

# Escondido Union School District

Sep 25, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

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Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
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*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient*  
*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*  
*<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

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**Escondido Union School District**

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 09/25/2017															
Middle School Lunch 6-8	Total														
Sand. Veggie Burger, Twin	EACH	310	15	460	6.00	2.70	150.0	200	15.0	7	14.0	40.0	12.0	3.50	0.00
Burrito, Bean & Cheese	EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Sand: Chix, Spicy Patty	Each	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*0.00
Chix: Oven / Corn	1 EACH	231	71	478	2.21	1.34	21.3	96	2.0	*0	17.48	15.28	11.45	2.58	*0.00
Taquitos, Chicken	Serving	456	50	462	4.00	1.63	202.5	304	0.0	0	17.09	27.01	29.11	9.08	0.00
Cheesy Bread	1 EACH	399	30	501	3.00	2.80	424.0	108	4.5	3	22.85	37.96	17.26	6.81	0.00
Hot Dog w/Tots-Hoffy	SVG.	442	30	944	5.80	2.53	100.2	101	3.6	4	15.07	48.02	22.17	7.07	1.01
Pizza,Nardone Bros.**NEW**	1 EACH	360	40	610	3.00	2.70	299.9	500	11.99	7	21.99	29.99	16.99	8.00	0.00
FP: Sand: Turkey, Sub	SANDWIC	390	75	820	3.00	2.16	300.0	400	0.0	*3	31.0	33.0	16.0	7.50	0.00
Sand: PBJ, Grape, WG	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP,Parfait,Yog,Cinn Bitz,Peach	1 EACH	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
FP: Salad: Chicken Caesar	1 EACH	454	82	752	6.27	3.31	290.0	9929	27.22	4	22.11	32.97	25.44	6.31	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
SB, Broccoli Florets	SERVING, 1.1 oz	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	0.04	0.00
SB: Sauce, Pizza, Bosco	1 EACH	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	9.0	0.0	0.00	0.00
SB, Pasta Salad	SVG	418	0	789	5.70	26.84	1628.3	960	48.65	*6	8.63	48.39	21.17	4.06	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	SERVING, 4.5 oz	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
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, Gala,138 ct.	EACH	98	*N/A*	2	3.96	0.21	12.0	48	*N/A*	18	0.43	23.53	0.21	*N/A*	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00

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

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 09/25/2017															
Milk, FF, Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
	1 OZ														
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	1/8 CUP	2	0	4	0.09	0.05	0.5	23	1.58	*N/A*	0.11	0.31	0.02	0.00	0.00
CD, Chile Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.0	120	0.0	0	0.0	1.2	0.0	0.00	0.00
Weighted Daily Average		565	*38	784	7.27	*3.69	*512.5	*1598	*34.06	*35	28.27	72.82	18.77	*5.05	*0.01
% of Calories										*24.9%	20.0%	51.5%	29.9%	*8.0%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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Tue - 09/26/2017															
Middle School Lunch 6-8	Total														
Beef, Chs-Burger, Smokie Grill	EACH	435	80	900	3.00	3.24	195.0	200	0.0	*4	26.5	33.5	22.5	9.25	*1.00
Beef, West. Bac. Ch.Burger	1 EACH	634	90	1519	4.79	3.88	254.6	200	1.43	*6	34.29	50.2	33.27	12.14	*1.00
Burrito, Bean & Cheese	EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Chix,White,Sriracha/w Goldfish	SERVING	290	40	420	2.00	1.44	20.0	200	1.2	2	18.0	28.0	12.5	2.50	0.00
FP: Nacho Sauce with Chips	5 OZ.SVG.	480	45	1001	6.22	3.81	514.7	820	1.25	2	18.68	42.12	25.7	11.01	0.00
Quesadilla Chicken	SERVING	300	45	560	3.00	2.70	250.0	200	0.0	1	19.0	31.0	11.0	4.50	0.00
Corn Dog w/Tots	SERVING	370	40	700	7.80	1.80	80.0	0	3.6	5	11.0	47.0	14.0	3.50	0.00
Pizza, Stix, Stuffed Crust	1 EACH	300	10	740	4.00	2.16	300.0	200	0.0	*N/A*	14.0	34.0	12.0	4.00	*N/A*
FP: Sand: Ham, Sub	1 EACH	370	85	1070	3.00	2.88	350.0	300	1.2	*3	31.0	34.0	14.5	6.50	0.00
FP: Salad, Gourmet, Taco	1 EACH	608	83	1110	7.35	4.67	604.7	14050	67.14	*4	26.87	37.33	37.82	17.71	18.79
Sand: PBJ, Grape, WG	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP,Parfait,Yog,Cinn Bitz,Peach	1 EACH	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB: Sauce, Pizza, Bosco	1 EACH	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	9.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB,Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
SB, Corn: Frozen, yellow	SERVING, 3 oz	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
SB, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD,Peanut Butter Cup	SVG	180	0	130	2.00	0.72	20.0	0	0.0	3	6.0	8.0	14.99	2.50	0.00
SB, Pasta Salad	SVG	418	0	789	5.70	26.84	1628.3	960	48.65	*6	8.63	48.39	21.17	4.06	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pears	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.0	74	0.0	15	0.0	17.24	0.0	0.00	0.00
Watermelon, with Rind	SERVING, 5.4 oz	46	0	2	0.00	0.28	15.3	842	11.94	9	1.53	12.25	0.0	0.00	0.00
Apples, Gala,138 ct.	EACH	98	*N/A*	2	3.96	0.21	12.0	48	*N/A*	18	0.43	23.53	0.21	*N/A*	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00

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Middle School Lunch 6-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 09/26/2017															
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1%, Pouch, 90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc, Pouch, 90/ea. 8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF, Carton. 70/ea. 8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	1/8 CUP	2	0	4	0.09	0.05	0.5	23	1.58	*N/A*	0.11	0.31	0.02	0.00	0.00
CD, Chile Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.0	120	0.0	0	0.0	1.2	0.0	0.00	0.00
Weighted Daily Average		561	*43	962	5.77	*3.76	*526.4	*1945	*8.36	*29	26.84	67.01	20.89	*6.35	*0.59
% of Calories										*20.7%	19.2%	47.8%	33.5%	*10.2%	*0.9%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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Wed - 09/27/2017															
Middle School Lunch 6-8	Total														
Beef, West. Bac. Ch.Burger	1 EACH	634	90	1519	4.79	3.88	254.6	200	1.43	*6	34.29	50.2	33.27	12.14	*1.00
Beef, Chs-Burger, Smokie Grill	1 EACH	435	80	900	3.00	3.24	195.0	200	0.0	*4	26.5	33.5	22.5	9.25	*1.00
Sand: Chix, Spicy Patty	Each	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*0.00
Chix: Nuggets / Goldfish /Tots	1 EACH	438	47	1026	5.80	1.36	40.0	178	3.6	1	24.0	46.0	17.5	3.00	0.00
Cheesy Bread	1 EACH	399	30	501	3.00	2.80	424.0	108	4.5	3	22.85	37.96	17.26	6.81	0.00
Burrito, Bean & Cheese	EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
FP: Taco, Beef Dip/ Nacho Chip	5.75 oz/se	603	64	1237	9.93	5.26	283.0	785	7.0	2	23.93	48.9	32.53	12.46	0.00
Pizza,Nardone Bros.**NEW**	1 EACH	360	40	610	3.00	2.70	299.9	500	11.99	7	21.99	29.99	16.99	8.00	0.00
FP: Sand: Italian Combo Sub	SANDWIC	395	84	1162	3.00	3.14	390.3	560	3.28	*3	30.18	35.04	16.91	7.20	*0.00
PKO-Asian Salad - Chix	1 EACH	568	50	940	9.69	4.36	57.6	5234	128.91	*9	14.02	68.81	27.32	4.94	*0.00
PKO-Asian Salad - Tofu	1 EACH	611	0	804	11.62	6.11	277.6	5234	128.91	*9	17.63	70.74	31.18	5.17	*0.00
Sand: PBJ, Grape, WG	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP, Yogurt, Grnla Prft, Peach	EACH	525	20	274	5.36	2.16	440.0	909	4.03	*66	15.0	95.17	11.5	2.50	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
SB,Bell,Peppers,Mixed	SERVING, 2.75oz	22	0	2	1.41	0.24	4.8	1312	66.64	2	0.79	4.64	0.16	0.02	0.00
SB: Sauce, Pizza, Bosco	1 EACH	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	9.0	0.0	0.00	0.00
SB, Broccoli Florets	SERVING, 1.1 oz	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	0.04	0.00
SB, CND, Beans, Garbanzo	1/2 CUP	131	0	504	9.08	1.36	32.3	24	3.83	*N/A*	6.05	22.19	2.02	0.50	*N/A*
A to Z Salad Bar 1	1 CUP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pinappl Tidbt, Draind	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.8	0	12.07	19	1.01	22.8	0.0	0.00	0.00
Pear,Asian	EACH	85	0	1	4.60	0.18	10.0	0	6.0	14	0.5	23.0	0.2	0.00	0.00
Apples, Gala,138 ct.	EACH	98	*N/A*	2	3.96	0.21	12.0	48	*N/A*	18	0.43	23.53	0.21	*N/A*	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00

