

Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 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 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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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

Page 2

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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 ¹ (g)
Mon - 05/01/2017																
Middle School Lunch 6-8	Total	100														
Cheeseburger Mini	EACH	15	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	8	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	10	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	SERVING	15	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	6	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	15	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-Eisenburg	SVG.	1	460	40	1040	5.80	2.57	87.1	25	3.6	3	16.0	47.0	24.0	7.00	1.00
Pizza,Nardone Bros.**NEW**	EACH	20	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	2	390	75	820	3.00	2.16	300.0	400	0.0	*3	31.0	33.0	16.0	7.50	0.00
FP: Salad: Chicken Caesar	1 EACH	2	468	75	815	5.93	3.19	290.0	9929	27.22	4	28.79	32.64	25.44	6.48	0.00
Sand: PBJ, Grape, WG	EACH	5	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	EACH	2	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
GF: Yogurt & Granola Lunch MS	1 EACH	1	444	20	199	5.87	2.11	439.5	500	2.4	*36	14.92	69.08	12.32	5.43	*0.00
FP: Travelin' Taco -	SERVING	0	177	15	316	6.31	2.13	163.7	333	2.76	*1	9.83	21.33	5.93	3.30	*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
FP: SB, Kale/Romaine	2.2 OZ.	2	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	10	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	1	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
	, 2.61oz															
SB, Jicama Sticks	SERVING	6	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
	, 2.5 oz															
SB, Cucumber, Sliced	SERVING	4	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
	, 3.0 oz															
SB, Edamame	SERVING	1	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
	, 3 oz															
SB, Broccoli Florets	SERVING	1	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	0.04	0.00
	, 2.22															
SB: Sauce, Pizza, Bosco	1 EACH	1	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	1/2 Cup	1	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*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	27	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
	, 4.5 oz															
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	25	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															
.....	...	0	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

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

Page 3

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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 ¹ (g)
Mon - 05/01/2017																
Milk, 1%, Pouch 8oz. Hollandia	1 EACH	15	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	70	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	15	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, Catsup	TBS.	21	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	20	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	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	1	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,	1.35 OZ. SVG.	4	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	1	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	1	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	3	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	2	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING , 3.27oz	2	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Chile Lime Seasoning	.25 Tsp	1	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			583	51	838	5.94	*3.00	*541.1	*1878	*18.32	*36	30.33	69.41	19.59	5.64	*0.01
% of Calories											*24.7%	20.8%	47.6%	30.3%	8.7%	*0.0%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

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Base Menu Spreadsheet

Middle School Lunch 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 ¹ (g)
Tue - 05/02/2017																
Middle School Lunch 6-8	Total	100														
Beef, Chs-Burger, Smokie Grill	EACH	20	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	1	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	10	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Sand: Cheese, Grilled, WG	EACH	3	280	32	581	3.00	1.64	4650.2	524	0.0	6	18.55	30.96	9.91	5.56	0.00
FP: Nacho Sauce with Chips	3 oz	10	1533	151	2276	18.70	11.47	5744.6	2779	4.6	*3	53.08	120.84	92.12	43.54	*0.00
Quesadilla Chicken	SERVING	10	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	10	370	40	700	7.80	1.80	80.0	0	3.6	5	11.0	47.0	14.0	3.50	0.00
Pizza,Nardone Bros.**NEW**	EACH	20	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: Ham, Sub	1 EACH	2	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	2	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	7	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	EACH	1	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
GF: Chicken Sandwich	1 EACH	0	409	45	828	8.00	1.80	60.0	0	0.0	3	14.94	58.94	15.44	2.99	0.00
GF: Yogurt & Granola Lunch MS	1 EACH	0	444	20	199	5.87	2.11	439.5	500	2.4	*36	14.92	69.08	12.32	5.43	*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
FP: SB, Kale/Romaine	2.2 OZ.	2	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	10	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	1	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
	, 2.61oz															
SB, Jicama Sticks	SERVING	6	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
	, 2.5 oz															
SB, Cucumber, Sliced	SERVING	4	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
	, 3.0 oz															
SB, Edamame	SERVING	1	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
	, 3 oz															
SB, Corn: Frozen, yellow	SERVING	1	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
	, 3 oz															
SB, Pasta Salad	1/2 Cup	1	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*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	27	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															
Strawberries, Raw	SERVING	25	28	0	1	1.72	0.35	13.8	10	50.68	4	0.58	6.62	0.26	0.13	0.00
	, 3 oz															
Apples, Red, 138 ct, #9203	EACH	1	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	25	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Apple, Sliced, Bags	EACH	1	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	15	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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Middle School Lunch 6-8

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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 ¹ (g)
Tue - 05/02/2017																
Milk, Choc, NF, 90 ea./Hollandia	1 EACH	70	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	15	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, Catsup	TBS.	21	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	20	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	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	1	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															
	1.35 OZ.	4	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
	SVG.															
CD, Mayonnaise, Lite	1 OZ	1	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	1	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	3	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	2	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING	2	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Chile Lime Seasoning	, 3.27oz .25 Tsp	1	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			697	63	1109	7.65	*4.10	*1221.0	*2079	*22.83	*33	32.06	77.16	28.92	10.62	*0.59
% of Calories											*18.7%	18.4%	44.3%	37.4%	13.7%	*0.8%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

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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 ¹ (g)
Wed - 05/03/2017																
Middle School Lunch 6-8	Total	100														
Beef, Chs-Burger, Smokie Grill	EACH	20	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	1	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	5	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	10	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	10	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 -	SERVING	10	177	15	316	6.31	2.13	163.7	333	2.76	*1	9.83	21.33	5.93	3.30	*0.00
Pizza, Stix, Stuffed Crust	1 EACH	1	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: Italian Combo Sub	SANDWIC	2	395	84	1162	3.00	3.14	390.3	560	3.28	*3	30.18	35.04	16.91	7.20	*0.00
FP: Salad: Chef, Gourmet	1 EACH	2	340	72	725	3.97	2.45	268.8	737	5.36	*4	26.15	30.7	14.62	7.34	*0.00
Sand: PBJ, Grape, WG	1 EACH	5	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	EACH	1	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
Brunch 4 Lunch, Pancakes Ssg	1 EACH	1	153	7	220	2.00	1.20	0.0	17	0.0	3	3.33	27.32	4.0	0.67	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
GF: Pizza	1 EACH	0	236	0	587	3.11	0.99	47.4	200	0.89	7	2.74	37.81	7.55	2.19	0.00
GF: Yogurt & Granola Lunch MS	1 EACH	0	444	20	199	5.87	2.11	439.5	500	2.4	*36	14.92	69.08	12.32	5.43	*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
FP: SB, Kale/Romaine	2.2 OZ.	2	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	10	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	1	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
	, 2.61oz															
SB, Jicama Sticks	SERVING	6	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
	, 2.5 oz															
SB, Cucumber, Sliced	SERVING	4	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
	, 3.0 oz															
SB, Edamame	SERVING	1	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
	, 3 oz															
SB, Peppers, Bell Green	SERVING	1	16	0	2	1.56	0.28	7.8	273	62.68	2	0.78	3.9	0.0	0.00	0.00
	, 2.75oz															
SB: Sauce, Pizza, Bosco	1 EACH	1	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	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	0.04	0.00
	, 2.22															
SB, Pasta Salad	1/2 Cup	1	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*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	27	94	0	0	1.34	0.48	26.8	0	12.07	19	1.01	22.8	0.0	0.00	0.00
	, 4.0 oz															
Bananas , Whole,	EACH	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	25	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
Apple, Sliced, Bags	EACH	1	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*

