

Escondido Union School District

Sep 15, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

Page 1

Generated on: 9/15/2017 8:03:23 AM

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 ¹ (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*
¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Portion Values - Detailed

Page 2

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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 ¹ (g)
Fri - 09/15/2017															
Middle School Lunch 6-8	Total														
Beef, Burger, Smokie Grill	1 EACH	390	70	660	3.00	3.24	120.0	0	0.0	*3	24.0	32.0	19.0	7.00	*1.00
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
Burrito, Bean & Cheese	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: Chix, Spicy Patty	Each	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*0.00
Chix: Orange/ Brown Rice, MS	SERVING	377	40	280	2.67	1.68	0.0	50	1.2	10	16.33	68.33	4.33	0.50	0.00
Pizza, Stix, Stuffed Crust	1 EACH	300	10	740	4.00	2.16	300.0	200	0.0	*N/A*	14.0	34.0	12.0	4.00	*N/A*
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
FP:Salad:SouthWestern Chic.	1 EACH	520	95	989	7.45	2.20	62.0	169	56.08	*6	22.15	48.14	27.14	4.84	*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
Sand: PBJ, Grape, WG	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP,Parfait,Yog,Cinn Bitz,Peach	1 EACH	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB: Sauce, Pizza, Bosco	1 EACH	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	9.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
SB, Broccoli Florets	SERVING, 1.1 oz	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	0.04	0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
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:Black Bean Salad	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	SERVING, 4.5 oz	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
Grapes,Red,Lunch Bunch	SERVING, 3.0 oz	52	0	2	0.70	0.27	8.0	7	2.4	*N/A*	0.54	13.67	0.12	0.04	0.00
Apple,Golden Delicious,125 ct.	1 EACH	79	0	2	2.47	*N/A*	*N/A*	*N/A*	*N/A*	15	0.0	19.79	0.0	0.00	0.00
Apples, 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

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

Sep 15, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Middle School Lunch 6-8

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 ¹ (g)
Fri - 09/15/2017															
Milk,1%,Pouch,90/ea. 8oz.	1 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.	1 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
.....	...	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
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, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, 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, 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
CD, Jalapenos,	1 OZ	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 OZ	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, Tomato Slices	1/8 CUP	2	0	4	0.09	0.05	0.5	23	1.58	*N/A*	0.11	0.31	0.02	0.00	0.00
CD, Chile Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.0	120	0.0	0	0.0	1.2	0.0	0.00	0.00
Weighted Daily Average		592	50	769	5.42	*3.09	*359.9	*1365	*6.61	*33	29.23	83.41	16.57	3.88	*0.31
% of Calories										*22.5%	19.7%	56.3%	25.2%	5.9%	*0.5%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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Mon - 09/18/2017															
Middle School Lunch 6-8	Total														
Cheeseburger Mini	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	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: Chix, Spicy Patty	Each	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*0.00
Chicken, & Waffle	1 EACH	292	71	646	3.01	2.89	80.2	300	0.0	1	18.2	22.07	14.14	3.03	0.00
Salsa Verde Chicken Burrito	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
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
Hot Dog w/Tots-Hoffy	SVG.	442	30	944	5.80	2.53	100.2	101	3.6	4	15.07	48.02	22.17	7.07	1.01
FP: Sand: Turkey, Sub	SANDWIC	390	75	820	3.00	2.16	300.0	400	0.0	*3	31.0	33.0	16.0	7.50	0.00
Sand: PBJ, Grape, WG	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
Pizza,Nardone Bros.**NEW**	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, Yogurt, Grnla Prft, Peach	EACH	525	20	274	5.36	2.16	440.0	909	4.03	*66	15.0	95.17	11.5	2.50	*0.00
FP: Salad: Chicken Caesar	1 EACH	468	75	815	5.93	3.19	290.0	9929	27.22	4	28.79	32.64	25.44	6.48	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	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
SB, Broccoli Florets	SERVING, 1.1 oz	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	0.04	0.00
SB: Sauce, Pizza, Bosco	1 EACH	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	9.0	0.0	0.00	0.00
SB, Pasta Salad	SVG	418	0	789	5.70	26.84	1628.3	960	48.65	*6	8.63	48.39	21.17	4.06	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	SERVING, 4.5 oz	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
Fruit, Fresh Mon 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
Apples, Gala,138 ct.	EACH	98	*N/A*	2	3.96	0.21	12.0	48	*N/A*	18	0.43	23.53	0.21	*N/A*	0.00
Apples, 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 4.95	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%,Pouch,90/ea. 8oz.	1 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.	1 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