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**Escondido Union School District**

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 09/27/2017															
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1%, Pouch, 90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc, Pouch, 90/ea. 8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF, Carton. 70/ea. 8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	1/8 CUP	2	0	4	0.09	0.05	0.5	23	1.58	*N/A*	0.11	0.31	0.02	0.00	0.00
CD, Chile Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.0	120	0.0	0	0.0	1.2	0.0	0.00	0.00
Weighted Daily Average		640	*45	1010	8.26	*4.19	*521.7	*1743	*16.80	*37	29.63	81.00	22.37	*6.43	*0.02
% of Calories										*23.4%	18.5%	50.7%	31.5%	*9.0%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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**Escondido Union School District**

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 09/28/2017															
Middle School Lunch 6-8	Total														
Pizza, Pepp, 52%WW, PZA Guy, 8	Slice	326	28	813	4.88	2.16	440.0	450	1.8	3	21.22	35.33	11.87	6.20	0.00
Pizza, Chs, 52%WG, PZA Guy, 8s	SLICE	309	26	676	4.18	1.99	436.4	462	1.78	*N/A*	20.41	34.34	10.7	5.74	0.16
Sand. Veggie Burger, Twin	EACH	310	15	460	6.00	2.70	150.0	200	15.0	7	14.0	40.0	12.0	3.50	0.00
Sand: Cheese, Grilled, WG	1 EACH	280	32	581	3.00	1.64	4650.2	524	0.0	6	18.55	30.96	9.91	5.56	0.00
Burrito, Bean & Cheese	EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Sand: PBJ, Grape, WG	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP,Parfait,Yog,Cinn Bitz,Peach	1 EACH	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB,Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
SB, Corn: Frozen, yellow	SERVING, 3 oz	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
SB, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD,Peanut Butter Cup	SVG	180	0	130	2.00	0.72	20.0	0	0.0	3	6.0	8.0	14.99	2.50	0.00
SB:Black Bean Salad	SVG	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Apricots, Sliced	SERVING, 4.25oz	101	0	3	3.31	4.30	41.3	91	4.3	18	1.65	24.79	0.0	0.00	0.00
Bananas , Whole,	EACH	147	0	2	4.28	0.43	8.2	105	14.33	20	1.8	37.62	0.54	0.18	0.00
Apples, Gala,138 ct.	EACH	98	*N/A*	2	3.96	0.21	12.0	48	*N/A*	18	0.43	23.53	0.21	*N/A*	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00

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# Escondido Union School District

Sep 25, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 09/28/2017															
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	1/8 CUP	2	0	4	0.09	0.05	0.5	23	1.58	*N/A*	0.11	0.31	0.02	0.00	0.00
CD, Chile Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.0	120	0.0	0	0.0	1.2	0.0	0.00	0.00
Weighted Daily Average		568	*32	1033	8.06	*4.08	*760.1	*1693	*9.66	*36	30.58	78.58	16.06	*6.89	*0.00
% of Calories										*25.4%	21.5%	55.3%	25.4%	*10.9%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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**Escondido Union School District**

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 09/29/2017															
Middle School Lunch 6-8	Total														
Beef, Chs-Burger, Smokie Grill	EACH	435	80	900	3.00	3.24	195.0	200	0.0	*4	26.5	33.5	22.5	9.25	*1.00
Beef, West. Bac. Ch.Burger	1 EACH	634	90	1519	4.79	3.88	254.6	200	1.43	*6	34.29	50.2	33.27	12.14	*1.00
Burrito, Bean & Cheese	EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Sand: Chix, Spicy Patty	SANDWIC	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*0.00
Chix: Orange/ Brown Rice, MS	SERVING	377	40	280	2.67	1.68	0.0	50	1.2	10	16.33	68.33	4.33	0.50	0.00
Pizza, Stix, Stuffed Crust	1 EACH	300	10	740	4.00	2.16	300.0	200	0.0	*N/A*	14.0	34.0	12.0	4.00	*N/A*
Shrimp Poppers w Goldfish	1 EACH	416	39	587	4.83	1.05	32.8	0	0.0	*0	22.14	49.72	14.98	2.28	*0.00
FP:Salad:SouthWestern Chic.	1 EACH	636	126	1171	7.45	2.39	264.5	473	56.08	*6	29.24	49.15	36.25	10.91	*0.00
FP: Sand: Tuna Sub- Elementary	1 EACH	288	32	568	3.03	2.00	117.5	445	0.42	4	25.52	34.25	7.53	0.52	0.00
Sand: PBJ, Grape, WG	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP,Parfait,Yog,Cinn Bitz,Peach	1 EACH	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB: Sauce, Pizza, Bosco	1 EACH	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	9.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Broccoli Florets	SERVING, 1.1 oz	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	0.04	0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
SB, Zucchini	.5 CUP	6	0	3	0.34	0.13	5.4	68	6.09	1	0.41	1.06	0.11	0.03	0.00
SB:Black Bean Salad	SVG	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	SERVING, 4.5 oz	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
Grapes,Red,Lunch Bunch	SERVING, 3.0 oz	52	0	2	0.70	0.27	8.0	7	2.4	*N/A*	0.54	13.67	0.12	0.04	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Gala,138 ct.	EACH	98	*N/A*	2	3.96	0.21	12.0	48	*N/A*	18	0.43	23.53	0.21	*N/A*	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00

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

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 09/29/2017															
Milk, FF, Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
	1 OZ														
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	1/8 CUP	2	0	4	0.09	0.05	0.5	23	1.58	*N/A*	0.11	0.31	0.02	0.00	0.00
CD, Chile Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.0	120	0.0	0	0.0	1.2	0.0	0.00	0.00
Weighted Daily Average		566	*47	783	5.09	*2.84	*373.8	*1415	*5.51	*33	27.89	78.60	16.37	*4.13	*0.26
% of Calories										*23.2%	19.7%	55.6%	26.0%	*6.6%	*0.4%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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**Escondido Union School District**

