.01	0.00
Brkfst-Egg,Cheese,Sau, Biscuit	each	11	346	142	751	2.10	2.22	203.8	416	0.01	*6	16.21	30.1	17.65	6.71	*0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	SERVING , 4.5 oz	20	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
Fruit, Fresh Fri 1	1 EACH	25	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*
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	45	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	EACH	25	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	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 8oz. Hollandia	1 EACH	6	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	83	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	11	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Syrup, Maple	1 OZ	6	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Sauce, Tapatio	TSP	3	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			414	*34	*453	*2.74	*2.85	*407.3	*879	*18.77	*40	*15.55	*70.52	*8.22	*2.58	*0.00
% of Calories											*39.1%	*15.0%	*68.1%	*17.9%	*5.6%	*0.0%
Nutrient Guideline			400-550		600									<=35.0	<10.00	

Mon - 05/29/2017																
Middle School Breakfast 6-8	Total	1														
HOLIDAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
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			400-550		600									<=35.0	<10.00	

Tue - 05/30/2017																
Middle School Breakfast 6-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	14	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	2	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bk,Pancakes & Sausage(1)	EACH	8	214	29	345	2.10	1.60	12.0	44	0.0	4	9.73	27.82	7.5	1.87	0.00
Mexican Sweetbread	EACH	23	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Bar, Breakfast, Oatmeal CC	EACH	22	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Bar, Peanut Butter & Jelly	EACH	5	300	0	220	4.00	1.44	20.0	70	0.0	14	9.0	32.0	17.0	3.50	0.00
Burrito, MS ham,egg,chs&tots	EACH	10	405	150	835	5.05	2.51	320.9	448	1.55	*1	17.3	35.9	20.39	9.60	*9.40
Brkfst, Eggs Scram/Ssg&Muffin	1 EACH	8	314	370	574	1.80	2.24	66.1	552	0.5	*8	17.79	23.25	15.69	4.80	*0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Apricots, Sliced	SERVING	20	101	0	3	3.31	4.30	41.3	91	4.3	18	1.65	24.79	0.0	0.00	0.00
	, 4.25oz															
Fruit, Fresh Tues 1	1 ea	25	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
	4.95															
Juice, Orange 4 oz.Hollandia	1 EACH	45	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	EACH	20	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	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 8oz. Hollandia	1 EACH	6	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	83	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	11	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Syrup, Maple	1 OZ	6	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Sauce, Tapatio	TSP	3	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			428	58	448	3.53	3.77	400.9	832	19.09	*40	16.26	71.58	9.20	2.95	*0.94
% of Calories											*37.0%	15.2%	67.0%	19.4%	6.2%	*2.0%
Nutrient Guideline			400-550		600									<=35.0	<10.00	

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

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

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# Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Wed - 05/31/2017</b>																
Middle School Breakfast 6-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	10	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	1	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bk,Pancakes & Sausage(1)	EACH	6	214	29	345	2.10	1.60	12.0	44	0.0	4	9.73	27.82	7.5	1.87	0.00
Mexican Sweetbread	EACH	24	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Bar, Breakfast, Oatmeal CC	EACH	22	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Coffee Cake WG	EACH	10	251	34	241	1.93	1.39	57.9	0	0.0	18	4.83	37.65	8.69	0.97	0.00
Pizza, Breakfast Sausage	1 EACH	3	185	16	355	1.87	0.83	191.2	246	7.51	2	9.96	18.49	8.67	4.18	0.00
Burrito, MS,bacon,egg,chs&tots	1 EACH	11	349	195	716	5.05	2.49	161.9	354	1.35	1	12.75	35.38	16.25	5.87	0.00
Brkfst-Egg,Cheese,Sau, Biscuit	each	9	346	142	751	2.10	2.22	203.8	416	0.01	*6	16.21	30.1	17.65	6.71	*0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	SERVING	20	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
Fruit, Fresh Wed 1	1 ea	25	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	1	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING	1	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	45	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	EACH	20	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	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 8oz. Hollandia	1 EACH	6	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	83	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	11	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Syrup, Maple	1 OZ	6	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Sauce, Tapatio	TSP	3	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
Weighted Daily Average			428	51	471	3.01	2.55	394.1	824	18.17	*39	15.65	71.42	9.22	2.84	*0.00
% of Calories											*36.9%	14.6%	66.8%	19.4%	6.0%	*0.0%
Nutrient Guideline			400-550		600									<=35.0	<10.00	

Weighted Average			430	*40	*441	*3.61	*3.01	*400.6	*851	*26.51	*42	*15.61	*73.79	*8.69	*2.77	*0.42
											*87.4%	*14.5%	*68.6%	*18.2%	*5.8%	*0.9%

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# Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	430		400 - 550	100%													
Cholesterol (mg)	40				Missing												
Sodium (mg)	441		600		Missing												
Fiber (g)	3.61				Missing												
Iron (mg)	3.01				Missing												
Calcium (mg)	400.6				Missing												
Vitamin A (IU)	851				Missing												
Sugars (g)	42	38.86%			Missing												
Vitamin C (mg)	26.51				Missing												
Protein (g)	15.61	14.52%			Missing												
Carbohydrate (g)	73.79	68.65%			Missing												
Total Fat (g)	8.69	18.18%	<=35.00%		Missing												
Saturated Fat (g)	2.77	5.79%	<10.00%		Missing												
Trans Fat <sup>1</sup> (g)	0.42	0.88%			Missing												

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