

Escondido Union School District

Nov 27, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

Page 1

Generated on: 11/27/2017 11:35:09 AM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Mon - 11/27/2017 | | | | | | | | | | | | | | | |
| Middle School Breakfast 6-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Bk, Fr.Tst. Sausage | 1 EACH | 227 | 22 | 324 | 2.75 | 2.26 | 157.8 | 308 | 4.97 | 6 | 11.04 | 25.03 | 9.47 | 2.19 | 0.00 |
| Brkfst-Egg,Cheese,Sau, Biscuit | 1 each | 346 | 142 | 751 | 2.10 | 2.22 | 203.8 | 416 | 0.01 | *6 | 16.21 | 30.1 | 17.65 | 6.71 | *0.00 |
| Mexican Sweetbread | EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| Bar, Breakfast, Oatmeal CC | EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Cinnamon Roll, WG, IW | 1 EACH | 300 | 5 | 310 | 3.00 | 1.80 | 20.0 | 300 | 1.2 | 22 | 5.0 | 51.01 | 11.0 | 6.00 | 0.00 |
| Brkfst,Burrito, Egg & Chorizo | 1 EACH | 200 | 40 | 370 | 3.00 | 2.70 | 150.0 | 500 | 1.2 | 0 | 9.0 | 22.0 | 9.0 | 3.50 | 0.00 |
| Bagel, Pizza , Breakfast | 1 EACH | 192 | 15 | 363 | 1.80 | 1.59 | 217.0 | 73 | 3.8 | 4 | 11.65 | 23.16 | 5.71 | 3.01 | 0.00 |
| Bagel,Whole Grain & Cr. Cheese | 1 EACH | 264 | 30 | 273 | 3.30 | 1.80 | 33.3 | 202 | 0.0 | *3 | 7.93 | 35.53 | 9.72 | 6.13 | *0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Pinappl Tidbt, Drained | SERVING, 4.0 oz | 94 | 0 | 0 | 1.34 | 0.48 | 26.8 | 0 | 12.07 | 19 | 1.01 | 22.8 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING 4.95 | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| Apples, Green, 138ct, #2649 | EACH 1.9 | 32 | 0 | 1 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 6 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Juice, Orange 4 oz.Hollandia | 1 EACH | 55 | 0 | 14 | 0.00 | 0.00 | 10.0 | 100 | 30.0 | 14 | 1.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 1 EACH | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 130 | 0.0 | 13 | 0.0 | 13.5 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk,Choc,Pouch,90/ea.8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| CD, Sauce, Tapatio | OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| Weighted Daily Average | | 431 | 16 | 390 | 4.42 | 3.78 | 378.6 | 945 | 42.55 | *45 | 15.04 | 78.48 | 7.68 | 2.65 | *0.00 |
| % of Calories | | | | | | | | | | *41.9% | 14.0% | 72.9% | 16.1% | 5.5% | *0.0% |
| Nutrient Guideline | | 400-550 | | 600 | | | | | | | | | <=35.0 | <10.00 | |

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Escondido Union School District

Nov 27, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

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Generated on: 11/27/2017 11:35:10 AM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Tue - 11/28/2017 | | | | | | | | | | | | | | | |
| Middle School Breakfast 6-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Bk, Fr.Tst. Sausage | 1 EACH | 227 | 22 | 324 | 2.75 | 2.26 | 157.8 | 308 | 4.97 | 6 | 11.04 | 25.03 | 9.47 | 2.19 | 0.00 |
| Mexican Sweetbread | EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| Bar, Breakfast, Oatmeal CC | EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Waffles, Mini, Maple | 1 EACH | 174 | 9 | 183 | 1.83 | 0.33 | 18.3 | 0 | 0.0 | 13 | 2.74 | 30.16 | 4.57 | 0.91 | 0.00 |
| Burrito, Ham,Egg,chs&tots | 1 EACH | 405 | 150 | 835 | 5.05 | 2.51 | 320.9 | 448 | 1.55 | *1 | 17.3 | 35.9 | 20.39 | 9.60 | *9.40 |
| Brkfst, Eggs Scram/Ssg&Muffin | 1 EACH | 314 | 370 | 574 | 1.80 | 2.24 | 66.1 | 552 | 0.5 | *8 | 17.79 | 23.25 | 15.69 | 4.80 | *0.00 |
| Coffee Cake WG | 1 EACH | 251 | 34 | 241 | 1.93 | 1.39 | 57.9 | 0 | 0.0 | 18 | 4.83 | 37.65 | 8.69 | 0.97 | 0.00 |
| Bagel,Whole Grain & Cr. Cheese | 1 EACH | 264 | 30 | 273 | 3.30 | 1.80 | 33.3 | 202 | 0.0 | *3 | 7.93 | 35.53 | 9.72 | 6.13 | *0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Apricots, Sliced | SERVING, 4.25oz | 101 | 0 | 3 | 3.31 | 4.30 | 41.3 | 91 | 4.3 | 18 | 1.65 | 24.79 | 0.0 | 0.00 | 0.00 |
| Apples, Green, 138ct, #2649 | EACH 1.9 | 32 | 0 | 1 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 6 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| Juice, Orange 4 oz.Hollandia | 1 EACH | 55 | 0 | 14 | 0.00 | 0.00 | 10.0 | 100 | 30.0 | 14 | 1.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 1 EACH | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 130 | 0.0 | 13 | 0.0 | 13.5 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk,Choc,Pouch,90/ea.8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| CD, Sauce, Tapatio | OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| Weighted Daily Average | | 433 | 55 | 441 | 3.54 | 4.40 | 369.0 | 881 | 17.99 | *42 | 16.13 | 73.89 | 8.89 | 2.88 | *0.94 |
| % of Calories | | | | | | | | | | *38.3% | 14.9% | 68.3% | 18.5% | 6.0% | *2.0% |
| Nutrient Guideline | | 400-550 | | 600 | | | | | | | | | <=35.0 | <10.00 | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
***** - denotes combined nutrient totals with either missing or incomplete nutrient data
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Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Wed - 11/29/2017 | | | | | | | | | | | | | | | |
| Middle School Breakfast 6-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Brkfst,Burrito, Egg & Chorizo | 1 EACH | 200 | 40 | 370 | 3.00 | 2.70 | 150.0 | 500 | 1.2 | 0 | 9.0 | 22.0 | 9.0 | 3.50 | 0.00 |
| Mexican Sweetbread | EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| Bar, Breakfast, Oatmeal CC | EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Bar, Peanut Butter & Jelly | EACH | 300 | 0 | 220 | 4.00 | 1.44 | 20.0 | 70 | 0.0 | 14 | 9.0 | 32.0 | 17.0 | 3.50 | 0.00 |
| Cinnamon Roll, WG, IW | 1 EACH | 300 | 5 | 310 | 3.00 | 1.80 | 20.0 | 300 | 1.2 | 22 | 5.0 | 51.01 | 11.0 | 6.00 | 0.00 |
| Burrito,Bacon,Egg,chs&tots | 1 EACH | 349 | 195 | 716 | 5.05 | 2.49 | 161.9 | 354 | 1.35 | 1 | 12.75 | 35.38 | 16.25 | 5.87 | 0.00 |
| Brkfst-Egg,Cheese,Sau, Biscuit | 1 each | 346 | 142 | 751 | 2.10 | 2.22 | 203.8 | 416 | 0.01 | *6 | 16.21 | 30.1 | 17.65 | 6.71 | *0.00 |
| Bagel,Whole Grain & Cr. Cheese | 1 EACH | 264 | 30 | 273 | 3.30 | 1.80 | 33.3 | 202 | 0.0 | *3 | 7.93 | 35.53 | 9.72 | 6.13 | *0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Peaches, Sliced | SERVING, 4.5 oz | 70 | 0 | 10 | 1.00 | 0.00 | 0.0 | 300 | 1.2 | 16 | 0.0 | 17.0 | 0.0 | 0.00 | 0.00 |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Apples, Green, 138ct, #2649 | EACH 1.9 | 32 | 0 | 1 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 6 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| Juice, Orange 4 oz.Hollandia | 1 EACH | 55 | 0 | 14 | 0.00 | 0.00 | 10.0 | 100 | 30.0 | 14 | 1.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 45 EACH | 2475 | 0 | 675 | 0.00 | 0.00 | 0.0 | 5850 | 0.0 | 585 | 0.0 | 607.5 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk,Choc,Pouch,90/ea.8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| CD, Sauce, Tapatio | OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| Weighted Daily Average | | 912 | 45 | 596 | 3.27 | 3.29 | 349.2 | 2019 | 16.64 | *153 | 15.60 | 190.18 | 9.81 | 3.44 | *0.00 |
| % of Calories | | | | | | | | | | *67.0% | 6.8% | 83.4% | 9.7% | 3.4% | *0.0% |
| Nutrient Guideline | | 400-550 | | 600 | | | | | | | | | <=35.0 | <10.00 | |