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

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 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 ¹ (g)
Wed - 05/03/2017																
.....	...	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	15	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	70	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	15	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, Catsup	TBS.	21	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	20	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	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	1	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,	1.35 OZ.	4	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
	SVG.															
CD, Mayonnaise, Lite	1 OZ	1	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	1	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	3	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	2	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING	2	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
	, 3.27oz															
CD, Chile Lime Seasoning	.25 Tsp	1	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			511	40	800	6.08	*2.40	*440.4	*1482	*14.55	*37	24.61	70.66	15.34	4.20	*0.21
% of Calories											*29.1%	19.3%	55.4%	27.0%	7.4%	*0.4%
Nutrient Guideline			600-650		1230									<=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 Lunch 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 ¹ (g)
Thu - 05/04/2017																
Middle School Lunch 6-8	Total	100														
Pizza, Pepp, 52%WW, PZA Guy, 8	Slice	92	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	2	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	2	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
Sand: PBJ, Grape, WG	EACH	1	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP,Parfait,Yog,Cinn Bitz,Peach	EACH	1	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
GF: Hot Dog -Eisenberg	1 EACH	0	350	40	730	3.00	1.49	27.1	25	0.0	3	11.0	31.0	20.5	6.00	1.00
GF: Yogurt & Granola Lunch MS	1 EACH	0	444	20	199	5.87	2.11	439.5	500	2.4	*36	14.92	69.08	12.32	5.43	*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
FP: SB, Kale/Romaine	2.2 OZ.	2	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	10	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	1	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
SB, Jicama Sticks	SERVING , 2.61oz	6	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 , 2.5 oz	4	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 , 3.0 oz	1	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	1	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
SB, Pasta Salad	1/2 Cup	1	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*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	27	101	0	3	3.31	4.30	41.3	91	4.3	18	1.65	24.79	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	25	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
Apple, Sliced, Bags	EACH	1	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	15	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	70	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	15	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, Catsup	TBS.	21	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	20	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	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	1	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

Page 9

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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 ¹ (g)
Thu - 05/04/2017																
	1 OZ															
CD, Jalapenos,	1.35 OZ. SVG.	4	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	1	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	1	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	3	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	2	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING , 3.27oz	2	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Chile Lime Seasoning	.25 Tsp	1	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 % of Calories			553	36	1058	7.90	*3.77	*766.5	*1797	*41.63	*35 *25.5%	30.53 22.1%	74.98 54.2%	15.59 25.4%	6.82 11.1%	*0.00 *0.0%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 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 ¹ (g)
Fri - 05/05/2017																
Middle School Lunch 6-8	Total	100														
Beef, Chs-Burger, Smokie Grill	EACH	30	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	1	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	5	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
FP:Salad:SouthWestern Chic.	1 EACH	1	520	95	989	7.45	2.20	62.0	169	56.08	*6	22.15	48.14	27.14	4.84	*0.00
Sand: Chix, Spicy Patty	Each	10	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*0.00
Chix: Tang/ Brown Rice, MS	SERVING	30	457	90	290	2.67	2.40	20.0	0	1.2	9	24.33	60.33	13.33	2.50	0.00
Bean & Cheese Pupusa	EACH 5.5o	1	290	15	480	4.00	1.44	249.9	200	1.2	1	12.99	34.98	10.99	3.50	0.00
Shrimp Poppers w Goldfish	1 EACH	10	416	39	587	4.83	1.05	32.8	0	0.0	*0	22.14	49.72	14.98	2.28	*0.00
FP: Sand: Tuna Sub - Middle	SANDWIC	2	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	5	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	EACH	2	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
GF: Chix Strip & GF Pretzels	1 EACH	0	309	45	728	2.00	0.72	20.0	0	0.0	0	11.94	34.94	14.44	3.49	0.00
GF: Yogurt & Granola Lunch MS	1 EACH	0	444	20	199	5.87	2.11	439.5	500	2.4	*36	14.92	69.08	12.32	5.43	*0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FP: SB, Kale/Romaine	2.2 OZ.	2	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	10	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	1	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
SB, Broccoli Florets	SERVING , 2.22	1	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	6	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	4	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	1	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	1	6	0	3	0.34	0.13	5.4	68	6.09	1	0.41	1.06	0.11	0.03	0.00
SB, Pasta Salad	1/2 Cup	1	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*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	27	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
Watermelon, with Rind	SERVING , 5.4 oz	25	46	0	2	0.00	0.28	15.3	842	11.94	9	1.53	12.25	0.0	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	25	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
Apple, Sliced, Bags	EACH	1	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 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 ¹ (g)
Fri - 05/05/2017																
Milk, 1%, Pouch 8oz. Hollandia	1 EACH	15	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	70	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	15	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, Catsup	TBS.	21	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	20	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	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	1	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,	1.35 OZ. SVG.	4	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	1	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	1	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	3	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	2	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING , 3.27oz	2	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Chile Lime Seasoning	.25 Tsp	1	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			638	71	883	5.30	*2.98	*437.1	*1703	*10.59	*37	32.76	82.77	20.47	5.21	*0.31
% of Calories											*23.1%	20.5%	51.9%	28.9%	7.3%	*0.4%
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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 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 ¹ (g)
Mon - 05/08/2017																
Middle School Lunch 6-8	Total	100														
Cheeseburger Mini	EACH	15	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	10	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	15	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	SERVING	8	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	6	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	15	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-Eisenburg	SVG.	1	460	40	1040	5.80	2.57	87.1	25	3.6	3	16.0	47.0	24.0	7.00	1.00
Pizza,Nardone Bros.**NEW**	EACH	15	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	2	390	75	820	3.00	2.16	300.0	400	0.0	*3	31.0	33.0	16.0	7.50	0.00
FP: Salad: Chicken Caesar	1 EACH	2	468	75	815	5.93	3.19	290.0	9929	27.22	4	28.79	32.64	25.44	6.48	0.00
Sand: PBJ, Grape, WG	EACH	5	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	EACH	2	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
GF: Yogurt & Granola Lunch MS	1 EACH	0	444	20	199	5.87	2.11	439.5	500	2.4	*36	14.92	69.08	12.32	5.43	*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
FP: SB, Kale/Romaine	2.2 OZ.	2	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	10	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	1	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
	, 2.61oz															
SB, Jicama Sticks	SERVING	6	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
	, 2.5 oz															
SB, Cucumber, Sliced	SERVING	4	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
	, 3.0 oz															
SB, Edamame	SERVING	1	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
	, 3 oz															
SB, Broccoli Florets	SERVING	1	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	0.04	0.00
	, 2.22															
SB: Sauce, Pizza, Bosco	1 EACH	1	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	1/2 Cup	1	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*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	27	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
	, 4.5 oz															
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	25	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
Apple, Sliced, Bags	EACH	1	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	15	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	70	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 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 ¹ (g)
Mon - 05/08/2017																
Milk, FF	1 EACH	15	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, Catsup	TBS.	21	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	20	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	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	1	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															
	1.35 OZ.	4	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
	SVG.															
CD, Mayonnaise, Lite	1 OZ	1	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	1	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	3	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	2	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING	2	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Chile Lime Seasoning	.25 Tsp	1	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			570	46	822	5.94	*2.99	*528.2	*1849	*16.61	*36	29.52	69.31	18.59	5.05	*0.01
% of Calories											*24.9%	20.7%	48.7%	29.4%	8.0%	*0.0%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 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 ¹ (g)
Tue - 05/09/2017																
Middle School Lunch 6-8	Total	100														
Beef, Chs-Burger, Smokie Grill	EACH	20	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	1	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	10	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Sand: Cheese, Grilled, WG	EACH	3	280	32	581	3.00	1.64	4650.2	524	0.0	6	18.55	30.96	9.91	5.56	0.00
FP: Nacho Sauce with Chips	3 oz	10	1533	151	2276	18.70	11.47	5744.6	2779	4.6	*3	53.08	120.84	92.12	43.54	*0.00
Quesadilla Chicken	SERVING	10	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	10	370	40	700	7.80	1.80	80.0	0	3.6	5	11.0	47.0	14.0	3.50	0.00
Pizza,Nardone Bros.**NEW**	EACH	20	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: Ham, Sub	1 EACH	2	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	2	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	5	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	EACH	1	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
GF: Chicken Sandwich	1 EACH	0	409	45	828	8.00	1.80	60.0	0	0.0	3	14.94	58.94	15.44	2.99	0.00
GF: Yogurt & Granola Lunch MS	1 EACH	0	444	20	199	5.87	2.11	439.5	500	2.4	*36	14.92	69.08	12.32	5.43	*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
FP: SB, Kale/Romaine	2.2 OZ.	2	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	10	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	1	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
	, 2.61oz															
SB, Jicama Sticks	SERVING	6	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
	, 2.5 oz															
SB, Cucumber, Sliced	SERVING	4	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
	, 3.0 oz															
SB, Edamame	SERVING	1	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
	, 3 oz															
SB, Corn: Frozen, yellow	SERVING	1	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
	, 3 oz															
SB, Pasta Salad	1/2 Cup	1	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*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	27	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															
Strawberries, Raw	SERVING	25	28	0	1	1.72	0.35	13.8	10	50.68	4	0.58	6.62	0.26	0.13	0.00
	, 3 oz															
Apples, Red, 138 ct, #9203	EACH	1	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	25	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Apple, Sliced, Bags	EACH	1	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	15	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00