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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 ¹ (g)
Mon - 09/18/2017															
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	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, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, 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, 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 OZ	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, Pico de Gallo	.25 CUP	4	0	293	0.16	0.06	1.2	97	2.32	*0	0.12	0.96	0.05	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, Tomato Slices	1/8 CUP	2	0	4	0.09	0.05	0.5	23	1.58	*N/A*	0.11	0.31	0.02	0.00	0.00
CD, Chile Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.0	120	0.0	0	0.0	1.2	0.0	0.00	0.00
Weighted Daily Average		499	*39	728	5.19	*3.38	*440.2	*1435	*8.97	*32	26.01	66.25	14.85	*3.44	*0.01
% of Calories										*25.3%	20.9%	53.1%	26.8%	*6.2%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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Tue - 09/19/2017															
Middle School Lunch 6-8	Total														
Beef, Chs-Burger, Smokie Grill	EACH	435	80	900	3.00	3.24	195.0	200	0.0	*4	26.5	33.5	22.5	9.25	*1.00
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
Burrito, Bean & Cheese	EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Chix,White,Sriracha/w Goldfish	SERVING	290	40	420	2.00	1.44	20.0	200	1.2	2	18.0	28.0	12.5	2.50	0.00
FP: Nacho Sauce with Chips	5 OZ.SVG.	480	45	1001	6.22	3.81	514.7	820	1.25	2	18.68	42.12	25.7	11.01	0.00
Quesadilla Chicken	SERVING	300	45	560	3.00	2.70	250.0	200	0.0	1	19.0	31.0	11.0	4.50	0.00
Corn Dog w/Tots	SERVING	370	40	700	7.80	1.80	80.0	0	3.6	5	11.0	47.0	14.0	3.50	0.00
Pizza, Stix, Stuffed Crust	1 EACH	300	10	740	4.00	2.16	300.0	200	0.0	*N/A*	14.0	34.0	12.0	4.00	*N/A*
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, Gourmet, Taco	1 EACH	608	83	1110	7.35	4.67	604.7	14050	67.14	*4	26.87	37.33	37.82	17.71	18.79
Sand: PBJ, Grape, WG	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP,Parfait,Yog,Cinn Bitz,Peach	1 EACH	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	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
SB: Sauce, Pizza, Bosco	1 EACH	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	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
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB,Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
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, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD,Peanut Butter Cup	SVG	180	0	130	2.00	0.72	20.0	0	0.0	3	6.0	8.0	14.99	2.50	0.00
SB, Pasta Salad	SVG	418	0	789	5.70	26.84	1628.3	960	48.65	*6	8.63	48.39	21.17	4.06	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pears	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.0	74	0.0	15	0.0	17.24	0.0	0.00	0.00
Watermelon, with Rind	SERVING, 5.4 oz	46	0	2	0.00	0.28	15.3	842	11.94	9	1.53	12.25	0.0	0.00	0.00
Apples, Gala,138 ct.	EACH	98	*N/A*	2	3.96	0.21	12.0	48	*N/A*	18	0.43	23.53	0.21	*N/A*	0.00
Apples, 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

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Escondido Union School District

Sep 15, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Middle School Lunch 6-8