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

Nov 27, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

Page 4

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Thu - 11/30/2017 | | | | | | | | | | | | | | | |
| Middle School Breakfast 6-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Bk, Fr.Tst. Sausage | 1 EACH | 227 | 22 | 324 | 2.75 | 2.26 | 157.8 | 308 | 4.97 | 6 | 11.04 | 25.03 | 9.47 | 2.19 | 0.00 |
| Mexican Sweetbread | EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| Bar, Breakfast, Oatmeal CC | EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Coffee Cake WG | 1 EACH | 251 | 34 | 241 | 1.93 | 1.39 | 57.9 | 0 | 0.0 | 18 | 4.83 | 37.65 | 8.69 | 0.97 | 0.00 |
| Pancakes,Mini, Maple | 1 EACH | 230 | 0 | 150 | 3.00 | 0.72 | 40.0 | 0 | 0.0 | 14 | 4.0 | 41.0 | 7.0 | 0.50 | 0.00 |
| Burrito, Ham,Egg,chs&tots | 1 EACH | 405 | 150 | 835 | 5.05 | 2.51 | 320.9 | 448 | 1.55 | *1 | 17.3 | 35.9 | 20.39 | 9.60 | *9.40 |
| Breakfast "Jax" Sandwich | 1 EACH | 385 | 150 | 911 | 0.00 | 0.92 | 91.8 | 364 | 0.61 | *0 | 19.31 | 33.1 | 20.4 | 7.76 | *0.00 |
| Bagel,Whole Grain & Cr. Cheese | 1 EACH | 264 | 30 | 273 | 3.30 | 1.80 | 33.3 | 202 | 0.0 | *3 | 7.93 | 35.53 | 9.72 | 6.13 | *0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Pears | SERVING, 3.5 oz | 74 | 0 | 12 | 2.46 | 0.00 | 0.0 | 74 | 0.0 | 15 | 0.0 | 17.24 | 0.0 | 0.00 | 0.00 |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Apples, Green, 138ct, #2649 | EACH 1.9 | 32 | 0 | 1 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 6 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| Juice, Orange 4 oz.Hollandia | 1 EACH | 55 | 0 | 14 | 0.00 | 0.00 | 10.0 | 100 | 30.0 | 14 | 1.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 20 EACH | 1100 | 0 | 300 | 0.00 | 0.00 | 0.0 | 2600 | 0.0 | 260 | 0.0 | 270.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk,Choc,Pouch,90/ea.8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| CD, Sauce, Tapatio | OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| Weighted Daily Average | | 664 | 29 | 491 | 3.31 | 3.30 | 365.1 | 1444 | 17.20 | *100 | 14.79 | 132.96 | 8.31 | 2.66 | *1.13 |
| % of Calories | | | | | | | | | | *60.2% | 8.9% | 80.1% | 11.3% | 3.6% | *1.5% |
| Nutrient Guideline | | 400-550 | | 600 | | | | | | | | | <=35.0 | <10.00 | |

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

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Escondido Union School District

Nov 27, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Fri - 12/01/2017 | | | | | | | | | | | | | | | |
| Middle School Breakfast 6-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Bk, Fr.Tst. Sausage | 1 EACH | 227 | 22 | 324 | 2.75 | 2.26 | 157.8 | 308 | 4.97 | 6 | 11.04 | 25.03 | 9.47 | 2.19 | 0.00 |
| Brkfst-Egg,Cheese,Sau, Biscuit | 1 each | 346 | 142 | 751 | 2.10 | 2.22 | 203.8 | 416 | 0.01 | *6 | 16.21 | 30.1 | 17.65 | 6.71 | *0.00 |
| Mexican Sweetbread | EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| Bar, Breakfast, Oatmeal CC | EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Bar, Peanut Butter & Jelly | EACH | 300 | 0 | 220 | 4.00 | 1.44 | 20.0 | 70 | 0.0 | 14 | 9.0 | 32.0 | 17.0 | 3.50 | 0.00 |
| Cinnamon Roll, WG, IW | 1 EACH | 300 | 5 | 310 | 3.00 | 1.80 | 20.0 | 300 | 1.2 | 22 | 5.0 | 51.01 | 11.0 | 6.00 | 0.00 |
| Brkfst,Burrito, Egg & Chorizo | 1 EACH | 200 | 40 | 370 | 3.00 | 2.70 | 150.0 | 500 | 1.2 | 0 | 9.0 | 22.0 | 9.0 | 3.50 | 0.00 |
| Bagel,Whole Grain & Cr. Cheese | 1 EACH | 264 | 30 | 273 | 3.30 | 1.80 | 33.3 | 202 | 0.0 | *3 | 7.93 | 35.53 | 9.72 | 6.13 | *0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Peaches, Sliced | SERVING, 4.5 oz | 70 | 0 | 10 | 1.00 | 0.00 | 0.0 | 300 | 1.2 | 16 | 0.0 | 17.0 | 0.0 | 0.00 | 0.00 |
| Fruit, Fresh Fri 1 | 1 EACH | 4 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Apple,Golden Delicious,125 ct. | 1 EACH | 79 | 0 | 2 | 2.47 | *N/A* | *N/A* | *N/A* | *N/A* | 15 | 0.0 | 19.79 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| Juice, Orange 4 oz.Hollandia | 1 EACH | 55 | 0 | 14 | 0.00 | 0.00 | 10.0 | 100 | 30.0 | 14 | 1.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 25 EACH | 1375 | 0 | 375 | 0.00 | 0.00 | 0.0 | 3250 | 0.0 | 325 | 0.0 | 337.5 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk,Choc,Pouch,90/ea.8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| CD, Sauce, Tapatio | OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| Weighted Daily Average | | 704 | *13 | *440 | *2.71 | *3.25 | *333.8 | *1652 | *17.40 | *117 | *13.46 | *147.36 | *6.99 | *2.19 | *0.00 |
| % of Calories | | | | | | | | | | *66.4% | *7.7% | *83.8% | *8.9% | *2.8% | *0.0% |
| Nutrient Guideline | | 400-550 | | 600 | | | | | | | | | <=35.0 | <10.00 | |

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

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Escondido Union School District