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 10/02/2017															
Middle School Lunch 6-8	Total														
Sand. Veggie Burger, Twin	EACH	310	15	460	6.00	2.70	150.0	200	15.0	7	14.0	40.0	12.0	3.50	0.00
Burrito, Bean & Cheese	EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Sand: Chix, Spicy Patty	Each	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*0.00
Chicken, & Waffle	1 EACH	292	71	646	3.01	2.89	80.2	300	0.0	1	18.2	22.07	14.14	3.03	0.00
Salsa Verde Chicken Burrito	1 EACH	495	105	877	7.41	3.71	135.2	91	44.0	3	24.04	72.73	11.26	3.00	0.00
Cheesy Bread	1 EACH	399	30	501	3.00	2.80	424.0	108	4.5	3	22.85	37.96	17.26	6.81	0.00
Pizza,Nardone Bros.**NEW**	1 EACH	360	40	610	3.00	2.70	299.9	500	11.99	7	21.99	29.99	16.99	8.00	0.00
Hot Dog w/Tots-Hoffy	SVG.	442	30	944	5.80	2.53	100.2	101	3.6	4	15.07	48.02	22.17	7.07	1.01
FP: Sand: Turkey, Sub	SANDWIC	390	75	820	3.00	2.16	300.0	400	0.0	*3	31.0	33.0	16.0	7.50	0.00
FP: Salad: Chicken Caesar	1 EACH	454	82	752	6.27	3.31	290.0	9929	27.22	4	22.11	32.97	25.44	6.31	0.00
Sand: PBJ, Grape, WG	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP, Yogurt, Grnla Prft, Peach	EACH	525	20	274	5.36	2.16	440.0	909	4.03	*66	15.0	95.17	11.5	2.50	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
SB, Broccoli Florets	SERVING, 1.1 oz	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	0.04	0.00
SB: Sauce, Pizza, Bosco	1 EACH	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	9.0	0.0	0.00	0.00
SB, Pasta Salad	SVG	418	0	789	5.70	26.84	1628.3	960	48.65	*6	8.63	48.39	21.17	4.06	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Mandarin Oranges,	SERVING 4 oz	31	0	4	0.44	0.32	8.9	133	94.19	8	0.44	7.54	0.0	0.00	0.00
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, Gala,138 ct.	EACH	98	*N/A*	2	3.96	0.21	12.0	48	*N/A*	18	0.43	23.53	0.21	*N/A*	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00

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**Escondido Union School District**

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 10/02/2017															
Milk,Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF, Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
	1 OZ														
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	1/8 CUP	2	0	4	0.09	0.05	0.5	23	1.58	*N/A*	0.11	0.31	0.02	0.00	0.00
CD, Chile Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.0	120	0.0	0	0.0	1.2	0.0	0.00	0.00
Weighted Daily Average		569	*44	830	7.38	*4.12	*520.6	*1767	*62.11	*34	28.82	73.24	18.68	*4.95	*0.01
% of Calories										*23.6%	20.3%	51.5%	29.6%	*7.8%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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**Escondido Union School District**

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 10/03/2017															
Middle School Lunch 6-8	Total														
Beef, Chs-Burger, Smokie Grill	EACH	435	80	900	3.00	3.24	195.0	200	0.0	*4	26.5	33.5	22.5	9.25	*1.00
Beef, West. Bac. Ch.Burger	1 EACH	634	90	1519	4.79	3.88	254.6	200	1.43	*6	34.29	50.2	33.27	12.14	*1.00
Burrito, Bean & Cheese	EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Chix,White,Sriracha/w Goldfish	SERVING	290	40	420	2.00	1.44	20.0	200	1.2	2	18.0	28.0	12.5	2.50	0.00
FP: Nacho Sauce with Chips	5 OZ.SVG.	480	45	1001	6.22	3.81	514.7	820	1.25	2	18.68	42.12	25.7	11.01	0.00
Quesadilla Chicken	SERVING	300	45	560	3.00	2.70	250.0	200	0.0	1	19.0	31.0	11.0	4.50	0.00
Corn Dog w/Tots	SERVING	370	40	700	7.80	1.80	80.0	0	3.6	5	11.0	47.0	14.0	3.50	0.00
Pizza, Stix, Stuffed Crust	1 EACH	300	10	740	4.00	2.16	300.0	200	0.0	*N/A*	14.0	34.0	12.0	4.00	*N/A*
FP: Sand: Ham, Sub	1 EACH	370	85	1070	3.00	2.88	350.0	300	1.2	*3	31.0	34.0	14.5	6.50	0.00
FP: Salad, Gourmet, Taco	1 EACH	608	83	1110	7.35	4.67	604.7	14050	67.14	*4	26.87	37.33	37.82	17.71	18.79
Sand: PBJ, Grape, WG	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP, Yogurt, Grnla Prft, Peach	EACH	525	20	274	5.36	2.16	440.0	909	4.03	*66	15.0	95.17	11.5	2.50	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB: Sauce, Pizza, Bosco	1 EACH	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	9.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB,Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
SB, Corn: Frozen, yellow	SERVING, 3 oz	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
SB, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD,Peanut Butter Cup	SVG	180	0	130	2.00	0.72	20.0	0	0.0	3	6.0	8.0	14.99	2.50	0.00
SB, Pasta Salad	SVG	418	0	789	5.70	26.84	1628.3	960	48.65	*6	8.63	48.39	21.17	4.06	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pears	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.0	74	0.0	15	0.0	17.24	0.0	0.00	0.00
Watermelon, with Rind	SERVING, 5.4 oz	46	0	2	0.00	0.28	15.3	842	11.94	9	1.53	12.25	0.0	0.00	0.00
Apples, Gala,138 ct.	EACH	98	*N/A*	2	3.96	0.21	12.0	48	*N/A*	18	0.43	23.53	0.21	*N/A*	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00

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**Escondido Union School District**

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 10/03/2017															
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1%, Pouch, 90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc, Pouch, 90/ea. 8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF, Carton. 70/ea. 8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	1/8 CUP	2	0	4	0.09	0.05	0.5	23	1.58	*N/A*	0.11	0.31	0.02	0.00	0.00
CD, Chile Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.0	120	0.0	0	0.0	1.2	0.0	0.00	0.00
Weighted Daily Average		561	*43	962	5.78	*3.75	*526.3	*1945	*8.34	*29	26.84	67.11	20.89	*6.35	*0.59
% of Calories										*20.9%	19.1%	47.8%	33.5%	*10.2%	*0.9%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 10/04/2017															
Middle School Lunch 6-8	Total														
Beef, Chs-Burger, Smokie Grill	EACH	435	80	900	3.00	3.24	195.0	200	0.0	*4	26.5	33.5	22.5	9.25	*1.00
Beef, West. Bac. Ch.Burger	1 EACH	634	90	1519	4.79	3.88	254.6	200	1.43	*6	34.29	50.2	33.27	12.14	*1.00
Burrito, Bean & Cheese	EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Sand: Chix, Spicy Patty	SANDWIC	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*0.00
Chix: Nuggets / Goldfish /Tots	1 EACH	438	47	1026	5.80	1.36	40.0	178	3.6	1	24.0	46.0	17.5	3.00	0.00
FP:Pasta w/Meat Sauce/GBr.	2/3 Cup	419	25	418	6.29	4.19	187.2	152	6.02	*3	21.9	58.35	11.26	4.29	*0.00
Pizza,Nardone Bros.**NEW**	1 EACH	360	40	610	3.00	2.70	299.9	500	11.99	7	21.99	29.99	16.99	8.00	0.00
FP: Sand: Italian Combo Sub	SANDWIC	395	84	1162	3.00	3.14	390.3	560	3.28	*3	30.18	35.04	16.91	7.20	*0.00
PKO-Asian Salad - Chix	1 EACH	568	50	940	9.69	4.36	57.6	5234	128.91	*9	14.02	68.81	27.32	4.94	*0.00
PKO-Asian Salad - Tofu	1 EACH	611	0	804	11.62	6.11	277.6	5234	128.91	*9	17.63	70.74	31.18	5.17	*0.00
Sand: PBJ, Grape, WG	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP, Yogurt, Grnla Prft, Peach	EACH	525	20	274	5.36	2.16	440.0	909	4.03	*66	15.0	95.17	11.5	2.50	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
SB,Bell,Peppers,Mixed	SERVING, 2.75oz	22	0	2	1.41	0.24	4.8	1312	66.64	2	0.79	4.64	0.16	0.02	0.00
SB: Sauce, Pizza, Bosco	1 EACH	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	9.0	0.0	0.00	0.00
SB, Broccoli Florets	SERVING, 1.1 oz	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	0.04	0.00
SB, CND, Beans, Garbanzo	1/2 CUP	131	0	504	9.08	1.36	32.3	24	3.83	*N/A*	6.05	22.19	2.02	0.50	*N/A*
A to Z Salad Bar 1	1 CUP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pinappl Tidbt, Draind	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.8	0	12.07	19	1.01	22.8	0.0	0.00	0.00
Pear,Asian	EACH	85	0	1	4.60	0.18	10.0	0	6.0	14	0.5	23.0	0.2	0.00	0.00
Apples, Gala,138 ct.	EACH	98	*N/A*	2	3.96	0.21	12.0	48	*N/A*	18	0.43	23.53	0.21	*N/A*	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00