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 ¹ (g)
Tue - 09/19/2017															
.....	...	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.	1 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.	1 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, 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, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, 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, 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 OZ	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, Pico de Gallo	.25 CUP	4	0	293	0.16	0.06	1.2	97	2.32	*0	0.12	0.96	0.05	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, Tomato Slices	1/8 CUP	2	0	4	0.09	0.05	0.5	23	1.58	*N/A*	0.11	0.31	0.02	0.00	0.00
CD, Chile Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.0	120	0.0	0	0.0	1.2	0.0	0.00	0.00
Weighted Daily Average		504	*41	828	5.02	*3.35	*469.4	*1907	*8.49	*29	24.19	60.58	18.61	*5.59	*0.59
% of Calories										*23.1%	19.2%	48.1%	33.3%	*10.0%	*1.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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Escondido Union School District

Sep 15, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Middle School Lunch 6-8

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 ¹ (g)
Wed - 09/20/2017															
Middle School Lunch 6-8	Total														
Beef, Chs-Burger, Smokie Grill	EACH	435	80	900	3.00	3.24	195.0	200	0.0	*4	26.5	33.5	22.5	9.25	*1.00
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
Burrito, Bean & Cheese	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: 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
Chix: Nuggets / Goldfish /Tots	1 EACH	438	47	1026	5.80	1.36	40.0	178	3.6	1	24.0	46.0	17.5	3.00	0.00
FP: Travelin' Taco -	4.0 serving	177	15	316	6.31	2.13	163.7	333	2.76	*1	9.83	21.33	5.93	3.30	*0.00
Pizza,Nardone Bros.**NEW**	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: Sand: Italian Combo Sub	SANDWIC	395	84	1162	3.00	3.14	390.3	560	3.28	*3	30.18	35.04	16.91	7.20	*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	611	0	804	11.62	6.11	277.6	5234	128.91	*9	17.63	70.74	31.18	5.17	*0.00
Sand: PBJ, Grape, WG	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP,Parfait,Yog,Cinn Bitz,Peach	1 EACH	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	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	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
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: Sauce, Pizza, Bosco	1 EACH	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	9.0	0.0	0.00	0.00
SB, Broccoli Florets	SERVING, 1.1 oz	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	0.04	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 Salad Bar 1	1 CUP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pinappl Tidbt, Draind	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.8	0	12.07	19	1.01	22.8	0.0	0.00	0.00
Pear,Asian	EACH	85	0	1	4.60	0.18	10.0	0	6.0	14	0.5	23.0	0.2	0.00	0.00
Apples, Gala,138 ct.	EACH	98	*N/A*	2	3.96	0.21	12.0	48	*N/A*	18	0.43	23.53	0.21	*N/A*	0.00
Apples, 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
.....	...	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.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00

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Escondido Union School District

Sep 15, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Middle School Lunch 6-8

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 ¹ (g)
Wed - 09/20/2017															
Milk,Choc,Pouch,90/ea.8oz.	1 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, 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, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, 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, 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 OZ	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, Pico de Gallo	.25 CUP	4	0	293	0.16	0.06	1.2	97	2.32	*0	0.12	0.96	0.05	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, Tomato Slices	1/8 CUP	2	0	4	0.09	0.05	0.5	23	1.58	*N/A*	0.11	0.31	0.02	0.00	0.00
CD, Chile Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.0	120	0.0	0	0.0	1.2	0.0	0.00	0.00
Weighted Daily Average		546	*41	859	6.79	*3.15	*435.7	*1593	*15.56	*35	27.28	70.72	18.08	*5.25	*0.21
% of Calories										*25.9%	20.0%	51.8%	29.8%	*8.7%	*0.3%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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Escondido Union School District

Sep 15, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Middle School Lunch 6-8