Nov 27, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Mon - 12/04/2017 | | | | | | | | | | | | | | | |
| Middle School Breakfast 6-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Bk, Fr.Tst. Sausage | 1 EACH | 227 | 22 | 324 | 2.75 | 2.26 | 157.8 | 308 | 4.97 | 6 | 11.04 | 25.03 | 9.47 | 2.19 | 0.00 |
| Brkfst-Egg,Cheese,Sau, Biscuit | 1 each | 346 | 142 | 751 | 2.10 | 2.22 | 203.8 | 416 | 0.01 | *6 | 16.21 | 30.1 | 17.65 | 6.71 | *0.00 |
| Mexican Sweetbread | EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| Bar, Breakfast, Oatmeal CC | EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Cinnamon Roll, WG, IW | 1 EACH | 300 | 5 | 310 | 3.00 | 1.80 | 20.0 | 300 | 1.2 | 22 | 5.0 | 51.01 | 11.0 | 6.00 | 0.00 |
| Brkfst,Burrito, Egg & Chorizo | 1 EACH | 200 | 40 | 370 | 3.00 | 2.70 | 150.0 | 500 | 1.2 | 0 | 9.0 | 22.0 | 9.0 | 3.50 | 0.00 |
| Bagel, Pizza , Breakfast | 1 EACH | 192 | 15 | 363 | 1.80 | 1.59 | 217.0 | 73 | 3.8 | 4 | 11.65 | 23.16 | 5.71 | 3.01 | 0.00 |
| Bagel,Whole Grain & Cr. Cheese | 1 EACH | 264 | 30 | 273 | 3.30 | 1.80 | 33.3 | 202 | 0.0 | *3 | 7.93 | 35.53 | 9.72 | 6.13 | *0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Pinappl Tidbt, Draind | SERVING, 4.0 oz | 94 | 0 | 0 | 1.34 | 0.48 | 26.8 | 0 | 12.07 | 19 | 1.01 | 22.8 | 0.0 | 0.00 | 0.00 |
| Fruit, Fresh Mon 1 | 1 EACH | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Apple,Golden Delicious,125 ct. | 1 EACH | 79 | 0 | 2 | 2.47 | *N/A* | *N/A* | *N/A* | *N/A* | 15 | 0.0 | 19.79 | 0.0 | 0.00 | 0.00 |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| Juice, Orange 4 oz.Hollandia | 1 EACH | 55 | 0 | 14 | 0.00 | 0.00 | 10.0 | 100 | 30.0 | 14 | 1.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 1 EACH | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 130 | 0.0 | 13 | 0.0 | 13.5 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk,Choc,Pouch,90/ea.8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| CD, Sauce, Tapatio | OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| Weighted Daily Average | | 410 | 16 | 390 | 2.94 | *3.52 | *355.2 | *861 | *18.85 | *42 | 14.61 | 73.42 | 7.58 | 2.64 | *0.00 |
| % of Calories | | | | | | | | | | *41.3% | 14.3% | 71.6% | 16.6% | 5.8% | *0.0% |
| Nutrient Guideline | | 400-550 | | 600 | | | | | | | | | <=35.0 | <10.00 | |

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

Nov 27, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Tue - 12/05/2017 | | | | | | | | | | | | | | | |
| Middle School Breakfast 6-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Bk, Fr.Tst. Sausage | 1 EACH | 227 | 22 | 324 | 2.75 | 2.26 | 157.8 | 308 | 4.97 | 6 | 11.04 | 25.03 | 9.47 | 2.19 | 0.00 |
| Mexican Sweetbread | EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| Bar, Breakfast, Oatmeal CC | EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Waffles, Mini, Maple | 1 EACH | 174 | 9 | 183 | 1.83 | 0.33 | 18.3 | 0 | 0.0 | 13 | 2.74 | 30.16 | 4.57 | 0.91 | 0.00 |
| Burrito, Ham,Egg,chs&tots | 1 EACH | 405 | 150 | 835 | 5.05 | 2.51 | 320.9 | 448 | 1.55 | *1 | 17.3 | 35.9 | 20.39 | 9.60 | *9.40 |
| Brkfst, Eggs Scram/Ssg&Muffin | 1 EACH | 314 | 370 | 574 | 1.80 | 2.24 | 66.1 | 552 | 0.5 | *8 | 17.79 | 23.25 | 15.69 | 4.80 | *0.00 |
| Coffee Cake WG | 1 EACH | 251 | 34 | 241 | 1.93 | 1.39 | 57.9 | 0 | 0.0 | 18 | 4.83 | 37.65 | 8.69 | 0.97 | 0.00 |
| Bagel,Whole Grain & Cr. Cheese | 1 EACH | 264 | 30 | 273 | 3.30 | 1.80 | 33.3 | 202 | 0.0 | *3 | 7.93 | 35.53 | 9.72 | 6.13 | *0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Apricots, Sliced | SERVING, 4.25oz | 101 | 0 | 3 | 3.31 | 4.30 | 41.3 | 91 | 4.3 | 18 | 1.65 | 24.79 | 0.0 | 0.00 | 0.00 |
| Fruit, Fresh Tues 1 | 1 ea | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Apple,Golden Delicious,125 ct. | 1 EACH | 79 | 0 | 2 | 2.47 | *N/A* | *N/A* | *N/A* | *N/A* | 15 | 0.0 | 19.79 | 0.0 | 0.00 | 0.00 |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| Juice, Orange 4 oz.Hollandia | 1 EACH | 55 | 0 | 14 | 0.00 | 0.00 | 10.0 | 100 | 30.0 | 14 | 1.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 1 EACH | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 130 | 0.0 | 13 | 0.0 | 13.5 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk,Choc,Pouch,90/ea.8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| CD, Sauce, Tapatio | OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| Weighted Daily Average | | 434 | 55 | 441 | 3.56 | *4.40 | *369.0 | *881 | *17.99 | *42 | 16.13 | 74.01 | 8.89 | 2.88 | *0.94 |
| % of Calories | | | | | | | | | | *38.4% | 14.9% | 68.3% | 18.4% | 6.0% | *2.0% |
| Nutrient Guideline | | 400-550 | | 600 | | | | | | | | | <=35.0 | <10.00 | |

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

Nov 27, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Wed - 12/06/2017 | | | | | | | | | | | | | | | |
| Middle School Breakfast 6-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Brkfst,Burrito, Egg & Chorizo | 1 EACH | 200 | 40 | 370 | 3.00 | 2.70 | 150.0 | 500 | 1.2 | 0 | 9.0 | 22.0 | 9.0 | 3.50 | 0.00 |
| Mexican Sweetbread | EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| Bar, Breakfast, Oatmeal CC | EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Bar, Peanut Butter & Jelly | EACH | 300 | 0 | 220 | 4.00 | 1.44 | 20.0 | 70 | 0.0 | 14 | 9.0 | 32.0 | 17.0 | 3.50 | 0.00 |
| Cinnamon Roll, WG, IW | 1 EACH | 300 | 5 | 310 | 3.00 | 1.80 | 20.0 | 300 | 1.2 | 22 | 5.0 | 51.01 | 11.0 | 6.00 | 0.00 |
| Burrito,Bacon,Egg,chs&tots | 1 EACH | 349 | 195 | 716 | 5.05 | 2.49 | 161.9 | 354 | 1.35 | 1 | 12.75 | 35.38 | 16.25 | 5.87 | 0.00 |
| Brkfst-Egg,Cheese,Sau, Biscuit | 1 each | 346 | 142 | 751 | 2.10 | 2.22 | 203.8 | 416 | 0.01 | *6 | 16.21 | 30.1 | 17.65 | 6.71 | *0.00 |
| Bagel,Whole Grain & Cr. Cheese | 1 EACH | 264 | 30 | 273 | 3.30 | 1.80 | 33.3 | 202 | 0.0 | *3 | 7.93 | 35.53 | 9.72 | 6.13 | *0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Peaches, Sliced | SERVING, 4.5 oz | 70 | 0 | 10 | 1.00 | 0.00 | 0.0 | 300 | 1.2 | 16 | 0.0 | 17.0 | 0.0 | 0.00 | 0.00 |
| Fruit, Fresh Wed 1 | 1 ea | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Apple,Golden Delicious,125 ct. | 1 EACH | 79 | 0 | 2 | 2.47 | *N/A* | *N/A* | *N/A* | *N/A* | 15 | 0.0 | 19.79 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| Juice, Orange 4 oz.Hollandia | 1 EACH | 55 | 0 | 14 | 0.00 | 0.00 | 10.0 | 100 | 30.0 | 14 | 1.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 45 EACH | 2475 | 0 | 675 | 0.00 | 0.00 | 0.0 | 5850 | 0.0 | 585 | 0.0 | 607.5 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk,Choc,Pouch,90/ea.8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| CD, Sauce, Tapatio | OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| Weighted Daily Average | | 912 | 45 | 596 | 3.28 | *3.29 | *349.2 | *2019 | *16.64 | *153 | 15.60 | 190.29 | 9.81 | 3.44 | *0.00 |
| % of Calories | | | | | | | | | | *67.0% | 6.8% | 83.4% | 9.7% | 3.4% | *0.0% |
| Nutrient Guideline | | 400-550 | | 600 | | | | | | | | | <=35.0 | <10.00 | |

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

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Escondido Union School District