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**Escondido Union School District**

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 10/04/2017															
Milk,Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF, Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
	1 OZ														
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	1/8 CUP	2	0	4	0.09	0.05	0.5	23	1.58	*N/A*	0.11	0.31	0.02	0.00	0.00
CD, Chile Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.0	120	0.0	0	0.0	1.2	0.0	0.00	0.00
Weighted Daily Average		570	*42	863	6.78	*3.35	*438.0	*1575	*15.73	*36	28.47	74.49	18.61	*5.35	*0.21
% of Calories										*25.1%	20.0%	52.3%	29.4%	*8.4%	*0.3%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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**Escondido Union School District**

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 10/05/2017															
Middle School Lunch 6-8	Total														
Pizza, Pepp, 52%WW, PZA Guy, 8	Slice	326	28	813	4.88	2.16	440.0	450	1.8	3	21.22	35.33	11.87	6.20	0.00
Pizza, Chs, 52%WG, PZA Guy, 8s	SLICE	309	26	676	4.18	1.99	436.4	462	1.78	*N/A*	20.41	34.34	10.7	5.74	0.16
Sand. Veggie Burger, Twin	EACH	310	15	460	6.00	2.70	150.0	200	15.0	7	14.0	40.0	12.0	3.50	0.00
Sand: Cheese, Grilled, WG	1 EACH	280	32	581	3.00	1.64	4650.2	524	0.0	6	18.55	30.96	9.91	5.56	0.00
Burrito, Bean & Cheese	EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Sand: PBJ, Grape, WG	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP, Yogurt, Grnla Prft, Peach	EACH	525	20	274	5.36	2.16	440.0	909	4.03	*66	15.0	95.17	11.5	2.50	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB,Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
SB, Corn: Frozen, yellow	SERVING, 3 oz	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
SB, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD,Peanut Butter Cup	SVG	180	0	130	2.00	0.72	20.0	0	0.0	3	6.0	8.0	14.99	2.50	0.00
SB:Black Bean Salad	SVG	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Apricots, Sliced	SERVING, 4.25oz	101	0	3	3.31	4.30	41.3	91	4.3	18	1.65	24.79	0.0	0.00	0.00
Bananas , Whole,	EACH	147	0	2	4.28	0.43	8.2	105	14.33	20	1.8	37.62	0.54	0.18	0.00
Apples, Gala,138 ct.	EACH	98	*N/A*	2	3.96	0.21	12.0	48	*N/A*	18	0.43	23.53	0.21	*N/A*	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00

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# Escondido Union School District

Sep 25, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 10/05/2017															
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	1/8 CUP	2	0	4	0.09	0.05	0.5	23	1.58	*N/A*	0.11	0.31	0.02	0.00	0.00
CD, Chile Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.0	120	0.0	0	0.0	1.2	0.0	0.00	0.00
Weighted Daily Average		569	*32	1033	8.06	*4.08	*760.0	*1694	*9.64	*36	30.58	78.67	16.06	*6.89	*0.00
% of Calories										*25.6%	21.5%	55.3%	25.4%	*10.9%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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**Escondido Union School District**

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 10/06/2017															
Middle School Lunch 6-8	Total														
Beef, Chs-Burger, Smokie Grill	EACH	435	80	900	3.00	3.24	195.0	200	0.0	*4	26.5	33.5	22.5	9.25	*1.00
Beef, West. Bac. Ch.Burger	1 EACH	634	90	1519	4.79	3.88	254.6	200	1.43	*6	34.29	50.2	33.27	12.14	*1.00
Burrito, Bean & Cheese	EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Sand: Chix, Spicy Patty	Each	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*0.00
Pizza, Stix, Stuffed Crust	1 EACH	300	10	740	4.00	2.16	300.0	200	0.0	*N/A*	14.0	34.0	12.0	4.00	*N/A*
Chix: Orange/ Brown Rice, MS	SERVING	377	40	280	2.67	1.68	0.0	50	1.2	10	16.33	68.33	4.33	0.50	0.00
Shrimp Poppers w Goldfish	1 EACH	416	39	587	4.83	1.05	32.8	0	0.0	*0	22.14	49.72	14.98	2.28	*0.00
FP:Salad:SouthWestern Chic.	1 EACH	636	126	1171	7.45	2.39	264.5	473	56.08	*6	29.24	49.15	36.25	10.91	*0.00
FP: Sand: Tuna Sub- Elementary	1 EACH	288	32	568	3.03	2.00	117.5	445	0.42	4	25.52	34.25	7.53	0.52	0.00
Sand: PBJ, Grape, WG	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP, Yogurt, Grnla Prft, Peach	EACH	525	20	274	5.36	2.16	440.0	909	4.03	*66	15.0	95.17	11.5	2.50	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB: Sauce, Pizza, Bosco	1 EACH	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	9.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Broccoli Florets	SERVING, 1.1 oz	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	0.04	0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
SB, Zucchini	.5 CUP	6	0	3	0.34	0.13	5.4	68	6.09	1	0.41	1.06	0.11	0.03	0.00
SB:Black Bean Salad	SVG	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	SERVING, 4.5 oz	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
Grapes,Red,Lunch Bunch	SERVING, 3.0 oz	52	0	2	0.70	0.27	8.0	7	2.4	*N/A*	0.54	13.67	0.12	0.04	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Gala,138 ct.	EACH	98	*N/A*	2	3.96	0.21	12.0	48	*N/A*	18	0.43	23.53	0.21	*N/A*	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00

**\*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**

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 10/06/2017															
Milk, FF, Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
	1 OZ														
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	1/8 CUP	2	0	4	0.09	0.05	0.5	23	1.58	*N/A*	0.11	0.31	0.02	0.00	0.00
CD, Chile Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.0	120	0.0	0	0.0	1.2	0.0	0.00	0.00
Weighted Daily Average		566	*47	784	5.09	*2.83	*373.7	*1416	*5.47	*33	27.88	78.79	16.36	*4.13	*0.26
% of Calories										*23.5%	19.7%	55.6%	26.0%	*6.6%	*0.4%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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**Escondido Union School District**

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 10/09/2017															
Middle School Lunch 6-8	Total														
Cheeseburger Mini	EACH	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
Burrito, Bean & Cheese	EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Sand: Chix, Spicy Patty	Each	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*0.00
Chix: Oven / Corn	1 EACH	231	71	478	2.21	1.34	21.3	96	2.0	*0	17.48	15.28	11.45	2.58	*0.00
Taquitos, Chicken	Serving	456	50	462	4.00	1.63	202.5	304	0.0	0	17.09	27.01	29.11	9.08	0.00
Cheesy Bread	1 EACH	399	30	501	3.00	2.80	424.0	108	4.5	3	22.85	37.96	17.26	6.81	0.00
Hot Dog w/Tots-Hoffy	SVG.	442	30	944	5.80	2.53	100.2	101	3.6	4	15.07	48.02	22.17	7.07	1.01
Pizza,Nardone Bros. **NEW**	1 EACH	360	40	610	3.00	2.70	299.9	500	11.99	7	21.99	29.99	16.99	8.00	0.00
FP: Sand: Turkey, Sub	SANDWIC	390	75	820	3.00	2.16	300.0	400	0.0	*3	31.0	33.0	16.0	7.50	0.00
Sand: PBJ, Grape, WG	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP,Parfait,Yog,Cinn Bitz,Peach	1 EACH	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
FP: Salad: Chicken Caesar	1 EACH	454	82	752	6.27	3.31	290.0	9929	27.22	4	22.11	32.97	25.44	6.31	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
SB, Broccoli Florets	SERVING, 1.1 oz	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	0.04	0.00
SB: Sauce, Pizza, Bosco	1 EACH	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	9.0	0.0	0.00	0.00
SB, Pasta Salad	SVG	418	0	789	5.70	26.84	1628.3	960	48.65	*6	8.63	48.39	21.17	4.06	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Mandarin Oranges,	SERVING 4 oz	31	0	4	0.44	0.32	8.9	133	94.19	8	0.44	7.54	0.0	0.00	0.00
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, Gala,138 ct.	EACH	98	*N/A*	2	3.96	0.21	12.0	48	*N/A*	18	0.43	23.53	0.21	*N/A*	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00