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

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 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 ¹ (g)
Tue - 05/09/2017																
Milk, Choc, NF, 90 ea./Hollandia	1 EACH	70	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	15	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, Catsup	TBS.	21	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	20	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	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	1	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															
	1.35 OZ.	4	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
	SVG.															
CD, Mayonnaise, Lite	1 OZ	1	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	1	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	3	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	2	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING	2	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Chile Lime Seasoning	, 3.27oz .25 Tsp	1	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			684	63	1097	7.51	*4.07	*1219.4	*2077	*22.83	*32	31.66	75.78	28.30	10.53	*0.59
% of Calories											*18.7%	18.5%	44.3%	37.2%	13.8%	*0.8%
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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 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 ¹ (g)
Wed - 05/10/2017																
Middle School Lunch 6-8	Total	100														
Beef, Chs-Burger, Smokie Grill	EACH	20	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	1	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	5	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	10	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	10	438	47	1026	5.80	1.36	40.0	178	3.6	1	24.0	46.0	17.5	3.00	0.00
FP: Taco, Beef Dip/ Nacho Chip	5.75 oz/s	10	603	64	1237	9.93	5.26	283.0	785	7.0	2	23.93	48.9	32.53	12.46	0.00
Pizza, Stix, Stuffed Crust	1 EACH	1	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: Italian Combo Sub	SANDWIC	2	395	84	1162	3.00	3.14	390.3	560	3.28	*3	30.18	35.04	16.91	7.20	*0.00
FP: Salad: Chef, Gourmet	1 EACH	2	340	72	725	3.97	2.45	268.8	737	5.36	*4	26.15	30.7	14.62	7.34	*0.00
Sand: PBJ, Grape, WG	EACH	5	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	EACH	1	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
Brunch 4 Lunch, Pancakes Ssg	1 EACH	1	153	7	220	2.00	1.20	0.0	17	0.0	3	3.33	27.32	4.0	0.67	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
GF: Pizza	1 EACH	0	236	0	587	3.11	0.99	47.4	200	0.89	7	2.74	37.81	7.55	2.19	0.00
GF: Yogurt & Granola Lunch MS	1 EACH	0	444	20	199	5.87	2.11	439.5	500	2.4	*36	14.92	69.08	12.32	5.43	*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
A to Z Wasabi Pea	SVG	1	392	3	431	13.97	*N/A*	*N/A*	*N/A*	*N/A*	14	17.96	53.89	7.98	0.00	0.00
FP: SB, Kale/Romaine	2.2 OZ.	2	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	10	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	1	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
SB, Jicama Sticks	SERVING	6	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	4	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	1	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
SB, Peppers, Bell Green	SERVING	1	16	0	2	1.56	0.28	7.8	273	62.68	2	0.78	3.9	0.0	0.00	0.00
SB: Sauce, Pizza, Bosco	1 EACH	1	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	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	0.04	0.00
SB, Pasta Salad	1/2 Cup	1	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*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	27	94	0	0	1.34	0.48	26.8	0	12.07	19	1.01	22.8	0.0	0.00	0.00
Bananas , Whole,	EACH	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	25	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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* - 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 Lunch 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 ¹ (g)
Wed - 05/10/2017																
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
Apple, Sliced, Bags	EACH	1	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	15	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	70	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	15	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, Catsup	TBS.	21	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	20	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	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	1	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,	1.35 OZ. SVG.	4	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	1	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	1	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	3	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	2	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING , 3.27oz	2	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Chile Lime Seasoning	.25 Tsp	1	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			557	45	897	6.58	*2.71	*452.4	*1527	*14.98	*37	26.20	73.96	18.08	5.12	*0.21
% of Calories											*26.8%	18.8%	53.1%	29.2%	8.3%	*0.3%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 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 ¹ (g)
Thu - 05/11/2017																
Middle School Lunch 6-8	Total	100														
Pizza, Pepp, 52%WW, PZA Guy, 8	Slice	92	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	2	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	2	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
Sand: PBJ, Grape, WG	EACH	1	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP,Parfait,Yog,Cinn Bitz,Peach	EACH	1	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
GF: Hot Dog -Eisenberg	1 EACH	0	350	40	730	3.00	1.49	27.1	25	0.0	3	11.0	31.0	20.5	6.00	1.00
GF: Yogurt & Granola Lunch MS	1 EACH	0	444	20	199	5.87	2.11	439.5	500	2.4	*36	14.92	69.08	12.32	5.43	*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
FP: SB, Kale/Romaine	2.2 OZ.	2	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	10	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	1	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
SB, Jicama Sticks	SERVING	6	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	4	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	1	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	1	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
SB, Pasta Salad	1/2 Cup	1	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*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	27	101	0	3	3.31	4.30	41.3	91	4.3	18	1.65	24.79	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	25	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
Apple, Sliced, Bags	EACH	1	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	15	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	70	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	15	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, Catsup	TBS.	21	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	20	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	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	1	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00