Nov 27, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Thu - 12/07/2017 | | | | | | | | | | | | | | | |
| Middle School Breakfast 6-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Bk, Fr.Tst. Sausage | 1 EACH | 227 | 22 | 324 | 2.75 | 2.26 | 157.8 | 308 | 4.97 | 6 | 11.04 | 25.03 | 9.47 | 2.19 | 0.00 |
| Mexican Sweetbread | EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| Bar, Breakfast, Oatmeal CC | EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Coffee Cake WG | 1 EACH | 251 | 34 | 241 | 1.93 | 1.39 | 57.9 | 0 | 0.0 | 18 | 4.83 | 37.65 | 8.69 | 0.97 | 0.00 |
| Pancakes,Mini, Maple | 1 EACH | 230 | 0 | 150 | 3.00 | 0.72 | 40.0 | 0 | 0.0 | 14 | 4.0 | 41.0 | 7.0 | 0.50 | 0.00 |
| Burrito, Ham,Egg,chs&tots | 1 EACH | 405 | 150 | 835 | 5.05 | 2.51 | 320.9 | 448 | 1.55 | *1 | 17.3 | 35.9 | 20.39 | 9.60 | *9.40 |
| Breakfast "Jax" Sandwich | 1 EACH | 385 | 150 | 911 | 0.00 | 0.92 | 91.8 | 364 | 0.61 | *0 | 19.31 | 33.1 | 20.4 | 7.76 | *0.00 |
| Bagel,Whole Grain & Cr. Cheese | 1 EACH | 264 | 30 | 273 | 3.30 | 1.80 | 33.3 | 202 | 0.0 | *3 | 7.93 | 35.53 | 9.72 | 6.13 | *0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Pears | SERVING, 3.5 oz | 74 | 0 | 12 | 2.46 | 0.00 | 0.0 | 74 | 0.0 | 15 | 0.0 | 17.24 | 0.0 | 0.00 | 0.00 |
| Fruit, Fresh Thurs 1 | 1 EACH | 4 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Apple,Golden Delicious,125 ct. | 1 EACH | 79 | 0 | 2 | 2.47 | *N/A* | *N/A* | *N/A* | *N/A* | 15 | 0.0 | 19.79 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| Juice, Orange 4 oz.Hollandia | 1 EACH | 55 | 0 | 14 | 0.00 | 0.00 | 10.0 | 100 | 30.0 | 14 | 1.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 20 EACH | 1100 | 0 | 300 | 0.00 | 0.00 | 0.0 | 2600 | 0.0 | 260 | 0.0 | 270.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk,Choc,Pouch,90/ea.8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| CD, Sauce, Tapatio | OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| Weighted Daily Average | | 666 | *29 | *491 | *3.33 | *3.30 | *365.1 | *1444 | *17.20 | *100 | *14.79 | *133.08 | *8.31 | *2.66 | *1.13 |
| % of Calories | | | | | | | | | | *60.1% | *8.9% | *80.0% | *11.2% | *3.6% | *1.5% |
| Nutrient Guideline | | 400-550 | | 600 | | | | | | | | | <=35.0 | <10.00 | |

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

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Escondido Union School District

Nov 27, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Fri - 12/08/2017 | | | | | | | | | | | | | | | |
| Middle School Breakfast 6-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Bk, Fr.Tst. Sausage | 1 EACH | 227 | 22 | 324 | 2.75 | 2.26 | 157.8 | 308 | 4.97 | 6 | 11.04 | 25.03 | 9.47 | 2.19 | 0.00 |
| Brkfst-Egg,Cheese,Sau, Biscuit | 1 each | 346 | 142 | 751 | 2.10 | 2.22 | 203.8 | 416 | 0.01 | *6 | 16.21 | 30.1 | 17.65 | 6.71 | *0.00 |
| Mexican Sweetbread | EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| Bar, Breakfast, Oatmeal CC | EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Bar, Peanut Butter & Jelly | EACH | 300 | 0 | 220 | 4.00 | 1.44 | 20.0 | 70 | 0.0 | 14 | 9.0 | 32.0 | 17.0 | 3.50 | 0.00 |
| Cinnamon Roll, WG, IW | 1 EACH | 300 | 5 | 310 | 3.00 | 1.80 | 20.0 | 300 | 1.2 | 22 | 5.0 | 51.01 | 11.0 | 6.00 | 0.00 |
| Brkfst,Burrito, Egg & Chorizo | 1 EACH | 200 | 40 | 370 | 3.00 | 2.70 | 150.0 | 500 | 1.2 | 0 | 9.0 | 22.0 | 9.0 | 3.50 | 0.00 |
| Bagel,Whole Grain & Cr. Cheese | 1 EACH | 264 | 30 | 273 | 3.30 | 1.80 | 33.3 | 202 | 0.0 | *3 | 7.93 | 35.53 | 9.72 | 6.13 | *0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Peaches, Sliced | SERVING, 4.5 oz | 70 | 0 | 10 | 1.00 | 0.00 | 0.0 | 300 | 1.2 | 16 | 0.0 | 17.0 | 0.0 | 0.00 | 0.00 |
| Fruit, Fresh Fri 1 | 1 EACH | 4 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Apple,Golden Delicious,125 ct. | 1 EACH | 79 | 0 | 2 | 2.47 | *N/A* | *N/A* | *N/A* | *N/A* | 15 | 0.0 | 19.79 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| Juice, Orange 4 oz.Hollandia | 1 EACH | 55 | 0 | 14 | 0.00 | 0.00 | 10.0 | 100 | 30.0 | 14 | 1.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 25 EACH | 1375 | 0 | 375 | 0.00 | 0.00 | 0.0 | 3250 | 0.0 | 325 | 0.0 | 337.5 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk,Choc,Pouch,90/ea.8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| CD, Sauce, Tapatio | OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| Weighted Daily Average | | 704 | *13 | *440 | *2.71 | *3.25 | *333.8 | *1652 | *17.40 | *117 | *13.46 | *147.36 | *6.99 | *2.19 | *0.00 |
| % of Calories | | | | | | | | | | *66.4% | *7.7% | *83.8% | *8.9% | *2.8% | *0.0% |
| Nutrient Guideline | | 400-550 | | 600 | | | | | | | | | <=35.0 | <10.00 | |

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

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Escondido Union School District

Nov 27, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Mon - 12/11/2017 | | | | | | | | | | | | | | | |
| Middle School Breakfast 6-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Bk, Fr.Tst. Sausage | 1 EACH | 227 | 22 | 324 | 2.75 | 2.26 | 157.8 | 308 | 4.97 | 6 | 11.04 | 25.03 | 9.47 | 2.19 | 0.00 |
| Brkfst-Egg,Cheese,Sau, Biscuit | 1 each | 346 | 142 | 751 | 2.10 | 2.22 | 203.8 | 416 | 0.01 | *6 | 16.21 | 30.1 | 17.65 | 6.71 | *0.00 |
| Mexican Sweetbread | EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| Bar, Breakfast, Oatmeal CC | EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Cinnamon Roll, WG, IW | 1 EACH | 300 | 5 | 310 | 3.00 | 1.80 | 20.0 | 300 | 1.2 | 22 | 5.0 | 51.01 | 11.0 | 6.00 | 0.00 |
| Brkfst,Burrito, Egg & Chorizo | 1 EACH | 200 | 40 | 370 | 3.00 | 2.70 | 150.0 | 500 | 1.2 | 0 | 9.0 | 22.0 | 9.0 | 3.50 | 0.00 |
| Bagel, Pizza , Breakfast | 1 EACH | 192 | 15 | 363 | 1.80 | 1.59 | 217.0 | 73 | 3.8 | 4 | 11.65 | 23.16 | 5.71 | 3.01 | 0.00 |
| Bagel,Whole Grain & Cr. Cheese | 1 EACH | 264 | 30 | 273 | 3.30 | 1.80 | 33.3 | 202 | 0.0 | *3 | 7.93 | 35.53 | 9.72 | 6.13 | *0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Pinappl Tidbt, Draind | SERVING, 4.0 oz | 94 | 0 | 0 | 1.34 | 0.48 | 26.8 | 0 | 12.07 | 19 | 1.01 | 22.8 | 0.0 | 0.00 | 0.00 |
| Fruit, Fresh Mon 1 | 1 EACH | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Apple,Golden Delicious,125 ct. | 1 EACH | 79 | 0 | 2 | 2.47 | *N/A* | *N/A* | *N/A* | *N/A* | 15 | 0.0 | 19.79 | 0.0 | 0.00 | 0.00 |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| Juice, Orange 4 oz.Hollandia | 1 EACH | 55 | 0 | 14 | 0.00 | 0.00 | 10.0 | 100 | 30.0 | 14 | 1.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 1 EACH | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 130 | 0.0 | 13 | 0.0 | 13.5 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk,Choc,Pouch,90/ea.8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| CD, Sauce, Tapatio | OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| Weighted Daily Average | | 410 | 16 | 390 | 2.94 | *3.52 | *355.2 | *861 | *18.85 | *42 | 14.61 | 73.42 | 7.58 | 2.64 | *0.00 |
| % of Calories | | | | | | | | | | *41.3% | 14.3% | 71.6% | 16.6% | 5.8% | *0.0% |
| Nutrient Guideline | | 400-550 | | 600 | | | | | | | | | <=35.0 | <10.00 | |