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 ¹ (g)
Thu - 09/21/2017															
Middle School Lunch 6-8	Total														
Pizza, Pepp, 52%WW, PZA Guy, 8	Slice	326	28	813	4.88	2.16	440.0	450	1.8	3	21.22	35.33	11.87	6.20	0.00
Pizza, Chs, 52%WG, PZA Guy, 8s	SLICE	309	26	676	4.18	1.99	436.4	462	1.78	*N/A*	20.41	34.34	10.7	5.74	0.16
Cheeseburger Mini	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
Burrito, Bean & Cheese	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	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP,Parfait,Yog,Cinn Bitz,Peach	1 EACH	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	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	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB,Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
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, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD,Peanut Butter Cup	SVG	180	0	130	2.00	0.72	20.0	0	0.0	3	6.0	8.0	14.99	2.50	0.00
SB:Black Bean Salad	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	0.00	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	101	0	3	3.31	4.30	41.3	91	4.3	18	1.65	24.79	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
Apples, Gala,138 ct.	EACH	98	*N/A*	2	3.96	0.21	12.0	48	*N/A*	18	0.43	23.53	0.21	*N/A*	0.00
Apples, 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
.....	...	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.	1 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.	1 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, 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, 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

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

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Escondido Union School District

Sep 15, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Middle School Lunch 6-8

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 ¹ (g)
Thu - 09/21/2017															
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, 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 OZ	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, Pico de Gallo	.25 CUP	4	0	293	0.16	0.06	1.2	97	2.32	*0	0.12	0.96	0.05	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, Tomato Slices	1/8 CUP	2	0	4	0.09	0.05	0.5	23	1.58	*N/A*	0.11	0.31	0.02	0.00	0.00
CD, Chile Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.0	120	0.0	0	0.0	1.2	0.0	0.00	0.00
Weighted Daily Average		568	*33	1037	8.00	*4.09	*758.8	*1691	*9.50	*36	30.71	78.43	15.98	*6.88	*0.00
% of Calories										*25.4%	21.6%	55.3%	25.3%	*10.9%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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Escondido Union School District

Sep 15, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Middle School Lunch 6-8

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 ¹ (g)
Fri - 09/22/2017															
Middle School Lunch 6-8	Total														
Beef, Chs-Burger, Smokie Grill	EACH	435	80	900	3.00	3.24	195.0	200	0.0	*4	26.5	33.5	22.5	9.25	*1.00
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
Burrito, Bean & Cheese	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: Chix, Spicy Patty	Each	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*0.00
Chix: Orange/ Brown Rice, MS	SERVING	377	40	280	2.67	1.68	0.0	50	1.2	10	16.33	68.33	4.33	0.50	0.00
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
Pizza, Stix, Stuffed Crust	1 EACH	300	10	740	4.00	2.16	300.0	200	0.0	*N/A*	14.0	34.0	12.0	4.00	*N/A*
FP:Salad:SouthWestern Chic.	1 EACH	520	95	989	7.45	2.20	62.0	169	56.08	*6	22.15	48.14	27.14	4.84	*0.00
FP: Sand: Tuna Sub- Elementary	1 EACH	288	32	568	3.03	2.00	117.5	445	0.42	4	25.52	34.25	7.53	0.52	0.00
Sand: PBJ, Grape, WG	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP, Yogurt, Grnla Prft, Peach	EACH	525	20	274	5.36	2.16	440.0	909	4.03	*66	15.0	95.17	11.5	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
SB: Sauce, Pizza, Bosco	1 EACH	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	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
.....	...	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	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
SB, Broccoli Florets	SERVING, 1.1 oz	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	0.04	0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
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:Black Bean Salad	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	SERVING, 4.5 oz	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
Grapes,Red,Lunch Bunch	SERVING, 3.0 oz	52	0	2	0.70	0.27	8.0	7	2.4	*N/A*	0.54	13.67	0.12	0.04	0.00
Apples, 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
Apples, Gala,138 ct.	EACH	98	*N/A*	2	3.96	0.21	12.0	48	*N/A*	18	0.43	23.53	0.21	*N/A*	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.	1 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.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00