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

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 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 ¹ (g)
Thu - 05/11/2017																
	1 OZ															
CD, Jalapenos,	1.35 OZ. SVG.	4	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	1	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	1	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	3	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	2	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING , 3.27oz	2	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Chile Lime Seasoning	.25 Tsp	1	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 % of Calories			553	36	1058	7.90	*3.77	*766.5	*1797	*41.63	*35 *25.5%	30.53 22.1%	74.98 54.2%	15.59 25.4%	6.82 11.1%	*0.00 *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

* - 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 Lunch 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 ¹ (g)
Fri - 05/12/2017																
Middle School Lunch 6-8	Total	100														
Beef, Chs-Burger, Smokie Grill	EACH	25	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	1	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	5	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
FP:Salad:SouthWestern Chic.	1 EACH	1	520	95	989	7.45	2.20	62.0	169	56.08	*6	22.15	48.14	27.14	4.84	*0.00
Sand: Chix, Spicy Patty	Each	10	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*0.00
Chix: Tang/ Brown Rice, MS	SERVING	25	457	90	290	2.67	2.40	20.0	0	1.2	9	24.33	60.33	13.33	2.50	0.00
Shrimp Poppers w Goldfish	1 EACH	10	416	39	587	4.83	1.05	32.8	0	0.0	*0	22.14	49.72	14.98	2.28	*0.00
Pupusa,Cheese	1 EACH	1	320	25	630	3.00	0.00	250.0	200	2.4	0	12.0	35.0	16.0	5.00	0.00
FP: Sand: Tuna Sub- Elementary	1 EACH	2	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	5	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	EACH	2	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
GF: Beef, Burger, Smk Grill	1 EACH	0	342	80	717	2.33	1.80	115.0	200	0.0	*2	19.5	16.84	21.33	9.25	*1.00
GF: Yogurt & Granola Lunch MS	1 EACH	0	444	20	199	5.87	2.11	439.5	500	2.4	*36	14.92	69.08	12.32	5.43	*0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FP: SB, Kale/Romaine	2.2 OZ.	2	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	10	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	1	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
	, 2.61oz															
SB, Broccoli Florets	SERVING	1	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	0.04	0.00
	, 2.22															
SB, Jicama Sticks	SERVING	6	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
	, 2.5 oz															
SB, Cucumber, Sliced	SERVING	4	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
	, 3.0 oz															
SB, Edamame	SERVING	1	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
	, 3 oz															
SB, Zucchini	.5 CUP	1	6	0	3	0.34	0.13	5.4	68	6.09	1	0.41	1.06	0.11	0.03	0.00
SB, Pasta Salad	1/2 Cup	1	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*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	27	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
	, 4.5 oz															
Watermelon, with Rind	SERVING	25	46	0	2	0.00	0.28	15.3	842	11.94	9	1.53	12.25	0.0	0.00	0.00
	, 5.4 oz															
Apples, Red, 138 ct, #9203	EACH	25	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
Apple, Sliced, Bags	EACH	1	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 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 ¹ (g)
Fri - 05/12/2017																
Milk, 1%, Pouch 8oz. Hollandia	1 EACH	15	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	70	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	15	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, Catsup	TBS.	21	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	20	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	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	1	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,	1.35 OZ. SVG.	4	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	1	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	1	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	3	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	2	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING , 3.27oz	2	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Chile Lime Seasoning	.25 Tsp	1	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			594	63	825	5.00	*2.68	*426.4	*1693	*10.54	*36	30.21	78.07	18.73	4.64	*0.26
% of Calories											*24.4%	20.3%	52.6%	28.4%	7.0%	*0.4%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 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 ¹ (g)
Mon - 05/15/2017																
Middle School Lunch 6-8	Total	100														
Cheeseburger Mini	EACH	15	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	8	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	15	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	SERVING	10	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	6	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	15	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-Eisenburg	SVG.	1	460	40	1040	5.80	2.57	87.1	25	3.6	3	16.0	47.0	24.0	7.00	1.00
Pizza,Nardone Bros.**NEW**	EACH	15	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	2	390	75	820	3.00	2.16	300.0	400	0.0	*3	31.0	33.0	16.0	7.50	0.00
FP: Salad: Chicken Caesar	1 EACH	2	468	75	815	5.93	3.19	290.0	9929	27.22	4	28.79	32.64	25.44	6.48	0.00
Sand: PBJ, Grape, WG	EACH	5	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	EACH	2	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FP: Travelin' Taco -	SERVING	0	177	15	316	6.31	2.13	163.7	333	2.76	*1	9.83	21.33	5.93	3.30	*0.00
GF: Yogurt & Granola Lunch MS	1 EACH	0	444	20	199	5.87	2.11	439.5	500	2.4	*36	14.92	69.08	12.32	5.43	*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
FP: SB, Kale/Romaine	2.2 OZ.	2	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	10	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	1	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
SB, Jicama Sticks	SERVING	6	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	4	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	1	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	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	1	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	1/2 Cup	1	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*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	27	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	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	25	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
Apple, Sliced, Bags	EACH	1	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	15	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00