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

Nov 27, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Tue - 12/12/2017 | | | | | | | | | | | | | | | |
| Middle School Breakfast 6-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Bk, Fr.Tst. Sausage | 1 EACH | 227 | 22 | 324 | 2.75 | 2.26 | 157.8 | 308 | 4.97 | 6 | 11.04 | 25.03 | 9.47 | 2.19 | 0.00 |
| Mexican Sweetbread | EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| Bar, Breakfast, Oatmeal CC | EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Waffles, Mini, Maple | 1 EACH | 174 | 9 | 183 | 1.83 | 0.33 | 18.3 | 0 | 0.0 | 13 | 2.74 | 30.16 | 4.57 | 0.91 | 0.00 |
| Burrito, Ham,Egg,chs&tots | 1 EACH | 405 | 150 | 835 | 5.05 | 2.51 | 320.9 | 448 | 1.55 | *1 | 17.3 | 35.9 | 20.39 | 9.60 | *9.40 |
| Brkfst, Eggs Scram/Ssg&Muffin | 1 EACH | 314 | 370 | 574 | 1.80 | 2.24 | 66.1 | 552 | 0.5 | *8 | 17.79 | 23.25 | 15.69 | 4.80 | *0.00 |
| Coffee Cake WG | 1 EACH | 251 | 34 | 241 | 1.93 | 1.39 | 57.9 | 0 | 0.0 | 18 | 4.83 | 37.65 | 8.69 | 0.97 | 0.00 |
| Bagel,Whole Grain & Cr. Cheese | 1 EACH | 264 | 30 | 273 | 3.30 | 1.80 | 33.3 | 202 | 0.0 | *3 | 7.93 | 35.53 | 9.72 | 6.13 | *0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Apricots, Sliced | SERVING, 4.25oz | 101 | 0 | 3 | 3.31 | 4.30 | 41.3 | 91 | 4.3 | 18 | 1.65 | 24.79 | 0.0 | 0.00 | 0.00 |
| Fruit, Fresh Tues 1 | 1 ea | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Apple,Golden Delicious,125 ct. | 1 EACH | 79 | 0 | 2 | 2.47 | *N/A* | *N/A* | *N/A* | *N/A* | 15 | 0.0 | 19.79 | 0.0 | 0.00 | 0.00 |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| Juice, Orange 4 oz.Hollandia | 1 EACH | 55 | 0 | 14 | 0.00 | 0.00 | 10.0 | 100 | 30.0 | 14 | 1.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 1 EACH | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 130 | 0.0 | 13 | 0.0 | 13.5 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk,Choc,Pouch,90/ea.8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| CD, Sauce, Tapatio | OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| Weighted Daily Average | | 434 | 55 | 441 | 3.56 | *4.40 | *369.0 | *881 | *17.99 | *42 | 16.13 | 74.01 | 8.89 | 2.88 | *0.94 |
| % of Calories | | | | | | | | | | *38.4% | 14.9% | 68.3% | 18.4% | 6.0% | *2.0% |
| Nutrient Guideline | | 400-550 | | 600 | | | | | | | | | <=35.0 | <10.00 | |

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

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Escondido Union School District

Nov 27, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Wed - 12/13/2017 | | | | | | | | | | | | | | | |
| Middle School Breakfast 6-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Brkfst,Burrito, Egg & Chorizo | 1 EACH | 200 | 40 | 370 | 3.00 | 2.70 | 150.0 | 500 | 1.2 | 0 | 9.0 | 22.0 | 9.0 | 3.50 | 0.00 |
| Mexican Sweetbread | EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| Bar, Breakfast, Oatmeal CC | EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Bar, Peanut Butter & Jelly | EACH | 300 | 0 | 220 | 4.00 | 1.44 | 20.0 | 70 | 0.0 | 14 | 9.0 | 32.0 | 17.0 | 3.50 | 0.00 |
| Cinnamon Roll, WG, IW | 1 EACH | 300 | 5 | 310 | 3.00 | 1.80 | 20.0 | 300 | 1.2 | 22 | 5.0 | 51.01 | 11.0 | 6.00 | 0.00 |
| Burrito,Bacon,Egg,chs&tots | 1 EACH | 349 | 195 | 716 | 5.05 | 2.49 | 161.9 | 354 | 1.35 | 1 | 12.75 | 35.38 | 16.25 | 5.87 | 0.00 |
| Brkfst-Egg,Cheese,Sau, Biscuit | 1 each | 346 | 142 | 751 | 2.10 | 2.22 | 203.8 | 416 | 0.01 | *6 | 16.21 | 30.1 | 17.65 | 6.71 | *0.00 |
| Bagel,Whole Grain & Cr. Cheese | 1 EACH | 264 | 30 | 273 | 3.30 | 1.80 | 33.3 | 202 | 0.0 | *3 | 7.93 | 35.53 | 9.72 | 6.13 | *0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Peaches, Sliced | SERVING, 4.5 oz | 70 | 0 | 10 | 1.00 | 0.00 | 0.0 | 300 | 1.2 | 16 | 0.0 | 17.0 | 0.0 | 0.00 | 0.00 |
| Fruit, Fresh Wed 1 | 1 ea | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Apple,Golden Delicious,125 ct. | 1 EACH | 79 | 0 | 2 | 2.47 | *N/A* | *N/A* | *N/A* | *N/A* | 15 | 0.0 | 19.79 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| Juice, Orange 4 oz.Hollandia | 1 EACH | 55 | 0 | 14 | 0.00 | 0.00 | 10.0 | 100 | 30.0 | 14 | 1.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 45 EACH | 2475 | 0 | 675 | 0.00 | 0.00 | 0.0 | 5850 | 0.0 | 585 | 0.0 | 607.5 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk,Choc,Pouch,90/ea.8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| CD, Sauce, Tapatio | OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| Weighted Daily Average | | 912 | 45 | 596 | 3.28 | *3.29 | *349.2 | *2019 | *16.64 | *153 | 15.60 | 190.29 | 9.81 | 3.44 | *0.00 |
| % of Calories | | | | | | | | | | *67.0% | 6.8% | 83.4% | 9.7% | 3.4% | *0.0% |
| Nutrient Guideline | | 400-550 | | 600 | | | | | | | | | <=35.0 | <10.00 | |

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

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Escondido Union School District