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Escondido Union School District

Sep 15, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Middle School Lunch 6-8

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 ¹ (g)
Fri - 09/22/2017															
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, 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, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, 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, 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 OZ	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, Pico de Gallo	.25 CUP	4	0	293	0.16	0.06	1.2	97	2.32	*0	0.12	0.96	0.05	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, Tomato Slices	1/8 CUP	2	0	4	0.09	0.05	0.5	23	1.58	*N/A*	0.11	0.31	0.02	0.00	0.00
CD, Chile Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.0	120	0.0	0	0.0	1.2	0.0	0.00	0.00
Weighted Daily Average		565	*47	788	5.10	*2.83	*371.7	*1413	*5.60	*33	27.81	78.81	16.27	*4.07	*0.26
% of Calories										*23.5%	19.7%	55.8%	25.9%	*6.5%	*0.4%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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Escondido Union School District

Sep 15, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Middle School Lunch 6-8

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 ¹ (g)
Mon - 09/25/2017															
Middle School Lunch 6-8	Total														
Cheeseburger Mini	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	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: Chix, Spicy Patty	Each	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*0.00
Chix: Oven / Corn	1 EACH	231	71	478	2.21	1.34	21.3	96	2.0	*0	17.48	15.28	11.45	2.58	*0.00
Taquitos, Chicken	Serving	456	50	462	4.00	1.63	202.5	304	0.0	0	17.09	27.01	29.11	9.08	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
Hot Dog w/Tots-Hoffy	SVG.	442	30	944	5.80	2.53	100.2	101	3.6	4	15.07	48.02	22.17	7.07	1.01
Pizza,Nardone Bros.**NEW**	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: Sand: Turkey, Sub	SANDWIC	390	75	820	3.00	2.16	300.0	400	0.0	*3	31.0	33.0	16.0	7.50	0.00
Sand: PBJ, Grape, WG	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP,Parfait,Yog,Cinn Bitz,Peach	1 EACH	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
FP: Salad: Chicken Caesar	1 EACH	468	75	815	5.93	3.19	290.0	9929	27.22	4	28.79	32.64	25.44	6.48	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	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
SB, Broccoli Florets	SERVING, 1.1 oz	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	0.04	0.00
SB: Sauce, Pizza, Bosco	1 EACH	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	9.0	0.0	0.00	0.00
SB, Pasta Salad	SVG	418	0	789	5.70	26.84	1628.3	960	48.65	*6	8.63	48.39	21.17	4.06	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	SERVING, 4.5 oz	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
Fruit, Fresh Mon 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
Apples, Gala,138 ct.	EACH	98	*N/A*	2	3.96	0.21	12.0	48	*N/A*	18	0.43	23.53	0.21	*N/A*	0.00
Apples, 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 4.95	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%,Pouch,90/ea. 8oz.	1 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.	1 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

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Escondido Union School District

Sep 15, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Middle School Lunch 6-8

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 ¹ (g)
Mon - 09/25/2017															
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	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, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, 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, 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 OZ	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, Pico de Gallo	.25 CUP	4	0	293	0.16	0.06	1.2	97	2.32	*0	0.12	0.96	0.05	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, Tomato Slices	1/8 CUP	2	0	4	0.09	0.05	0.5	23	1.58	*N/A*	0.11	0.31	0.02	0.00	0.00
CD, Chile Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.0	120	0.0	0	0.0	1.2	0.0	0.00	0.00
Weighted Daily Average		539	*42	774	5.26	*3.44	*479.0	*1500	*8.25	*32	28.70	66.37	18.04	*4.94	*0.01
% of Calories										*23.6%	21.3%	49.3%	30.1%	*8.3%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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

Sep 15, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Middle School Lunch 6-8