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

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

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 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 ¹ (g)
Mon - 05/15/2017																
Milk, Choc, NF, 90 ea./Hollandia	1 EACH	70	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	15	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, Catsup	TBS.	21	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	20	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	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	1	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															
	1.35 OZ.	4	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
	SVG.															
CD, Mayonnaise, Lite	1 OZ	1	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	1	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	3	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	2	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING	2	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Chile Lime Seasoning	, 3.27oz .25 Tsp	1	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			567	47	822	5.86	*2.91	*525.7	*1849	*16.65	*35	29.59	68.71	18.54	5.10	*0.01
% of Calories											*25.0%	20.9%	48.5%	29.4%	8.1%	*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
 * - 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 Lunch 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 ¹ (g)
Tue - 05/16/2017																
Middle School Lunch 6-8	Total	100														
Beef, Chs-Burger, Smokie Grill	EACH	20	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	1	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	10	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Sand: Cheese, Grilled, WG	EACH	3	280	32	581	3.00	1.64	4650.2	524	0.0	6	18.55	30.96	9.91	5.56	0.00
FP: Nacho Sauce with Chips	3 oz	10	1533	151	2276	18.70	11.47	5744.6	2779	4.6	*3	53.08	120.84	92.12	43.54	*0.00
Quesadilla Chicken	SERVING	10	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	10	370	40	700	7.80	1.80	80.0	0	3.6	5	11.0	47.0	14.0	3.50	0.00
Pizza,Nardone Bros.**NEW**	EACH	20	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: Ham, Sub	1 EACH	2	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	2	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	5	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	EACH	1	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
GF: Chicken Sandwich	1 EACH	0	409	45	828	8.00	1.80	60.0	0	0.0	3	14.94	58.94	15.44	2.99	0.00
GF: Yogurt & Granola Lunch MS	1 EACH	0	444	20	199	5.87	2.11	439.5	500	2.4	*36	14.92	69.08	12.32	5.43	*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
FP: SB, Kale/Romaine	2.2 OZ.	2	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	10	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	1	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
	, 2.61oz															
SB, Jicama Sticks	SERVING	6	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
	, 2.5 oz															
SB, Cucumber, Sliced	SERVING	4	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
	, 3.0 oz															
SB, Edamame	SERVING	1	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
	, 3 oz															
SB, Corn: Frozen, yellow	SERVING	1	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
	, 3 oz															
SB, Pasta Salad	1/2 Cup	1	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*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	27	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															
Strawberries, Raw	SERVING	25	28	0	1	1.72	0.35	13.8	10	50.68	4	0.58	6.62	0.26	0.13	0.00
	, 3 oz															
Apples, Red, 138 ct, #9203	EACH	1	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	25	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Apple, Sliced, Bags	EACH	1	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	15	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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 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 ¹ (g)
Tue - 05/16/2017																
Milk, Choc, NF, 90 ea./Hollandia	1 EACH	70	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	15	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, Catsup	TBS.	21	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	20	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	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	1	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															
	1.35 OZ.	4	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
	SVG.															
CD, Mayonnaise, Lite	1 OZ	1	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	1	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	3	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	2	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING	2	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Chile Lime Seasoning	, 3.27oz .25 Tsp	1	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			684	63	1097	7.51	*4.07	*1219.4	*2077	*22.83	*32	31.66	75.78	28.30	10.53	*0.59
% of Calories											*18.7%	18.5%	44.3%	37.2%	13.8%	*0.8%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 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 ¹ (g)
Wed - 05/17/2017																
Middle School Lunch 6-8	Total	100														
Beef, Chs-Burger, Smokie Grill	EACH	20	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	1	634	90	1519	4.79	3.88	254.6	200	1.43	*6	34.29	50.2	33.27	12.14	*1.00
Sand: Chix, Spicy Patty	Each	5	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	10	438	47	1026	5.80	1.36	40.0	178	3.6	1	24.0	46.0	17.5	3.00	0.00
FP: Taco, Beef Dip/ Nacho Chip	5.75 oz/s	10	603	64	1237	9.93	5.26	283.0	785	7.0	2	23.93	48.9	32.53	12.46	0.00
Burrito, Bean & Cheese	EACH	15	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
FP: Sand: Italian Combo Sub	SANDWIC	10	395	84	1162	3.00	3.14	390.3	560	3.28	*3	30.18	35.04	16.91	7.20	*0.00
FP: Salad: Chef, Gourmet	1 EACH	2	340	72	725	3.97	2.45	268.8	737	5.36	*4	26.15	30.7	14.62	7.34	*0.00
Pizza, Stix, Stuffed Crust	1 EACH	1	300	10	740	4.00	2.16	300.0	200	0.0	*N/A*	14.0	34.0	12.0	4.00	*N/A*
Sand: PBJ, Grape, WG	EACH	2	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	EACH	5	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
Brunch 4 Lunch, Pancakes Ssg	1 EACH	1	153	7	220	2.00	1.20	0.0	17	0.0	3	3.33	27.32	4.0	0.67	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
GF: Pizza	1 EACH	0	236	0	587	3.11	0.99	47.4	200	0.89	7	2.74	37.81	7.55	2.19	0.00
GF: Yogurt & Granola Lunch MS	1 EACH	0	444	20	199	5.87	2.11	439.5	500	2.4	*36	14.92	69.08	12.32	5.43	*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
A to Z Xigua	.5 CUP	1	24	0	1	0.32	0.19	5.6	455	6.48	5	0.49	6.04	0.12	0.01	0.00
FP: SB, Kale/Romaine	2.2 OZ.	2	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	10	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	1	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
SB, Jicama Sticks	SERVING , 2.5 oz	6	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	4	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	1	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
SB, Peppers, Bell Green	SERVING , 2.75oz	1	16	0	2	1.56	0.28	7.8	273	62.68	2	0.78	3.9	0.0	0.00	0.00
SB: Sauce, Pizza, Bosco	1 EACH	1	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 , 2.22	1	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	0.04	0.00
SB, Pasta Salad	1/2 Cup	1	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*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 , 4.0 oz	27	94	0	0	1.34	0.48	26.8	0	12.07	19	1.01	22.8	0.0	0.00	0.00
Bananas , Whole,	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	25	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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 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 ¹ (g)
Wed - 05/17/2017																
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
Apple, Sliced, Bags	EACH	1	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1%, Pouch 8oz. Hollandia	1 EACH	15	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	70	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	15	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, Catsup	TBS.	21	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	20	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	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	1	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															
	1.35 OZ.	4	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
	SVG.															
CD, Mayonnaise, Lite	1 OZ	1	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	1	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	3	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	2	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING	2	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Chile Lime Seasoning	, 3.27oz .25 Tsp	1	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			603	52	984	6.99	*3.41	*508.2	*1608	*15.55	*39	28.46	79.73	19.79	5.61	*0.21
% of Calories											*25.7%	18.9%	52.9%	29.5%	8.4%	*0.3%
Nutrient Guideline			600-650		1230									<=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 Lunch 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 ¹ (g)
Thu - 05/18/2017																
Middle School Lunch 6-8	Total	100														
Pizza, Pepp, 52%WW, PZA Guy, 8	Slice	92	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	2	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	2	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
Sand: PBJ, Grape, WG	EACH	1	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP,Parfait,Yog,Cinn Bitz,Peach	EACH	1	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
GF: Hot Dog -Eisenberg	1 EACH	0	350	40	730	3.00	1.49	27.1	25	0.0	3	11.0	31.0	20.5	6.00	1.00
GF: Yogurt & Granola Lunch MS	1 EACH	0	444	20	199	5.87	2.11	439.5	500	2.4	*36	14.92	69.08	12.32	5.43	*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
FP: SB, Kale/Romaine	2.2 OZ.	2	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	10	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	1	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
SB, Jicama Sticks	SERVING	6	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	4	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	1	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	1	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
SB, Pasta Salad	1/2 Cup	1	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*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	27	101	0	3	3.31	4.30	41.3	91	4.3	18	1.65	24.79	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	25	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
Apple, Sliced, Bags	EACH	1	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	15	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	70	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	15	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, Catsup	TBS.	21	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	20	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	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	1	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00