Nov 27, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Thu - 12/14/2017 | | | | | | | | | | | | | | | |
| Middle School Breakfast 6-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Bk, Fr.Tst. Sausage | 1 EACH | 227 | 22 | 324 | 2.75 | 2.26 | 157.8 | 308 | 4.97 | 6 | 11.04 | 25.03 | 9.47 | 2.19 | 0.00 |
| Mexican Sweetbread | EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| Bar, Breakfast, Oatmeal CC | EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Coffee Cake WG | 1 EACH | 251 | 34 | 241 | 1.93 | 1.39 | 57.9 | 0 | 0.0 | 18 | 4.83 | 37.65 | 8.69 | 0.97 | 0.00 |
| Pancakes,Mini, Maple | 1 EACH | 230 | 0 | 150 | 3.00 | 0.72 | 40.0 | 0 | 0.0 | 14 | 4.0 | 41.0 | 7.0 | 0.50 | 0.00 |
| Burrito, Ham,Egg,chs&tots | 1 EACH | 405 | 150 | 835 | 5.05 | 2.51 | 320.9 | 448 | 1.55 | *1 | 17.3 | 35.9 | 20.39 | 9.60 | *9.40 |
| Breakfast "Jax" Sandwich | 1 EACH | 385 | 150 | 911 | 0.00 | 0.92 | 91.8 | 364 | 0.61 | *0 | 19.31 | 33.1 | 20.4 | 7.76 | *0.00 |
| Bagel,Whole Grain & Cr. Cheese | 1 EACH | 264 | 30 | 273 | 3.30 | 1.80 | 33.3 | 202 | 0.0 | *3 | 7.93 | 35.53 | 9.72 | 6.13 | *0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Pears | SERVING, 3.5 oz | 74 | 0 | 12 | 2.46 | 0.00 | 0.0 | 74 | 0.0 | 15 | 0.0 | 17.24 | 0.0 | 0.00 | 0.00 |
| Fruit, Fresh Thurs 1 | 1 EACH | 4 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Apple,Golden Delicious,125 ct. | 1 EACH | 79 | 0 | 2 | 2.47 | *N/A* | *N/A* | *N/A* | *N/A* | 15 | 0.0 | 19.79 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| Juice, Orange 4 oz.Hollandia | 1 EACH | 55 | 0 | 14 | 0.00 | 0.00 | 10.0 | 100 | 30.0 | 14 | 1.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 20 EACH | 1100 | 0 | 300 | 0.00 | 0.00 | 0.0 | 2600 | 0.0 | 260 | 0.0 | 270.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk,Choc,Pouch,90/ea.8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| CD, Sauce, Tapatio | OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| Weighted Daily Average | | 666 | *29 | *491 | *3.33 | *3.30 | *365.1 | *1444 | *17.20 | *100 | *14.79 | *133.08 | *8.31 | *2.66 | *1.13 |
| % of Calories | | | | | | | | | | *60.1% | *8.9% | *80.0% | *11.2% | *3.6% | *1.5% |
| Nutrient Guideline | | 400-550 | | 600 | | | | | | | | | <=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

Nov 27, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Fri - 12/15/2017 | | | | | | | | | | | | | | | |
| Middle School Breakfast 6-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Bk, Fr.Tst. Sausage | 1 EACH | 227 | 22 | 324 | 2.75 | 2.26 | 157.8 | 308 | 4.97 | 6 | 11.04 | 25.03 | 9.47 | 2.19 | 0.00 |
| Brkfst-Egg,Cheese,Sau, Biscuit | 1 each | 346 | 142 | 751 | 2.10 | 2.22 | 203.8 | 416 | 0.01 | *6 | 16.21 | 30.1 | 17.65 | 6.71 | *0.00 |
| Mexican Sweetbread | EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| Bar, Breakfast, Oatmeal CC | EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Bar, Peanut Butter & Jelly | EACH | 300 | 0 | 220 | 4.00 | 1.44 | 20.0 | 70 | 0.0 | 14 | 9.0 | 32.0 | 17.0 | 3.50 | 0.00 |
| Cinnamon Roll, WG, IW | 1 EACH | 300 | 5 | 310 | 3.00 | 1.80 | 20.0 | 300 | 1.2 | 22 | 5.0 | 51.01 | 11.0 | 6.00 | 0.00 |
| Brkfst,Burrito, Egg & Chorizo | 1 EACH | 200 | 40 | 370 | 3.00 | 2.70 | 150.0 | 500 | 1.2 | 0 | 9.0 | 22.0 | 9.0 | 3.50 | 0.00 |
| Bagel,Whole Grain & Cr. Cheese | 1 EACH | 264 | 30 | 273 | 3.30 | 1.80 | 33.3 | 202 | 0.0 | *3 | 7.93 | 35.53 | 9.72 | 6.13 | *0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Peaches, Sliced | SERVING, 4.5 oz | 70 | 0 | 10 | 1.00 | 0.00 | 0.0 | 300 | 1.2 | 16 | 0.0 | 17.0 | 0.0 | 0.00 | 0.00 |
| Fruit, Fresh Fri 1 | 1 EACH | 4 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Apple,Golden Delicious,125 ct. | 1 EACH | 79 | 0 | 2 | 2.47 | *N/A* | *N/A* | *N/A* | *N/A* | 15 | 0.0 | 19.79 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| Juice, Orange 4 oz.Hollandia | 1 EACH | 55 | 0 | 14 | 0.00 | 0.00 | 10.0 | 100 | 30.0 | 14 | 1.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 25 EACH | 1375 | 0 | 375 | 0.00 | 0.00 | 0.0 | 3250 | 0.0 | 325 | 0.0 | 337.5 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk,Choc,Pouch,90/ea.8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| CD, Sauce, Tapatio | OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| Weighted Daily Average | | 704 | *13 | *440 | *2.71 | *3.25 | *333.8 | *1652 | *17.40 | *117 | *13.46 | *147.36 | *6.99 | *2.19 | *0.00 |
| % of Calories | | | | | | | | | | *66.4% | *7.7% | *83.8% | *8.9% | *2.8% | *0.0% |
| Nutrient Guideline | | 400-550 | | 600 | | | | | | | | | <=35.0 | <10.00 | |

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

Nov 27, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Mon - 12/18/2017 | | | | | | | | | | | | | | | |
| Middle School Breakfast 6-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Bk, Fr.Tst. Sausage | 1 EACH | 227 | 22 | 324 | 2.75 | 2.26 | 157.8 | 308 | 4.97 | 6 | 11.04 | 25.03 | 9.47 | 2.19 | 0.00 |
| Brkfst-Egg,Cheese,Sau, Biscuit | 1 each | 346 | 142 | 751 | 2.10 | 2.22 | 203.8 | 416 | 0.01 | *6 | 16.21 | 30.1 | 17.65 | 6.71 | *0.00 |
| Mexican Sweetbread | EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| Bar, Breakfast, Oatmeal CC | EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Cinnamon Roll, WG, IW | 1 EACH | 300 | 5 | 310 | 3.00 | 1.80 | 20.0 | 300 | 1.2 | 22 | 5.0 | 51.01 | 11.0 | 6.00 | 0.00 |
| Brkfst,Burrito, Egg & Chorizo | 1 EACH | 200 | 40 | 370 | 3.00 | 2.70 | 150.0 | 500 | 1.2 | 0 | 9.0 | 22.0 | 9.0 | 3.50 | 0.00 |
| Bagel, Pizza , Breakfast | 1 EACH | 192 | 15 | 363 | 1.80 | 1.59 | 217.0 | 73 | 3.8 | 4 | 11.65 | 23.16 | 5.71 | 3.01 | 0.00 |
| Bagel,Whole Grain & Cr. Cheese | 1 EACH | 264 | 30 | 273 | 3.30 | 1.80 | 33.3 | 202 | 0.0 | *3 | 7.93 | 35.53 | 9.72 | 6.13 | *0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Pinappl Tidbt, Draind | SERVING, 4.0 oz | 94 | 0 | 0 | 1.34 | 0.48 | 26.8 | 0 | 12.07 | 19 | 1.01 | 22.8 | 0.0 | 0.00 | 0.00 |
| Fruit, Fresh Mon 1 | 1 EACH | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Apple,Golden Delicious,125 ct. | 1 EACH | 79 | 0 | 2 | 2.47 | *N/A* | *N/A* | *N/A* | *N/A* | 15 | 0.0 | 19.79 | 0.0 | 0.00 | 0.00 |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| Juice, Orange 4 oz.Hollandia | 1 EACH | 55 | 0 | 14 | 0.00 | 0.00 | 10.0 | 100 | 30.0 | 14 | 1.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 1 EACH | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 130 | 0.0 | 13 | 0.0 | 13.5 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk,Choc,Pouch,90/ea.8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| CD, Sauce, Tapatio | OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| Weighted Daily Average | | 410 | 16 | 390 | 2.94 | *3.52 | *355.2 | *861 | *18.85 | *42 | 14.61 | 73.42 | 7.58 | 2.64 | *0.00 |
| % of Calories | | | | | | | | | | *41.3% | 14.3% | 71.6% | 16.6% | 5.8% | *0.0% |
| Nutrient Guideline | | 400-550 | | 600 | | | | | | | | | <=35.0 | <10.00 | |