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 ¹ (g)
Tue - 09/26/2017															
Middle School Lunch 6-8	Total														
Beef, Chs-Burger, Smokie Grill	EACH	435	80	900	3.00	3.24	195.0	200	0.0	*4	26.5	33.5	22.5	9.25	*1.00
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
Burrito, Bean & Cheese	EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Chix,White,Sriracha/w Goldfish	SERVING	290	40	420	2.00	1.44	20.0	200	1.2	2	18.0	28.0	12.5	2.50	0.00
FP: Nacho Sauce with Chips	5 OZ.SVG.	480	45	1001	6.22	3.81	514.7	820	1.25	2	18.68	42.12	25.7	11.01	0.00
Quesadilla Chicken	SERVING	300	45	560	3.00	2.70	250.0	200	0.0	1	19.0	31.0	11.0	4.50	0.00
Corn Dog w/Tots	SERVING	370	40	700	7.80	1.80	80.0	0	3.6	5	11.0	47.0	14.0	3.50	0.00
Pizza, Stix, Stuffed Crust	1 EACH	300	10	740	4.00	2.16	300.0	200	0.0	*N/A*	14.0	34.0	12.0	4.00	*N/A*
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, Gourmet, Taco	1 EACH	608	83	1110	7.35	4.67	604.7	14050	67.14	*4	26.87	37.33	37.82	17.71	18.79
Sand: PBJ, Grape, WG	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP,Parfait,Yog,Cinn Bitz,Peach	1 EACH	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	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
SB: Sauce, Pizza, Bosco	1 EACH	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	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
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB,Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
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, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD,Peanut Butter Cup	SVG	180	0	130	2.00	0.72	20.0	0	0.0	3	6.0	8.0	14.99	2.50	0.00
SB, Pasta Salad	SVG	418	0	789	5.70	26.84	1628.3	960	48.65	*6	8.63	48.39	21.17	4.06	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pears	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.0	74	0.0	15	0.0	17.24	0.0	0.00	0.00
Watermelon, with Rind	SERVING, 5.4 oz	46	0	2	0.00	0.28	15.3	842	11.94	9	1.53	12.25	0.0	0.00	0.00
Apples, Gala,138 ct.	EACH	98	*N/A*	2	3.96	0.21	12.0	48	*N/A*	18	0.43	23.53	0.21	*N/A*	0.00
Apples, 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

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Escondido Union School District

Sep 15, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Middle School Lunch 6-8

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 ¹ (g)
Tue - 09/26/2017															
.....	...	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.	1 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.	1 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, 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, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, 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, 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 OZ	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, Pico de Gallo	.25 CUP	4	0	293	0.16	0.06	1.2	97	2.32	*0	0.12	0.96	0.05	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, Tomato Slices	1/8 CUP	2	0	4	0.09	0.05	0.5	23	1.58	*N/A*	0.11	0.31	0.02	0.00	0.00
CD, Chile Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.0	120	0.0	0	0.0	1.2	0.0	0.00	0.00
Weighted Daily Average		561	*43	969	5.78	*3.76	*526.4	*1945	*8.49	*29	26.85	67.04	20.89	*6.35	*0.59
% of Calories										*20.7%	19.2%	47.8%	33.5%	*10.2%	*0.9%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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Escondido Union School District

Sep 15, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Middle School Lunch 6-8