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

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

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 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 ¹ (g)
Thu - 05/18/2017																
	1 OZ															
CD, Jalapenos,	1.35 OZ. SVG.	4	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	1	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	1	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	3	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	2	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING , 3.27oz	2	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Chile Lime Seasoning	.25 Tsp	1	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 % of Calories			553	36	1058	7.90	*3.77	*766.5	*1797	*41.63	*35 *25.5%	30.53 22.1%	74.98 54.2%	15.59 25.4%	6.82 11.1%	*0.00 *0.0%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 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 ¹ (g)
Fri - 05/19/2017																
Middle School Lunch 6-8	Total	100														
Beef, Chs-Burger, Smokie Grill	EACH	25	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	1	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	5	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
FP:Salad:SouthWestern Chic.	1 EACH	1	520	95	989	7.45	2.20	62.0	169	56.08	*6	22.15	48.14	27.14	4.84	*0.00
Sand: Chix, Spicy Patty	SANDWIC	10	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*0.00
Chix: Tang/ Brown Rice, MS	SERVING	25	457	90	290	2.67	2.40	20.0	0	1.2	9	24.33	60.33	13.33	2.50	0.00
Bean & Cheese Pupusa	EACH 5.5o	1	290	15	480	4.00	1.44	249.9	200	1.2	1	12.99	34.98	10.99	3.50	0.00
Shrimp Poppers w Goldfish	1 EACH	10	416	39	587	4.83	1.05	32.8	0	0.0	*0	22.14	49.72	14.98	2.28	*0.00
FP: Sand: Tuna Sub- Elementary	1 EACH	2	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	5	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	EACH	2	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
GF: Chix Strip & GF Pretzels	1 EACH	0	309	45	728	2.00	0.72	20.0	0	0.0	0	11.94	34.94	14.44	3.49	0.00
GF: Yogurt & Granola Lunch MS	1 EACH	0	444	20	199	5.87	2.11	439.5	500	2.4	*36	14.92	69.08	12.32	5.43	*0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FP: SB, Kale/Romaine	2.2 OZ.	2	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	10	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	1	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
	, 2.61oz															
SB, Broccoli Florets	SERVING	1	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	0.04	0.00
	, 2.22															
SB, Jicama Sticks	SERVING	6	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
	, 2.5 oz															
SB, Cucumber, Sliced	SERVING	4	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
	, 3.0 oz															
SB, Edamame	SERVING	1	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
	, 3 oz															
SB, Zucchini	.5 CUP	1	6	0	3	0.34	0.13	5.4	68	6.09	1	0.41	1.06	0.11	0.03	0.00
SB, Pasta Salad	1/2 Cup	1	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*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	27	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
	, 4.5 oz															
Watermelon, with Rind	SERVING	25	46	0	2	0.00	0.28	15.3	842	11.94	9	1.53	12.25	0.0	0.00	0.00
	, 5.4 oz															
Apples, Red, 138 ct, #9203	EACH	25	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
Apple, Sliced, Bags	EACH	1	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 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 ¹ (g)
Fri - 05/19/2017																
Milk, 1%, Pouch 8oz. Hollandia	1 EACH	15	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	70	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	15	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, Catsup	TBS.	21	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	20	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	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	1	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,	1.35 OZ.	4	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
	SVG.															
CD, Mayonnaise, Lite	1 OZ	1	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	1	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	3	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	2	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING	2	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
	, 3.27oz															
CD, Chile Lime Seasoning	.25 Tsp	1	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			594	63	824	5.01	*2.70	*426.4	*1693	*10.53	*36	30.22	78.07	18.68	4.63	*0.26
% of Calories											*24.4%	20.4%	52.6%	28.3%	7.0%	*0.4%
Nutrient Guideline			600-650		1230									<=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 Lunch 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 ¹ (g)
Mon - 05/22/2017																
Middle School Lunch 6-8	Total	100														
Cheeseburger Mini	EACH	15	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	8	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	10	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	SERVING	15	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	6	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	15	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-Eisenburg	SVG.	1	460	40	1040	5.80	2.57	87.1	25	3.6	3	16.0	47.0	24.0	7.00	1.00
Pizza,Nardone Bros.**NEW**	EACH	15	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	2	390	75	820	3.00	2.16	300.0	400	0.0	*3	31.0	33.0	16.0	7.50	0.00
FP: Salad: Chicken Caesar	1 EACH	2	468	75	815	5.93	3.19	290.0	9929	27.22	4	28.79	32.64	25.44	6.48	0.00
Sand: PBJ, Grape, WG	EACH	5	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	EACH	2	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
GF: Yogurt & Granola Lunch MS	1 EACH	0	444	20	199	5.87	2.11	439.5	500	2.4	*36	14.92	69.08	12.32	5.43	*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
FP: SB, Kale/Romaine	2.2 OZ.	2	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	10	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	1	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
	, 2.61oz															
SB, Jicama Sticks	SERVING	6	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
	, 2.5 oz															
SB, Cucumber, Sliced	SERVING	4	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
	, 3.0 oz															
SB, Edamame	SERVING	1	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
	, 3 oz															
SB, Broccoli Florets	SERVING	1	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	0.04	0.00
	, 2.22															
SB: Sauce, Pizza, Bosco	1 EACH	1	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	1/2 Cup	1	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*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	27	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
	, 4.5 oz															
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	25	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
Apple, Sliced, Bags	EACH	1	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	15	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	70	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00

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

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 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 ¹ (g)
Mon - 05/22/2017																
Milk, FF	1 EACH	15	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, Catsup	TBS.	21	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	20	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	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	1	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															
	1.35 OZ.	4	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
	SVG.															
CD, Mayonnaise, Lite	1 OZ	1	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	1	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	3	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	2	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING	2	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Chile Lime Seasoning	.25 Tsp	1	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			547	48	805	5.17	*2.84	*510.8	*1770	*10.00	*33	28.82	66.58	18.61	5.18	*0.01
% of Calories											*24.1%	21.1%	48.7%	30.6%	8.5%	*0.0%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 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 ¹ (g)
Tue - 05/23/2017																
Middle School Lunch 6-8	Total	100														
Beef, Chs-Burger, Smokie Grill	EACH	20	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	1	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	10	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Sand: Cheese, Grilled, WG	1 EACH	3	280	32	581	3.00	1.64	4650.2	524	0.0	6	18.55	30.96	9.91	5.56	0.00
FP: Nacho Sauce with Chips	3 oz	10	1533	151	2276	18.70	11.47	5744.6	2779	4.6	*3	53.08	120.84	92.12	43.54	*0.00
Quesadilla Chicken	SERVING	10	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	10	370	40	700	7.80	1.80	80.0	0	3.6	5	11.0	47.0	14.0	3.50	0.00
Pizza,Nardone Bros.**NEW**	EACH	20	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: Ham, Sub	1 EACH	2	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	2	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	5	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	EACH	1	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
GF: Chicken Sandwich	1 EACH	0	409	45	828	8.00	1.80	60.0	0	0.0	3	14.94	58.94	15.44	2.99	0.00
GF: Yogurt & Granola Lunch MS	1 EACH	0	444	20	199	5.87	2.11	439.5	500	2.4	*36	14.92	69.08	12.32	5.43	*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
FP: SB, Kale/Romaine	2.2 OZ.	2	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	10	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	1	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
	, 2.61oz															
SB, Jicama Sticks	SERVING	6	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
	, 2.5 oz															
SB, Cucumber, Sliced	SERVING	4	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
	, 3.0 oz															
SB, Edamame	SERVING	1	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
	, 3 oz															
SB, Corn: Frozen, yellow	SERVING	1	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
	, 3 oz															
SB, Pasta Salad	1/2 Cup	1	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*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	27	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 Tues 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	1	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	25	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Apple, Sliced, Bags	EACH	1	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	15	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	70	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 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 ¹ (g)
Tue - 05/23/2017																
Milk, FF	1 EACH	15	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, Catsup	TBS.	21	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	20	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	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	1	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															
	1.35 OZ.	4	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
	SVG.															
CD, Mayonnaise, Lite	1 OZ	1	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	1	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	3	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	2	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING	2	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Chile Lime Seasoning	.25 Tsp	1	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			678	63	1097	7.08	*3.98	*1215.9	*2074	*10.16	*31	31.52	74.12	28.23	10.49	*0.59
% of Calories											*18.3%	18.6%	43.8%	37.5%	13.9%	*0.8%
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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 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 ¹ (g)
Wed - 05/24/2017																
Middle School Lunch 6-8	Total	100														
Beef, Chs-Burger, Smokie Grill	EACH	20	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	1	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	5	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	10	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	10	438	47	1026	5.80	1.36	40.0	178	3.6	1	24.0	46.0	17.5	3.00	0.00
FP: Spaghetti / Garlic Toast	2/3 Cup	10	220	25	397	1.91	1.85	163.3	149	6.02	*5	13.51	18.49	10.2	4.12	*0.00
Pizza, Stix, Stuffed Crust	1 EACH	1	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: Italian Combo Sub	SANDWIC	2	395	84	1162	3.00	3.14	390.3	560	3.28	*3	30.18	35.04	16.91	7.20	*0.00
FP: Salad: Chef, Gourmet	1 EACH	2	340	72	725	3.97	2.45	268.8	737	5.36	*4	26.15	30.7	14.62	7.34	*0.00
Sand: PBJ, Grape, WG	EACH	5	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	EACH	1	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
Brunch 4 Lunch, Pancakes Ssg	1 EACH	1	153	7	220	2.00	1.20	0.0	17	0.0	3	3.33	27.32	4.0	0.67	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
GF: Pizza	1 EACH	0	236	0	587	3.11	0.99	47.4	200	0.89	7	2.74	37.81	7.55	2.19	0.00
GF: Yogurt & Granola Lunch MS	1 EACH	0	444	20	199	5.87	2.11	439.5	500	2.4	*36	14.92	69.08	12.32	5.43	*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
FP: SB, Kale/Romaine	2.2 OZ.	2	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	10	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	1	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
	, 2.61oz															
SB, Jicama Sticks	SERVING	6	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
	, 2.5 oz															
SB, Cucumber, Sliced	SERVING	4	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
	, 3.0 oz															
SB, Edamame	SERVING	1	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
	, 3 oz															
SB, Peppers, Bell Green	SERVING	1	16	0	2	1.56	0.28	7.8	273	62.68	2	0.78	3.9	0.0	0.00	0.00
	, 2.75oz															
SB: Sauce, Pizza, Bosco	1 EACH	1	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	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	0.04	0.00
	, 2.22															
SB, Pasta Salad	1/2 Cup	1	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*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	27	94	0	0	1.34	0.48	26.8	0	12.07	19	1.01	22.8	0.0	0.00	0.00
	, 4.0 oz															
Fruit, Fresh Wed 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	25	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
Apple, Sliced, Bags	EACH	1	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*