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

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Escondido Union School District

Nov 27, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Tue - 12/19/2017 | | | | | | | | | | | | | | | |
| Middle School Breakfast 6-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Bk, Fr.Tst. Sausage | 1 EACH | 227 | 22 | 324 | 2.75 | 2.26 | 157.8 | 308 | 4.97 | 6 | 11.04 | 25.03 | 9.47 | 2.19 | 0.00 |
| Mexican Sweetbread | EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| Bar, Breakfast, Oatmeal CC | EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Waffles, Mini, Maple | 1 EACH | 174 | 9 | 183 | 1.83 | 0.33 | 18.3 | 0 | 0.0 | 13 | 2.74 | 30.16 | 4.57 | 0.91 | 0.00 |
| Burrito, Ham,Egg,chs&tots | 1 EACH | 405 | 150 | 835 | 5.05 | 2.51 | 320.9 | 448 | 1.55 | *1 | 17.3 | 35.9 | 20.39 | 9.60 | *9.40 |
| Brkfst, Eggs Scram/Ssg&Muffin | 1 EACH | 314 | 370 | 574 | 1.80 | 2.24 | 66.1 | 552 | 0.5 | *8 | 17.79 | 23.25 | 15.69 | 4.80 | *0.00 |
| Coffee Cake WG | 1 EACH | 251 | 34 | 241 | 1.93 | 1.39 | 57.9 | 0 | 0.0 | 18 | 4.83 | 37.65 | 8.69 | 0.97 | 0.00 |
| Bagel,Whole Grain & Cr. Cheese | 1 EACH | 264 | 30 | 273 | 3.30 | 1.80 | 33.3 | 202 | 0.0 | *3 | 7.93 | 35.53 | 9.72 | 6.13 | *0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Apricots, Sliced | SERVING, 4.25oz | 101 | 0 | 3 | 3.31 | 4.30 | 41.3 | 91 | 4.3 | 18 | 1.65 | 24.79 | 0.0 | 0.00 | 0.00 |
| Fruit, Fresh Tues 1 | 1 ea | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Apple,Golden Delicious,125 ct. | 1 EACH | 79 | 0 | 2 | 2.47 | *N/A* | *N/A* | *N/A* | *N/A* | 15 | 0.0 | 19.79 | 0.0 | 0.00 | 0.00 |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| Juice, Orange 4 oz.Hollandia | 1 EACH | 55 | 0 | 14 | 0.00 | 0.00 | 10.0 | 100 | 30.0 | 14 | 1.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 1 EACH | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 130 | 0.0 | 13 | 0.0 | 13.5 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk,Choc,Pouch,90/ea.8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| CD, Sauce, Tapatio | OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| Weighted Daily Average | | 434 | 55 | 441 | 3.56 | *4.40 | *369.0 | *881 | *17.99 | *42 | 16.13 | 74.01 | 8.89 | 2.88 | *0.94 |
| % of Calories | | | | | | | | | | *38.4% | 14.9% | 68.3% | 18.4% | 6.0% | *2.0% |
| Nutrient Guideline | | 400-550 | | 600 | | | | | | | | | <=35.0 | <10.00 | |

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

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Escondido Union School District

Nov 27, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Wed - 12/20/2017 | | | | | | | | | | | | | | | |
| Middle School Breakfast 6-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Brkfst,Burrito, Egg & Chorizo | 1 EACH | 200 | 40 | 370 | 3.00 | 2.70 | 150.0 | 500 | 1.2 | 0 | 9.0 | 22.0 | 9.0 | 3.50 | 0.00 |
| Mexican Sweetbread | EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| Bar, Breakfast, Oatmeal CC | EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Bar, Peanut Butter & Jelly | EACH | 300 | 0 | 220 | 4.00 | 1.44 | 20.0 | 70 | 0.0 | 14 | 9.0 | 32.0 | 17.0 | 3.50 | 0.00 |
| Cinnamon Roll, WG, IW | 1 EACH | 300 | 5 | 310 | 3.00 | 1.80 | 20.0 | 300 | 1.2 | 22 | 5.0 | 51.01 | 11.0 | 6.00 | 0.00 |
| Burrito,Bacon,Egg,chs&tots | 1 EACH | 349 | 195 | 716 | 5.05 | 2.49 | 161.9 | 354 | 1.35 | 1 | 12.75 | 35.38 | 16.25 | 5.87 | 0.00 |
| Brkfst-Egg,Cheese,Sau, Biscuit | 1 each | 346 | 142 | 751 | 2.10 | 2.22 | 203.8 | 416 | 0.01 | *6 | 16.21 | 30.1 | 17.65 | 6.71 | *0.00 |
| Bagel,Whole Grain & Cr. Cheese | 1 EACH | 264 | 30 | 273 | 3.30 | 1.80 | 33.3 | 202 | 0.0 | *3 | 7.93 | 35.53 | 9.72 | 6.13 | *0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Peaches, Sliced | SERVING, 4.5 oz | 70 | 0 | 10 | 1.00 | 0.00 | 0.0 | 300 | 1.2 | 16 | 0.0 | 17.0 | 0.0 | 0.00 | 0.00 |
| Fruit, Fresh Wed 1 | 1 ea | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Apple,Golden Delicious,125 ct. | 1 EACH | 79 | 0 | 2 | 2.47 | *N/A* | *N/A* | *N/A* | *N/A* | 15 | 0.0 | 19.79 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| Juice, Orange 4 oz.Hollandia | 1 EACH | 55 | 0 | 14 | 0.00 | 0.00 | 10.0 | 100 | 30.0 | 14 | 1.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 45 EACH | 2475 | 0 | 675 | 0.00 | 0.00 | 0.0 | 5850 | 0.0 | 585 | 0.0 | 607.5 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk,Choc,Pouch,90/ea.8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| CD, Sauce, Tapatio | OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| Weighted Daily Average | | 912 | 45 | 596 | 3.28 | *3.29 | *349.2 | *2019 | *16.64 | *153 | 15.60 | 190.29 | 9.81 | 3.44 | *0.00 |
| % of Calories | | | | | | | | | | *67.0% | 6.8% | 83.4% | 9.7% | 3.4% | *0.0% |
| Nutrient Guideline | | 400-550 | | 600 | | | | | | | | | <=35.0 | <10.00 | |

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

Nov 27, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Thu - 12/21/2017 | | | | | | | | | | | | | | | |
| Middle School Breakfast 6-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Bk, Fr.Tst. Sausage | 1 EACH | 227 | 22 | 324 | 2.75 | 2.26 | 157.8 | 308 | 4.97 | 6 | 11.04 | 25.03 | 9.47 | 2.19 | 0.00 |
| Mexican Sweetbread | EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| Bar, Breakfast, Oatmeal CC | EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Coffee Cake WG | 1 EACH | 251 | 34 | 241 | 1.93 | 1.39 | 57.9 | 0 | 0.0 | 18 | 4.83 | 37.65 | 8.69 | 0.97 | 0.00 |
| Pancakes,Mini, Maple | 1 EACH | 230 | 0 | 150 | 3.00 | 0.72 | 40.0 | 0 | 0.0 | 14 | 4.0 | 41.0 | 7.0 | 0.50 | 0.00 |
| Burrito, Ham,Egg,chs&tots | 1 EACH | 405 | 150 | 835 | 5.05 | 2.51 | 320.9 | 448 | 1.55 | *1 | 17.3 | 35.9 | 20.39 | 9.60 | *9.40 |
| Breakfast "Jax" Sandwich | 1 EACH | 385 | 150 | 911 | 0.00 | 0.92 | 91.8 | 364 | 0.61 | *0 | 19.31 | 33.1 | 20.4 | 7.76 | *0.00 |
| Bagel,Whole Grain & Cr. Cheese | 1 EACH | 264 | 30 | 273 | 3.30 | 1.80 | 33.3 | 202 | 0.0 | *3 | 7.93 | 35.53 | 9.72 | 6.13 | *0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Pears | SERVING, 3.5 oz | 74 | 0 | 12 | 2.46 | 0.00 | 0.0 | 74 | 0.0 | 15 | 0.0 | 17.24 | 0.0 | 0.00 | 0.00 |
| Fruit, Fresh Thurs 1 | 1 EACH | 4 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Apple,Golden Delicious,125 ct. | 1 EACH | 79 | 0 | 2 | 2.47 | *N/A* | *N/A* | *N/A* | *N/A* | 15 | 0.0 | 19.79 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| Juice, Orange 4 oz.Hollandia | 1 EACH | 55 | 0 | 14 | 0.00 | 0.00 | 10.0 | 100 | 30.0 | 14 | 1.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 20 EACH | 1100 | 0 | 300 | 0.00 | 0.00 | 0.0 | 2600 | 0.0 | 260 | 0.0 | 270.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk,Choc,Pouch,90/ea.8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| CD, Sauce, Tapatio | OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| Weighted Daily Average | | 666 | *29 | *491 | *3.33 | *3.30 | *365.1 | *1444 | *17.20 | *100 | *14.79 | *133.08 | *8.31 | *2.66 | *1.13 |
| % of Calories | | | | | | | | | | *60.1% | *8.9% | *80.0% | *11.2% | *3.6% | *1.5% |
| Nutrient Guideline | | 400-550 | | 600 | | | | | | | | | <=35.0 | <10.00 | |