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 ¹ (g)
Wed - 09/27/2017															
Middle School Lunch 6-8	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
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: Chix, Spicy Patty	Each	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*0.00
Chix: Nuggets / Goldfish /Tots	1 EACH	438	47	1026	5.80	1.36	40.0	178	3.6	1	24.0	46.0	17.5	3.00	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
Burrito, Bean & Cheese	EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
FP: Taco, Beef Dip/ Nacho Chip	5.75 oz/se	603	64	1237	9.93	5.26	283.0	785	7.0	2	23.93	48.9	32.53	12.46	0.00
Pizza,Nardone Bros.**NEW**	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: Sand: Italian Combo Sub	SANDWIC	395	84	1162	3.00	3.14	390.3	560	3.28	*3	30.18	35.04	16.91	7.20	*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	611	0	804	11.62	6.11	277.6	5234	128.91	*9	17.63	70.74	31.18	5.17	*0.00
Sand: PBJ, Grape, WG	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP, Yogurt, Grnla Prft, Peach	EACH	525	20	274	5.36	2.16	440.0	909	4.03	*66	15.0	95.17	11.5	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	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
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: Sauce, Pizza, Bosco	1 EACH	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	9.0	0.0	0.00	0.00
SB, Broccoli Florets	SERVING, 1.1 oz	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	0.04	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 Salad Bar 1	1 CUP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pinappl Tidbt, Draind	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.8	0	12.07	19	1.01	22.8	0.0	0.00	0.00
Pear,Asian	EACH	85	0	1	4.60	0.18	10.0	0	6.0	14	0.5	23.0	0.2	0.00	0.00
Apples, Gala,138 ct.	EACH	98	*N/A*	2	3.96	0.21	12.0	48	*N/A*	18	0.43	23.53	0.21	*N/A*	0.00
Apples, 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

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Escondido Union School District

Sep 15, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/27/2017															
.....	...	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.	1 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.	1 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, 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, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, 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, 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 OZ	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, Pico de Gallo	.25 CUP	4	0	293	0.16	0.06	1.2	97	2.32	*0	0.12	0.96	0.05	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, Tomato Slices	1/8 CUP	2	0	4	0.09	0.05	0.5	23	1.58	*N/A*	0.11	0.31	0.02	0.00	0.00
CD, Chile Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.0	120	0.0	0	0.0	1.2	0.0	0.00	0.00
Weighted Daily Average		640	*45	1016	8.27	*4.20	*521.8	*1743	*16.94	*37	29.64	81.03	22.37	*6.43	*0.02
% of Calories										*23.4%	18.5%	50.7%	31.5%	*9.0%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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

Sep 15, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Middle School Lunch 6-8

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 ¹ (g)
Thu - 09/28/2017															
Middle School Lunch 6-8	Total														
Pizza, Pepp, 52%WW, PZA Guy, 8	Slice	326	28	813	4.88	2.16	440.0	450	1.8	3	21.22	35.33	11.87	6.20	0.00
Pizza, Chs, 52%WG, PZA Guy, 8s	SLICE	309	26	676	4.18	1.99	436.4	462	1.78	*N/A*	20.41	34.34	10.7	5.74	0.16
Cheeseburger Mini	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
Burrito, Bean & Cheese	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	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP,Parfait,Yog,Cinn Bitz,Peach	1 EACH	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	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	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	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, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
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, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD,Peanut Butter Cup	SVG	180	0	130	2.00	0.72	20.0	0	0.0	3	6.0	8.0	14.99	2.50	0.00
SB:Black Bean Salad	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	0.00	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	101	0	3	3.31	4.30	41.3	91	4.3	18	1.65	24.79	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
Apples, Gala,138 ct.	EACH	98	*N/A*	2	3.96	0.21	12.0	48	*N/A*	18	0.43	23.53	0.21	*N/A*	0.00
Apples, 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
.....	...	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.	1 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.	1 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, 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, 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

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Escondido Union School District

Sep 15, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Middle School Lunch 6-8

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 ¹ (g)
Thu - 09/28/2017															
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, 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 OZ	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, Pico de Gallo	.25 CUP	4	0	293	0.16	0.06	1.2	97	2.32	*0	0.12	0.96	0.05	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, Tomato Slices	1/8 CUP	2	0	4	0.09	0.05	0.5	23	1.58	*N/A*	0.11	0.31	0.02	0.00	0.00
CD, Chile Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.0	120	0.0	0	0.0	1.2	0.0	0.00	0.00
Weighted Daily Average		568	*33	1037	8.00	*4.09	*758.8	*1691	*9.50	*36	30.71	78.43	15.98	*6.88	*0.00
% of Calories										*25.4%	21.6%	55.3%	25.3%	*10.9%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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Escondido Union School District