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**Escondido Union School District**

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 10/09/2017															
Milk, FF, Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
	1 OZ														
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	1/8 CUP	2	0	4	0.09	0.05	0.5	23	1.58	*N/A*	0.11	0.31	0.02	0.00	0.00
CD, Chile Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.0	120	0.0	0	0.0	1.2	0.0	0.00	0.00
Weighted Daily Average		560	*45	780	6.57	*3.85	*514.9	*1560	*57.62	*33	29.82	68.82	19.06	*5.43	*0.01
% of Calories										*23.3%	21.3%	49.2%	30.6%	*8.7%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

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Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 10/10/2017															
Middle School Lunch 6-8	Total														
Beef, Chs-Burger, Smokie Grill	EACH	435	80	900	3.00	3.24	195.0	200	0.0	*4	26.5	33.5	22.5	9.25	*1.00
Beef, West. Bac. Ch.Burger	1 EACH	634	90	1519	4.79	3.88	254.6	200	1.43	*6	34.29	50.2	33.27	12.14	*1.00
Burrito, Bean & Cheese	EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Chix,White,Sriracha/w Goldfish	SERVING	290	40	420	2.00	1.44	20.0	200	1.2	2	18.0	28.0	12.5	2.50	0.00
FP: Nacho Sauce with Chips	5 OZ.SVG.	480	45	1001	6.22	3.81	514.7	820	1.25	2	18.68	42.12	25.7	11.01	0.00
Pizza, Stix, Stuffed Crust	1 EACH	300	10	740	4.00	2.16	300.0	200	0.0	*N/A*	14.0	34.0	12.0	4.00	*N/A*
Quesadilla Chicken	SERVING	300	45	560	3.00	2.70	250.0	200	0.0	1	19.0	31.0	11.0	4.50	0.00
Corn Dog w/Tots	SERVING	370	40	700	7.80	1.80	80.0	0	3.6	5	11.0	47.0	14.0	3.50	0.00
FP: Sand: Ham, Sub	1 EACH	370	85	1070	3.00	2.88	350.0	300	1.2	*3	31.0	34.0	14.5	6.50	0.00
FP: Salad, Gourmet, Taco	1 EACH	608	83	1110	7.35	4.67	604.7	14050	67.14	*4	26.87	37.33	37.82	17.71	18.79
Sand: PBJ, Grape, WG	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP,Parfait,Yog,Cinn Bitz,Peach	1 EACH	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB: Sauce, Pizza, Bosco	1 EACH	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	9.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB,Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
SB, Corn: Frozen, yellow	SERVING, 3 oz	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
SB, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD,Peanut Butter Cup	SVG	180	0	130	2.00	0.72	20.0	0	0.0	3	6.0	8.0	14.99	2.50	0.00
SB, Pasta Salad	SVG	418	0	789	5.70	26.84	1628.3	960	48.65	*6	8.63	48.39	21.17	4.06	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pears	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.0	74	0.0	15	0.0	17.24	0.0	0.00	0.00
Watermelon, with Rind	SERVING, 5.4 oz	46	0	2	0.00	0.28	15.3	842	11.94	9	1.53	12.25	0.0	0.00	0.00
Apples, Gala,138 ct.	EACH	98	*N/A*	2	3.96	0.21	12.0	48	*N/A*	18	0.43	23.53	0.21	*N/A*	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00

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**Escondido Union School District**

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 10/10/2017															
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1%, Pouch, 90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc, Pouch, 90/ea. 8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF, Carton. 70/ea. 8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	1/8 CUP	2	0	4	0.09	0.05	0.5	23	1.58	*N/A*	0.11	0.31	0.02	0.00	0.00
CD, Chile Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.0	120	0.0	0	0.0	1.2	0.0	0.00	0.00
Weighted Daily Average		516	*41	834	5.15	*3.38	*471.0	*1909	*8.36	*30	24.58	61.93	19.23	*5.68	*0.59
% of Calories										*22.9%	19.1%	48.0%	33.6%	*9.9%	*1.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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**Escondido Union School District**

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 10/11/2017															
Middle School Lunch 6-8	Total														
Beef, Chs-Burger, Smokie Grill	EACH	435	80	900	3.00	3.24	195.0	200	0.0	*4	26.5	33.5	22.5	9.25	*1.00
Beef, West. Bac. Ch.Burger	1 EACH	634	90	1519	4.79	3.88	254.6	200	1.43	*6	34.29	50.2	33.27	12.14	*1.00
Burrito, Bean & Cheese	EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Sand: Chix, Spicy Patty	Each	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*0.00
Chix: Nuggets / Goldfish /Tots	1 EACH	438	47	1026	5.80	1.36	40.0	178	3.6	1	24.0	46.0	17.5	3.00	0.00
FP: Taco, Beef Dip/ Nacho Chip	5.75 oz/se	603	64	1237	9.93	5.26	283.0	785	7.0	2	23.93	48.9	32.53	12.46	0.00
	rvng														
Pizza,Nardone Bros. **NEW**	1 EACH	360	40	610	3.00	2.70	299.9	500	11.99	7	21.99	29.99	16.99	8.00	0.00
FP: Sand: Italian Combo Sub	SANDWIC	395	84	1162	3.00	3.14	390.3	560	3.28	*3	30.18	35.04	16.91	7.20	*0.00
PKO-Asian Salad - Tofu	1 EACH	611	0	804	11.62	6.11	277.6	5234	128.91	*9	17.63	70.74	31.18	5.17	*0.00
PKO-Asian Salad - Chix	1 EACH	568	50	940	9.69	4.36	57.6	5234	128.91	*9	14.02	68.81	27.32	4.94	*0.00
Sand: PBJ, Grape, WG	1 EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP,Parfait,Yog,Cinn Bitz,Peach	1 EACH	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Tomatoes, Cherry	SERVING,	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
	2.61oz														
SB, Jicama Sticks	SERVING,	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
	2.5 oz														
SB, Cucumber, Sliced	SERVING,	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
	3.0 oz														
SB, Edamame	SERVING,	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
	3 oz														
SB,Bell,Peppers,Mixed	SERVING,	22	0	2	1.41	0.24	4.8	1312	66.64	2	0.79	4.64	0.16	0.02	0.00
	2.75oz														
SB: Sauce, Pizza, Bosco	1 EACH	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	9.0	0.0	0.00	0.00
SB, Broccoli Florets	SERVING,	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	0.04	0.00
	1.1 oz														
SB, CND, Beans, Garbanzo	1/2 CUP	131	0	504	9.08	1.36	32.3	24	3.83	*N/A*	6.05	22.19	2.02	0.50	*N/A*
A to Z Salad Bar 1	1 CUP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pinappl Tidbt, Draind	SERVING,	94	0	0	1.34	0.48	26.8	0	12.07	19	1.01	22.8	0.0	0.00	0.00
	4.0 oz														
Pear,Asian	EACH	85	0	1	4.60	0.18	10.0	0	6.0	14	0.5	23.0	0.2	0.00	0.00
Apples, Gala,138 ct.	EACH	98	*N/A*	2	3.96	0.21	12.0	48	*N/A*	18	0.43	23.53	0.21	*N/A*	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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**Escondido Union School District**

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 10/11/2017															
Milk,1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	1/8 CUP	2	0	4	0.09	0.05	0.5	23	1.58	*N/A*	0.11	0.31	0.02	0.00	0.00
CD, Chile Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.0	120	0.0	0	0.0	1.2	0.0	0.00	0.00
Weighted Daily Average		588	*46	945	7.14	*3.46	*447.6	*1638	*15.85	*35	28.68	73.45	20.74	*6.17	*0.21
% of Calories										*24.1%	19.5%	50.0%	31.7%	*9.4%	*0.3%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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**Escondido Union School District**