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

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

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 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 ¹ (g)
Wed - 05/24/2017																
.....	...	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	15	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	70	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	15	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, Catsup	TBS.	21	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	20	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	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	1	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,	1.35 OZ.	4	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
	SVG.															
CD, Mayonnaise, Lite	1 OZ	1	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	1	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	3	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	2	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING	2	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
	, 3.27oz															
CD, Chile Lime Seasoning	.25 Tsp	1	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			478	41	808	4.57	*2.26	*438.3	*1437	*11.30	*33	24.53	60.97	15.63	4.24	*0.21
% of Calories											*27.2%	20.5%	51.0%	29.4%	8.0%	*0.4%
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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 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 ¹ (g)
Thu - 05/25/2017																
Middle School Lunch 6-8	Total	100														
Pizza, Pepp, 52%WW, PZA Guy, 8	Slice	92	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	2	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	2	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
Sand: PBJ, Grape, WG	EACH	1	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP,Parfait,Yog,Cinn Bitz,Peach	EACH	1	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
GF: Hot Dog -Eisenberg	1 EACH	0	350	40	730	3.00	1.49	27.1	25	0.0	3	11.0	31.0	20.5	6.00	1.00
GF: Yogurt & Granola Lunch MS	1 EACH	0	444	20	199	5.87	2.11	439.5	500	2.4	*36	14.92	69.08	12.32	5.43	*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
FP: SB, Kale/Romaine	2.2 OZ.	2	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	10	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	1	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
SB, Jicama Sticks	SERVING	6	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	4	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	1	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	1	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
SB, Pasta Salad	1/2 Cup	1	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*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	27	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 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	25	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
Apple, Sliced, Bags	EACH	1	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	15	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	70	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	15	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, Catsup	TBS.	21	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	20	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	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	1	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 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 ¹ (g)
Thu - 05/25/2017																
	1 OZ															
CD, Jalapenos,	1.35 OZ. SVG.	4	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	1	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	1	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	3	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	2	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING , 3.27oz	2	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Chile Lime Seasoning	.25 Tsp	1	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 % of Calories			534	*36	*1058	*6.89	*3.59	*756.5	*1747	*8.42	*32 *24.2%	*30.02 *22.5%	*69.95 *52.4%	*15.59 *26.3%	*6.82 *11.5%	*0.00 *0.0%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 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 ¹ (g)
Fri - 05/26/2017																
Middle School Lunch 6-8	Total	100														
Beef, Chs-Burger, Smokie Grill	EACH	25	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	1	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	5	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
FP:Salad:SouthWestern Chic.	1 EACH	1	520	95	989	7.45	2.20	62.0	169	56.08	*6	22.15	48.14	27.14	4.84	*0.00
Sand: Chix, Spicy Patty	Each	10	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*0.00
Pupusa,Cheese	1 EACH	1	320	25	630	3.00	0.00	250.0	200	2.4	0	12.0	35.0	16.0	5.00	0.00
Chix: Tang/ Brown Rice, MS	SERVING	25	457	90	290	2.67	2.40	20.0	0	1.2	9	24.33	60.33	13.33	2.50	0.00
Shrimp Poppers w Goldfish	1 EACH	10	416	39	587	4.83	1.05	32.8	0	0.0	*0	22.14	49.72	14.98	2.28	*0.00
FP: Sand: Tuna Sub- Elementary	1 EACH	2	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	5	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	EACH	2	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
GF: Beef, Burger, Smk Grill	1 EACH	0	342	80	717	2.33	1.80	115.0	200	0.0	*2	19.5	16.84	21.33	9.25	*1.00
GF: Yogurt & Granola Lunch MS	1 EACH	0	444	20	199	5.87	2.11	439.5	500	2.4	*36	14.92	69.08	12.32	5.43	*0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FP: SB, Kale/Romaine	2.2 OZ.	2	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	10	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	1	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
	, 2.61oz															
SB, Broccoli Florets	SERVING	1	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	0.04	0.00
	, 2.22															
SB, Jicama Sticks	SERVING	6	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
	, 2.5 oz															
SB, Cucumber, Sliced	SERVING	4	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
	, 3.0 oz															
SB, Edamame	SERVING	1	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
	, 3 oz															
SB, Zucchini	.5 CUP	1	6	0	3	0.34	0.13	5.4	68	6.09	1	0.41	1.06	0.11	0.03	0.00
SB, Pasta Salad	1/2 Cup	1	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*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	27	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
	, 4.5 oz															
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	25	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
Apple, Sliced, Bags	EACH	1	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	15	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00

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

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 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 ¹ (g)
Fri - 05/26/2017																
Milk, Choc, NF, 90 ea./Hollandia	1 EACH	70	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	15	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, Catsup	TBS.	21	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	20	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	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	1	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															
	1.35 OZ.	4	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
	SVG.															
CD, Mayonnaise, Lite	1 OZ	1	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	1	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	3	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	2	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING	2	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Chile Lime Seasoning	, 3.27oz .25 Tsp	1	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			584	*63	*825	*5.00	*2.61	*422.5	*1482	*7.56	*34	*29.82	*75.01	*18.73	*4.64	*0.26
% of Calories											*23.3%	*20.4%	*51.4%	*28.9%	*7.2%	*0.4%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