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

Nov 27, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Fri - 12/22/2017 | | | | | | | | | | | | | | | |
| Middle School Breakfast 6-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Bk, Fr.Tst. Sausage | 1 EACH | 227 | 22 | 324 | 2.75 | 2.26 | 157.8 | 308 | 4.97 | 6 | 11.04 | 25.03 | 9.47 | 2.19 | 0.00 |
| Brkfst-Egg,Cheese,Sau, Biscuit | 1 each | 346 | 142 | 751 | 2.10 | 2.22 | 203.8 | 416 | 0.01 | *6 | 16.21 | 30.1 | 17.65 | 6.71 | *0.00 |
| Mexican Sweetbread | EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| Bar, Breakfast, Oatmeal CC | EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Bar, Peanut Butter & Jelly | EACH | 300 | 0 | 220 | 4.00 | 1.44 | 20.0 | 70 | 0.0 | 14 | 9.0 | 32.0 | 17.0 | 3.50 | 0.00 |
| Cinnamon Roll, WG, IW | 1 EACH | 300 | 5 | 310 | 3.00 | 1.80 | 20.0 | 300 | 1.2 | 22 | 5.0 | 51.01 | 11.0 | 6.00 | 0.00 |
| Brkfst,Burrito, Egg & Chorizo | 1 EACH | 200 | 40 | 370 | 3.00 | 2.70 | 150.0 | 500 | 1.2 | 0 | 9.0 | 22.0 | 9.0 | 3.50 | 0.00 |
| Bagel,Whole Grain & Cr. Cheese | 1 EACH | 264 | 30 | 273 | 3.30 | 1.80 | 33.3 | 202 | 0.0 | *3 | 7.93 | 35.53 | 9.72 | 6.13 | *0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Peaches, Sliced | SERVING, 4.5 oz | 70 | 0 | 10 | 1.00 | 0.00 | 0.0 | 300 | 1.2 | 16 | 0.0 | 17.0 | 0.0 | 0.00 | 0.00 |
| Fruit, Fresh Fri 1 | 1 EACH | 4 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Apple,Golden Delicious,125 ct. | 1 EACH | 79 | 0 | 2 | 2.47 | *N/A* | *N/A* | *N/A* | *N/A* | 15 | 0.0 | 19.79 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| Juice, Orange 4 oz.Hollandia | 1 EACH | 55 | 0 | 14 | 0.00 | 0.00 | 10.0 | 100 | 30.0 | 14 | 1.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 25 EACH | 1375 | 0 | 375 | 0.00 | 0.00 | 0.0 | 3250 | 0.0 | 325 | 0.0 | 337.5 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk,Choc,Pouch,90/ea.8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| CD, Sauce, Tapatio | OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| Weighted Daily Average | | 704 | *13 | *440 | *2.71 | *3.25 | *333.8 | *1652 | *17.40 | *117 | *13.46 | *147.36 | *6.99 | *2.19 | *0.00 |
| % of Calories | | | | | | | | | | *66.4% | *7.7% | *83.8% | *8.9% | *2.8% | *0.0% |
| Nutrient Guideline | | 400-550 | | 600 | | | | | | | | | <=35.0 | <10.00 | |

| | | | | | | | | | | | | | | | |
|-----------------------------|---------|---|---|---|------|------|-----|---|-----|---|-----|-----|-----|------|------|
| Mon - 12/25/2017 | | | | | | | | | | | | | | | |
| Middle School Breakfast 6-8 | Total | | | | | | | | | | | | | | |
| HOLIDAY | SERVING | 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

Nov 27, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| % of Calories | | | | | | | | | | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| Nutrient Guideline | | 400-550 | | 600 | | | | | | | | | <=35.0 | <10.00 | |

| Tue - 12/26/2017 | | | | | | | | | | | | | | | |
|-------------------------------------|---------------|---------|---|-----|------|------|-----|---|------|------|------|------|--------|--------|------|
| Middle School Breakfast 6-8 HOLIDAY | Total SERVING | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| % of Calories | | | | | | | | | | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| Nutrient Guideline | | 400-550 | | 600 | | | | | | | | | <=35.0 | <10.00 | |

| Wed - 12/27/2017 | | | | | | | | | | | | | | | |
|-------------------------------------|---------------|---------|---|-----|------|------|-----|---|------|------|------|------|--------|--------|------|
| Middle School Breakfast 6-8 HOLIDAY | Total SERVING | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| % of Calories | | | | | | | | | | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| Nutrient Guideline | | 400-550 | | 600 | | | | | | | | | <=35.0 | <10.00 | |

| Thu - 12/28/2017 | | | | | | | | | | | | | | | |
|-------------------------------------|---------------|---------|---|-----|------|------|-----|---|------|------|------|------|--------|--------|------|
| Middle School Breakfast 6-8 HOLIDAY | Total SERVING | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| % of Calories | | | | | | | | | | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| Nutrient Guideline | | 400-550 | | 600 | | | | | | | | | <=35.0 | <10.00 | |

| Fri - 12/29/2017 | | | | | | | | | | | | | | | |
|-------------------------------------|---------------|---------|---|-----|------|------|-----|---|------|------|------|------|--------|--------|------|
| Middle School Breakfast 6-8 HOLIDAY | Total SERVING | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| % of Calories | | | | | | | | | | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| Nutrient Guideline | | 400-550 | | 600 | | | | | | | | | <=35.0 | <10.00 | |

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Escondido Union School District

Nov 27, 2017 thru Dec 31, 2017

Base Menu Spreadsheet

Middle School Breakfast 6-8

Portion Values - Detailed

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|-----------------|-------------------|-----------------|----------------|-------------------------|
| Weighted Average | | 626 | *31 | *472 | *3.24 | *3.56 | *355.6 | *1376 | *18.80 | *91 *130.6 | *14.94 *9.5% | *123.87 *79.2% | *8.32 *12.0% | *2.76 *4.0% | *0.41 *0.6% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|---|
| Calories | 626 | | 400 - 550 | 114% | | | 76 | Correction Required - Calories too High |
| Cholesterol (mg) | 31 | | | | Missing | | | |
| Sodium 1 (mg) | 472 | | 600 | | Missing | | | |
| Sodium 2 (mg) | 472 | | 535 | | Missing | | | |
| Fiber (g) | 3.24 | | | | Missing | | | |
| Iron (mg) | 3.56 | | | | Missing | | | |
| Calcium (mg) | 355.6 | | | | Missing | | | |
| Vitamin A (IU) | 1376 | | | | Missing | | | |
| Sugars (g) | 91 | 58.05% | | | Missing | | | |
| Vitamin C (mg) | 18.80 | | | | Missing | | | |
| Protein (g) | 14.94 | 9.55% | | | Missing | | | |
| Carbohydrate (g) | 123.87 | 79.16% | | | Missing | | | |
| Total Fat (g) | 8.32 | 11.97% | <=35.00% | | Missing | | | |
| Saturated Fat (g) | 2.76 | 3.97% | <10.00% | | Missing | | | |
| Trans Fat ¹ (g) | 0.41 | 0.59% | | | Missing | | | |

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