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 10/12/2017															
Middle School Lunch 6-8	Total														
Pizza, Pepp, 52%WW, PZA Guy, 8	Slice	326	28	813	4.88	2.16	440.0	450	1.8	3	21.22	35.33	11.87	6.20	0.00
Pizza, Chs, 52%WG, PZA Guy, 8s	SLICE	309	26	676	4.18	1.99	436.4	462	1.78	*N/A*	20.41	34.34	10.7	5.74	0.16
Cheeseburger Mini	EACH	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
Sand: Cheese, Grilled, WG	1 EACH	280	32	581	3.00	1.64	4650.2	524	0.0	6	18.55	30.96	9.91	5.56	0.00
Burrito, Bean & Cheese	EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Sand: PBJ, Grape, WG	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP,Parfait,Yog,Cinn Bitz,Peach	1 EACH	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB,Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
SB, Corn: Frozen, yellow	SERVING, 3 oz	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
SB, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD,Peanut Butter Cup	SVG	180	0	130	2.00	0.72	20.0	0	0.0	3	6.0	8.0	14.99	2.50	0.00
SB:Black Bean Salad	SVG	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Apricots, Sliced	SERVING, 4.25oz	101	0	3	3.31	4.30	41.3	91	4.3	18	1.65	24.79	0.0	0.00	0.00
Bananas , Whole,	EACH	147	0	2	4.28	0.43	8.2	105	14.33	20	1.8	37.62	0.54	0.18	0.00
Apples, Gala,138 ct.	EACH	98	*N/A*	2	3.96	0.21	12.0	48	*N/A*	18	0.43	23.53	0.21	*N/A*	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00

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

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 10/12/2017															
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	1/8 CUP	2	0	4	0.09	0.05	0.5	23	1.58	*N/A*	0.11	0.31	0.02	0.00	0.00
CD, Chile Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.0	120	0.0	0	0.0	1.2	0.0	0.00	0.00
Weighted Daily Average		568	*33	1030	8.00	*4.08	*758.7	*1691	*9.36	*36	30.70	78.40	15.98	*6.88	*0.00
% of Calories										*25.4%	21.6%	55.2%	25.3%	*10.9%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 10/13/2017															
Middle School Lunch 6-8	Total														
Beef, Burger, Smokie Grill	1 EACH	390	70	660	3.00	3.24	120.0	0	0.0	*3	24.0	32.0	19.0	7.00	*1.00
Beef, West. Bac. Ch.Burger	1 EACH	634	90	1519	4.79	3.88	254.6	200	1.43	*6	34.29	50.2	33.27	12.14	*1.00
Burrito, Bean & Cheese	EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Sand: Chix, Spicy Patty	Each	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*0.00
Chix: Orange/ Brown Rice, MS	SERVING	377	40	280	2.67	1.68	0.0	50	1.2	10	16.33	68.33	4.33	0.50	0.00
Pizza, Stix, Stuffed Crust	1 EACH	300	10	740	4.00	2.16	300.0	200	0.0	*N/A*	14.0	34.0	12.0	4.00	*N/A*
Shrimp Poppers w Goldfish	1 EACH	416	39	587	4.83	1.05	32.8	0	0.0	*0	22.14	49.72	14.98	2.28	*0.00
FP:Salad:SouthWestern Chic.	1 EACH	636	126	1171	7.45	2.39	264.5	473	56.08	*6	29.24	49.15	36.25	10.91	*0.00
FP: Sand: Tuna Sub - Middle	SANDWIC	288	32	568	3.03	2.00	117.5	445	0.42	4	25.52	34.25	7.53	0.52	0.00
Sand: PBJ, Grape, WG	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP,Parfait,Yog,Cinn Bitz,Peach	1 EACH	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB: Sauce, Pizza, Bosco	1 EACH	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	9.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Broccoli Florets	SERVING, 1.1 oz	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	0.04	0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
SB, Zucchini	.5 CUP	6	0	3	0.34	0.13	5.4	68	6.09	1	0.41	1.06	0.11	0.03	0.00
SB:Black Bean Salad	SVG	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	SERVING, 4.5 oz	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
Grapes,Red,Lunch Bunch	SERVING, 3.0 oz	52	0	2	0.70	0.27	8.0	7	2.4	*N/A*	0.54	13.67	0.12	0.04	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Gala,138 ct.	EACH	98	*N/A*	2	3.96	0.21	12.0	48	*N/A*	18	0.43	23.53	0.21	*N/A*	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00

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**Escondido Union School District**

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 10/13/2017															
Milk, FF, Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	1/8 CUP	2	0	4	0.09	0.05	0.5	23	1.58	*N/A*	0.11	0.31	0.02	0.00	0.00
CD, Chile Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.0	120	0.0	0	0.0	1.2	0.0	0.00	0.00
Weighted Daily Average		593	*50	770	5.37	*3.08	*361.1	*1367	*5.57	*33	29.28	83.24	16.66	*3.94	*0.31
% of Calories										*22.5%	19.8%	56.2%	25.3%	*6.0%	*0.5%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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**Escondido Union School District**

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 10/16/2017															
Middle School Lunch 6-8	Total														
Cheeseburger Mini	EACH	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
Burrito, Bean & Cheese	EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Sand: Chix, Spicy Patty	Each	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*0.00
Chicken, & Waffle	1 EACH	292	71	646	3.01	2.89	80.2	300	0.0	1	18.2	22.07	14.14	3.03	0.00
Salsa Verde Chicken Burrito	1 EACH	495	105	877	7.41	3.71	135.2	91	44.0	3	24.04	72.73	11.26	3.00	0.00
Cheesy Bread	1 EACH	399	30	501	3.00	2.80	424.0	108	4.5	3	22.85	37.96	17.26	6.81	0.00
Hot Dog w/Tots-Hoffy	SVG.	442	30	944	5.80	2.53	100.2	101	3.6	4	15.07	48.02	22.17	7.07	1.01
FP: Sand: Turkey, Sub	SANDWIC	390	75	820	3.00	2.16	300.0	400	0.0	*3	31.0	33.0	16.0	7.50	0.00
Sand: PBJ, Grape, WG	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
Pizza,Nardone Bros.**NEW**	1 EACH	360	40	610	3.00	2.70	299.9	500	11.99	7	21.99	29.99	16.99	8.00	0.00
FP, Yogurt, Grnla Prft, Peach	EACH	525	20	274	5.36	2.16	440.0	909	4.03	*66	15.0	95.17	11.5	2.50	*0.00
Hot Dog w/Tots-Hoffy	SVG.	442	30	944	5.80	2.53	100.2	101	3.6	4	15.07	48.02	22.17	7.07	1.01
FP: Salad: Chicken Caesar	1 EACH	454	82	752	6.27	3.31	290.0	9929	27.22	4	22.11	32.97	25.44	6.31	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
SB, Broccoli Florets	SERVING, 1.1 oz	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	0.04	0.00
SB: Sauce, Pizza, Bosco	1 EACH	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	9.0	0.0	0.00	0.00
SB, Pasta Salad	SVG	418	0	789	5.70	26.84	1628.3	960	48.65	*6	8.63	48.39	21.17	4.06	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Mandarin Oranges,	SERVING 4 oz	31	0	4	0.44	0.32	8.9	133	94.19	8	0.44	7.54	0.0	0.00	0.00
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, Gala,138 ct.	EACH	98	*N/A*	2	3.96	0.21	12.0	48	*N/A*	18	0.43	23.53	0.21	*N/A*	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00

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**Escondido Union School District**