Mon - 05/29/2017																
Middle School Lunch 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
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 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 ¹ (g)
Tue - 05/30/2017																
Middle School Lunch 6-8	Total	100														
Beef, Chs-Burger, Smokie Grill	EACH	20	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	1	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	10	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Sand: Cheese, Grilled, WG	EACH	3	280	32	581	3.00	1.64	4650.2	524	0.0	6	18.55	30.96	9.91	5.56	0.00
FP: Nacho Sauce with Chips	3 oz	10	1533	151	2276	18.70	11.47	5744.6	2779	4.6	*3	53.08	120.84	92.12	43.54	*0.00
Quesadilla Chicken	SERVING	10	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	10	370	40	700	7.80	1.80	80.0	0	3.6	5	11.0	47.0	14.0	3.50	0.00
Pizza,Nardone Bros.**NEW**	EACH	20	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: Ham, Sub	1 EACH	2	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	2	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	5	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	EACH	1	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
GF: Chicken Sandwich	1 EACH	0	409	45	828	8.00	1.80	60.0	0	0.0	3	14.94	58.94	15.44	2.99	0.00
GF: Yogurt & Granola Lunch MS	1 EACH	0	444	20	199	5.87	2.11	439.5	500	2.4	*36	14.92	69.08	12.32	5.43	*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
FP: SB, Kale/Romaine	2.2 OZ.	2	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	10	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	1	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
	, 2.61oz															
SB, Jicama Sticks	SERVING	6	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
	, 2.5 oz															
SB, Cucumber, Sliced	SERVING	4	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
	, 3.0 oz															
SB, Edamame	SERVING	1	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
	, 3 oz															
SB, Corn: Frozen, yellow	SERVING	1	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
	, 3 oz															
SB, Pasta Salad	1/2 Cup	1	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*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	27	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 Tues 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	1	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	25	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Apple, Sliced, Bags	EACH	1	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	15	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	70	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 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 ¹ (g)
Tue - 05/30/2017																
Milk, FF	1 EACH	15	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, Catsup	TBS.	21	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	20	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	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	1	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															
	1.35 OZ.	4	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
	SVG.															
CD, Mayonnaise, Lite	1 OZ	1	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	1	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	3	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	2	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING	2	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Chile Lime Seasoning	.25 Tsp	1	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			678	63	1097	7.08	*3.98	*1215.9	*2074	*10.16	*31	31.52	74.12	28.23	10.49	*0.59
% of Calories											*18.3%	18.6%	43.8%	37.5%	13.9%	*0.8%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 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 ¹ (g)
Wed - 05/31/2017																
Middle School Lunch 6-8	Total	100														
Beef, Chs-Burger, Smokie Grill	EACH	20	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	1	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	5	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	10	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	10	438	47	1026	5.80	1.36	40.0	178	3.6	1	24.0	46.0	17.5	3.00	0.00
Turkey& Gravy w Mashed Potato	4.0 oz	10	988	174	3503	8.10	2.84	81.0	0	24.3	4	77.33	88.69	35.43	9.82	0.00
Pizza, Stix, Stuffed Crust	1 EACH	1	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: Italian Combo Sub	SANDWIC	2	395	84	1162	3.00	3.14	390.3	560	3.28	*3	30.18	35.04	16.91	7.20	*0.00
FP: Salad: Chef, Gourmet	1 EACH	2	340	72	725	3.97	2.45	268.8	737	5.36	*4	26.15	30.7	14.62	7.34	*0.00
Sand: PBJ, Grape, WG	EACH	5	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	EACH	1	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
Brunch 4 Lunch, Pancakes Ssg	1 EACH	1	153	7	220	2.00	1.20	0.0	17	0.0	3	3.33	27.32	4.0	0.67	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
GF: Pizza	1 EACH	0	236	0	587	3.11	0.99	47.4	200	0.89	7	2.74	37.81	7.55	2.19	0.00
GF: Yogurt & Granola Lunch MS	1 EACH	0	444	20	199	5.87	2.11	439.5	500	2.4	*36	14.92	69.08	12.32	5.43	*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
A to Z- Zucchini Pasta	1 CUP	1	19	0	9	1.13	0.42	18.1	226	20.23	*N/A*	1.37	3.51	0.36	0.09	0.00
FP: SB, Kale/Romaine	2.2 OZ.	2	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	10	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	1	16	0	39	0.84	0.44	4.8	220	15.07	*N/A*	1.1	3.0	0.18	0.02	0.00
	, 2.61oz															
SB, Jicama Sticks	SERVING	6	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
	, 2.5 oz															
SB, Cucumber, Sliced	SERVING	4	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
	, 3.0 oz															
SB, Edamame	SERVING	1	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
	, 3 oz															
SB, Peppers, Bell Green	SERVING	1	16	0	2	1.56	0.28	7.8	273	62.68	2	0.78	3.9	0.0	0.00	0.00
	, 2.75oz															
SB: Sauce, Pizza, Bosco	1 EACH	1	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	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	0.04	0.00
	, 2.22															
SB, Pasta Salad	1/2 Cup	1	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*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	27	94	0	0	1.34	0.48	26.8	0	12.07	19	1.01	22.8	0.0	0.00	0.00
	, 4.0 oz															
Fruit, Fresh Wed 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	25	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

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 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 ¹ (g)
Wed - 05/31/2017																
Apple, Sliced, Bags	EACH	1	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	15	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	70	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	15	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, Catsup	TBS.	21	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	20	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	2	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	1	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,	1.35 OZ. SVG.	4	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	1	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	1	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	3	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	2	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	SERVING , 3.27oz	2	13	0	33	0.70	0.37	4.0	184	12.6	*N/A*	0.92	2.51	0.15	0.02	0.00
CD, Chile Lime Seasoning	.25 Tsp	1	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			555	56	1119	5.20	*2.36	*430.3	*1425	*13.33	*32	30.93	68.03	18.16	4.81	*0.21
% of Calories											*23.4%	22.3%	49.0%	29.4%	7.8%	*0.3%
Nutrient Guideline			600-650		1230									<=35.0	<10.00	
Weighted Average			591	*52	*954	*6.37	*3.22	*692.5	*1769	*17.85	*34	*29.82	*73.33	*20.15	*6.55	*0.23
											*52.5%	*20.2%	*49.7%	*30.7%	*10.0%	*0.4%

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

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 ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	591		600 - 650	98%				9		Correction Required - Calories are Low							
Cholesterol (mg)	52				Missing												
Sodium (mg)	954		1230		Missing												
Fiber (g)	6.37				Missing												
Iron (mg)	3.22				Missing												
Calcium (mg)	692.5				Missing												
Vitamin A (IU)	1769				Missing												
Sugars (g)	34	23.34%			Missing												
Vitamin C (mg)	17.85				Missing												
Protein (g)	29.82	20.19%			Missing												
Carbohydrate (g)	73.33	49.65%			Missing												
Total Fat (g)	20.15	30.70%	<=35.00%		Missing												
Saturated Fat (g)	6.55	9.97%	<10.00%		Missing												
Trans Fat ¹ (g)	0.23	0.35%			Missing												

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