Sep 15, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Middle School Lunch 6-8

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 ¹ (g)
Fri - 09/29/2017															
Middle School Lunch 6-8	Total														
Beef, Chs-Burger, Smokie Grill	EACH	435	80	900	3.00	3.24	195.0	200	0.0	*4	26.5	33.5	22.5	9.25	*1.00
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
Burrito, Bean & Cheese	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: 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
Chix: Orange/ Brown Rice, MS	SERVING	377	40	280	2.67	1.68	0.0	50	1.2	10	16.33	68.33	4.33	0.50	0.00
Pizza, Stix, Stuffed Crust	1 EACH	300	10	740	4.00	2.16	300.0	200	0.0	*N/A*	14.0	34.0	12.0	4.00	*N/A*
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
FP:Salad:SouthWestern Chic.	1 EACH	520	95	989	7.45	2.20	62.0	169	56.08	*6	22.15	48.14	27.14	4.84	*0.00
FP: Sand: Tuna Sub- Elementary	1 EACH	288	32	568	3.03	2.00	117.5	445	0.42	4	25.52	34.25	7.53	0.52	0.00
Sand: PBJ, Grape, WG	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP,Parfait,Yog,Cinn Bitz,Peach	1 EACH	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	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
SB: Sauce, Pizza, Bosco	1 EACH	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	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
.....	...	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	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
SB, Broccoli Florets	SERVING, 1.1 oz	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	0.04	0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
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:Black Bean Salad	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	SERVING, 4.5 oz	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
Grapes,Red,Lunch Bunch	SERVING, 3.0 oz	52	0	2	0.70	0.27	8.0	7	2.4	*N/A*	0.54	13.67	0.12	0.04	0.00
Apples, 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
Apples, Gala,138 ct.	EACH	98	*N/A*	2	3.96	0.21	12.0	48	*N/A*	18	0.43	23.53	0.21	*N/A*	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.	1 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.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00

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Escondido Union School District

Sep 15, 2017 thru Sep 30, 2017

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/29/2017															
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, 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, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, 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, 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 OZ	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, Pico de Gallo	.25 CUP	4	0	293	0.16	0.06	1.2	97	2.32	*0	0.12	0.96	0.05	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, Tomato Slices	1/8 CUP	2	0	4	0.09	0.05	0.5	23	1.58	*N/A*	0.11	0.31	0.02	0.00	0.00
CD, Chile Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.0	120	0.0	0	0.0	1.2	0.0	0.00	0.00
Weighted Daily Average		565	*47	788	5.10	*2.84	*371.8	*1412	*5.65	*33	27.82	78.62	16.28	*4.07	*0.26
% of Calories										*23.2%	19.7%	55.7%	25.9%	*6.5%	*0.4%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

Weighted Average		559	*42	872	6.17	*3.47	*499.4	*1609	*9.41	*33	28.09	73.61	17.63	*5.25	*0.21
										*53.5%	20.1%	52.7%	28.4%	*8.5%	*0.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	559		600 - 650	93%		41		Correction Required - Calories are Low
Cholesterol (mg)	42				Missing			
Sodium (mg)	872		1230					
Fiber (g)	6.17							
Iron (mg)	3.47				Missing			
Calcium (mg)	499.4				Missing			
Vitamin A (IU)	1609				Missing			
Sugars (g)	33	23.80%			Missing			
Vitamin C (mg)	9.41				Missing			
Protein (g)	28.09	20.11%						
Carbohydrate (g)	73.61	52.70%						
Total Fat (g)	17.63	28.40%	<=35.00%					
Saturated Fat (g)	5.25	8.46%	<10.00%		Missing			
Trans Fat ¹ (g)	0.21	0.33%			Missing			

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