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 10/16/2017															
Milk,Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF, Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
	1 OZ														
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	1/8 CUP	2	0	4	0.09	0.05	0.5	23	1.58	*N/A*	0.11	0.31	0.02	0.00	0.00
CD, Chile Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.0	120	0.0	0	0.0	1.2	0.0	0.00	0.00
Weighted Daily Average		514	*39	729	6.59	*3.76	*466.9	*1474	*57.68	*32	26.71	69.32	15.17	*3.53	*0.02
% of Calories										*25.1%	20.8%	54.0%	26.6%	*6.2%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 10/17/2017															
Middle School Lunch 6-8	Total														
Beef, Chs-Burger, Smokie Grill	EACH	435	80	900	3.00	3.24	195.0	200	0.0	*4	26.5	33.5	22.5	9.25	*1.00
Beef, West. Bac. Ch.Burger	1 EACH	634	90	1519	4.79	3.88	254.6	200	1.43	*6	34.29	50.2	33.27	12.14	*1.00
Burrito, Bean & Cheese	EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Chix,White,Sriracha/w Goldfish	SERVING	290	40	420	2.00	1.44	20.0	200	1.2	2	18.0	28.0	12.5	2.50	0.00
FP: Nacho Sauce with Chips	5 OZ.SVG.	480	45	1001	6.22	3.81	514.7	820	1.25	2	18.68	42.12	25.7	11.01	0.00
Quesadilla Chicken	SERVING	300	45	560	3.00	2.70	250.0	200	0.0	1	19.0	31.0	11.0	4.50	0.00
Corn Dog w/Tots	SERVING	370	40	700	7.80	1.80	80.0	0	3.6	5	11.0	47.0	14.0	3.50	0.00
Pizza, Stix, Stuffed Crust	1 EACH	300	10	740	4.00	2.16	300.0	200	0.0	*N/A*	14.0	34.0	12.0	4.00	*N/A*
FP: Sand: Ham, Sub	1 EACH	370	85	1070	3.00	2.88	350.0	300	1.2	*3	31.0	34.0	14.5	6.50	0.00
FP: Salad, Gourmet, Taco	1 EACH	608	83	1110	7.35	4.67	604.7	14050	67.14	*4	26.87	37.33	37.82	17.71	18.79
Sand: PBJ, Grape, WG	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP,Parfait,Yog,Cinn Bitz,Peach	1 EACH	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB: Sauce, Pizza, Bosco	1 EACH	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	9.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB,Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
SB, Corn: Frozen, yellow	SERVING, 3 oz	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
SB, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD,Peanut Butter Cup	SVG	180	0	130	2.00	0.72	20.0	0	0.0	3	6.0	8.0	14.99	2.50	0.00
SB, Pasta Salad	SVG	418	0	789	5.70	26.84	1628.3	960	48.65	*6	8.63	48.39	21.17	4.06	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pears	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.0	74	0.0	15	0.0	17.24	0.0	0.00	0.00
Watermelon, with Rind	SERVING, 5.4 oz	46	0	2	0.00	0.28	15.3	842	11.94	9	1.53	12.25	0.0	0.00	0.00
Apples, Gala,138 ct.	EACH	98	*N/A*	2	3.96	0.21	12.0	48	*N/A*	18	0.43	23.53	0.21	*N/A*	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00

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**Escondido Union School District**

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 10/17/2017															
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1%, Pouch, 90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc, Pouch, 90/ea. 8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF, Carton. 70/ea. 8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	1/8 CUP	2	0	4	0.09	0.05	0.5	23	1.58	*N/A*	0.11	0.31	0.02	0.00	0.00
CD, Chile Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.0	120	0.0	0	0.0	1.2	0.0	0.00	0.00
Weighted Daily Average		504	*41	822	5.01	*3.35	*469.4	*1907	*8.36	*29	24.18	60.55	18.61	*5.59	*0.59
% of Calories										*23.1%	19.2%	48.1%	33.3%	*10.0%	*1.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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**Escondido Union School District**

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 10/18/2017															
Middle School Lunch 6-8	Total														
Beef, Chs-Burger, Smokie Grill	EACH	435	80	900	3.00	3.24	195.0	200	0.0	*4	26.5	33.5	22.5	9.25	*1.00
Beef, West. Bac. Ch.Burger	1 EACH	634	90	1519	4.79	3.88	254.6	200	1.43	*6	34.29	50.2	33.27	12.14	*1.00
Burrito, Bean & Cheese	EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Sand: Chix, Spicy Patty	SANDWIC	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*0.00
Chix: Nuggets / Goldfish /Tots	1 EACH	438	47	1026	5.80	1.36	40.0	178	3.6	1	24.0	46.0	17.5	3.00	0.00
FP: Travelin' Taco -	4.0 serving	177	15	316	6.31	2.13	163.7	333	2.76	*1	9.83	21.33	5.93	3.30	*0.00
Pizza,Nardone Bros.**NEW**	1 EACH	360	40	610	3.00	2.70	299.9	500	11.99	7	21.99	29.99	16.99	8.00	0.00
FP: Sand: Italian Combo Sub	SANDWIC	395	84	1162	3.00	3.14	390.3	560	3.28	*3	30.18	35.04	16.91	7.20	*0.00
PKO-Asian Salad - Chix	1 EACH	568	50	940	9.69	4.36	57.6	5234	128.91	*9	14.02	68.81	27.32	4.94	*0.00
PKO-Asian Salad - Tofu	1 EACH	611	0	804	11.62	6.11	277.6	5234	128.91	*9	17.63	70.74	31.18	5.17	*0.00
Sand: PBJ, Grape, WG	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP,Parfait,Yog,Cinn Bitz,Peach	1 EACH	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
SB,Bell,Peppers,Mixed	SERVING, 2.75oz	22	0	2	1.41	0.24	4.8	1312	66.64	2	0.79	4.64	0.16	0.02	0.00
SB: Sauce, Pizza, Bosco	1 EACH	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	9.0	0.0	0.00	0.00
SB, Broccoli Florets	SERVING, 1.1 oz	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	0.04	0.00
SB, CND, Beans, Garbanzo	1/2 CUP	131	0	504	9.08	1.36	32.3	24	3.83	*N/A*	6.05	22.19	2.02	0.50	*N/A*
A to Z Salad Bar 1	1 CUP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pinappl Tidbt, Draind	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.8	0	12.07	19	1.01	22.8	0.0	0.00	0.00
Fruit, Fresh Wed 1	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, Gala,138 ct.	EACH	98	*N/A*	2	3.96	0.21	12.0	48	*N/A*	18	0.43	23.53	0.21	*N/A*	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00

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**Escondido Union School District**

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 10/18/2017															
Milk, Choc, Pouch, 90/ea. 8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF, Carton, 70/ea. 8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
	1 OZ														
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	1/8 CUP	2	0	4	0.09	0.05	0.5	23	1.58	*N/A*	0.11	0.31	0.02	0.00	0.00
CD, Chile Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.0	120	0.0	0	0.0	1.2	0.0	0.00	0.00
Weighted Daily Average		524	*41	853	5.63	*3.10	*433.2	*1593	*13.93	*32	27.15	64.94	18.03	*5.25	*0.21
% of Calories										*24.3%	20.7%	49.5%	30.9%	*9.0%	*0.4%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

Thu - 10/19/2017															
Middle School Lunch 6-8 PARENT CONFERENCES	Total 1 EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average		*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
% of Calories											*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

Fri - 10/20/2017															
Middle School Lunch 6-8 PARENT CONFERENCES	Total 1 EACH	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average		*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
% of Calories											*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

**\*N/A\*** - denotes a nutrient that is either missing or incomplete for an individual ingredient  
**\*** - denotes combined nutrient totals with either missing or incomplete nutrient data  
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Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
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*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient*  
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**Escondido Union School District**

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 10/23/2017															
Middle School Lunch 6-8	Total														
Cheeseburger Mini	EACH	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
Burrito, Bean & Cheese	EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Sand: Chix, Spicy Patty	Each	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*0.00
Chix: Oven / Corn	1 EACH	231	71	478	2.21	1.34	21.3	96	2.0	*0	17.48	15.28	11.45	2.58	*0.00
Taquitos, Chicken	Serving	456	50	462	4.00	1.63	202.5	304	0.0	0	17.09	27.01	29.11	9.08	0.00
Cheesy Bread	1 EACH	399	30	501	3.00	2.80	424.0	108	4.5	3	22.85	37.96	17.26	6.81	0.00
Hot Dog w/Tots-Hoffy	SVG.	442	30	944	5.80	2.53	100.2	101	3.6	4	15.07	48.02	22.17	7.07	1.01
Pizza,Nardone Bros. **NEW**	1 EACH	360	40	610	3.00	2.70	299.9	500	11.99	7	21.99	29.99	16.99	8.00	0.00
FP: Sand: Turkey, Sub	SANDWIC	390	75	820	3.00	2.16	300.0	400	0.0	*3	31.0	33.0	16.0	7.50	0.00
Sand: PBJ, Grape, WG	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP,Parfait,Yog,Cinn Bitz,Peach	1 EACH	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
FP: Salad: Chicken Caesar	1 EACH	454	82	752	6.27	3.31	290.0	9929	27.22	4	22.11	32.97	25.44	6.31	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
SB, Broccoli Florets	SERVING, 1.1 oz	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	0.04	0.00
SB: Sauce, Pizza, Bosco	1 EACH	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	9.0	0.0	0.00	0.00
SB, Pasta Salad	SVG	418	0	789	5.70	26.84	1628.3	960	48.65	*6	8.63	48.39	21.17	4.06	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Mandarin Oranges,	SERVING 4 oz	31	0	4	0.44	0.32	8.9	133	94.19	8	0.44	7.54	0.0	0.00	0.00
Apple,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 4.95	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	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**

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 10/23/2017															
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	1 OZ														
CD, Mayonnaise, Lite	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mustard	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Pickles, Dill	1 OZ	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Sauce, Tapatio	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Tomato Slices	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Chile Lime Seasoning	1/8 CUP	2	0	4	0.09	0.05	0.5	23	1.58	*N/A*	0.11	0.31	0.02	0.00	0.00
	.25 Tsp	0	0	60	0.00	0.00	0.0	120	0.0	0	0.0	1.2	0.0	0.00	0.00
Weighted Daily Average		528	42	767	5.09	*3.52	*481.3	*1454	*33.22	*29	28.80	63.75	18.04	4.94	*0.01
% of Calories										*22.3%	21.8%	48.3%	30.8%	8.4%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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**Escondido Union School District**

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 10/24/2017															
Middle School Lunch 6-8	Total														
Beef, Chs-Burger, Smokie Grill	EACH	435	80	900	3.00	3.24	195.0	200	0.0	*4	26.5	33.5	22.5	9.25	*1.00
Beef, West. Bac. Ch.Burger	1 EACH	634	90	1519	4.79	3.88	254.6	200	1.43	*6	34.29	50.2	33.27	12.14	*1.00
Burrito, Bean & Cheese	EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Chix,White,Sriracha/w Goldfish	SERVING	290	40	420	2.00	1.44	20.0	200	1.2	2	18.0	28.0	12.5	2.50	0.00
FP: Nacho Sauce with Chips	5 OZ.SVG.	480	45	1001	6.22	3.81	514.7	820	1.25	2	18.68	42.12	25.7	11.01	0.00
Quesadilla Chicken	SERVING	300	45	560	3.00	2.70	250.0	200	0.0	1	19.0	31.0	11.0	4.50	0.00
Corn Dog w/Tots	SERVING	370	40	700	7.80	1.80	80.0	0	3.6	5	11.0	47.0	14.0	3.50	0.00
Pizza, Stix, Stuffed Crust	1 EACH	300	10	740	4.00	2.16	300.0	200	0.0	*N/A*	14.0	34.0	12.0	4.00	*N/A*
FP: Sand: Ham, Sub	1 EACH	370	85	1070	3.00	2.88	350.0	300	1.2	*3	31.0	34.0	14.5	6.50	0.00
FP: Salad, Gourmet, Taco	1 EACH	608	83	1110	7.35	4.67	604.7	14050	67.14	*4	26.87	37.33	37.82	17.71	18.79
Sand: PBJ, Grape, WG	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP,Parfait,Yog,Cinn Bitz,Peach	1 EACH	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB: Sauce, Pizza, Bosco	1 EACH	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	9.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB,Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
SB, Corn: Frozen, yellow	SERVING, 3 oz	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
SB, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD,Peanut Butter Cup	SVG	180	0	130	2.00	0.72	20.0	0	0.0	3	6.0	8.0	14.99	2.50	0.00
SB, Pasta Salad	SVG	418	0	789	5.70	26.84	1628.3	960	48.65	*6	8.63	48.39	21.17	4.06	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pears	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.0	74	0.0	15	0.0	17.24	0.0	0.00	0.00
Watermelon, with Rind	SERVING, 5.4 oz	46	0	2	0.00	0.28	15.3	842	11.94	9	1.53	12.25	0.0	0.00	0.00
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

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**Escondido Union School District**

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 10/24/2017															
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1%, Pouch, 90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc, Pouch, 90/ea. 8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF, Carton. 70/ea. 8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	1/8 CUP	2	0	4	0.09	0.05	0.5	23	1.58	*N/A*	0.11	0.31	0.02	0.00	0.00
CD, Chile Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.0	120	0.0	0	0.0	1.2	0.0	0.00	0.00
Weighted Daily Average		560	43	962	5.76	*3.76	*526.2	*1944	*8.36	*29	26.84	66.97	20.89	6.35	*0.59
% of Calories										*20.7%	19.2%	47.8%	33.5%	10.2%	*0.9%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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**Escondido Union School District**

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 10/25/2017															
Middle School Lunch 6-8	Total														
Beef, West. Bac. Ch.Burger	1 EACH	634	90	1519	4.79	3.88	254.6	200	1.43	*6	34.29	50.2	33.27	12.14	*1.00
Beef, Chs-Burger, Smokie Grill	1 EACH	435	80	900	3.00	3.24	195.0	200	0.0	*4	26.5	33.5	22.5	9.25	*1.00
Sand: Chix, Spicy Patty	Each	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*0.00
Chix: Nuggets / Goldfish /Tots	1 EACH	438	47	1026	5.80	1.36	40.0	178	3.6	1	24.0	46.0	17.5	3.00	0.00
Cheesy Bread	1 EACH	399	30	501	3.00	2.80	424.0	108	4.5	3	22.85	37.96	17.26	6.81	0.00
Burrito, Bean & Cheese	EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
FP: Taco, Beef Dip/ Nacho Chip	5.75 oz/se	603	64	1237	9.93	5.26	283.0	785	7.0	2	23.93	48.9	32.53	12.46	0.00
Pizza,Nardone Bros.**NEW**	1 EACH	360	40	610	3.00	2.70	299.9	500	11.99	7	21.99	29.99	16.99	8.00	0.00
FP: Sand: Italian Combo Sub	SANDWIC	395	84	1162	3.00	3.14	390.3	560	3.28	*3	30.18	35.04	16.91	7.20	*0.00
PKO-Asian Salad - Chix	1 EACH	568	50	940	9.69	4.36	57.6	5234	128.91	*9	14.02	68.81	27.32	4.94	*0.00
PKO-Asian Salad - Tofu	1 EACH	611	0	804	11.62	6.11	277.6	5234	128.91	*9	17.63	70.74	31.18	5.17	*0.00
Sand: PBJ, Grape, WG	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP, Yogurt, Grnla Prft, Peach	EACH	525	20	274	5.36	2.16	440.0	909	4.03	*66	15.0	95.17	11.5	2.50	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
SB,Bell,Peppers,Mixed	SERVING, 2.75oz	22	0	2	1.41	0.24	4.8	1312	66.64	2	0.79	4.64	0.16	0.02	0.00
SB: Sauce, Pizza, Bosco	1 EACH	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	9.0	0.0	0.00	0.00
SB, Broccoli Florets	SERVING, 1.1 oz	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	0.04	0.00
SB, CND, Beans, Garbanzo	1/2 CUP	131	0	504	9.08	1.36	32.3	24	3.83	*N/A*	6.05	22.19	2.02	0.50	*N/A*
A to Z Salad Bar 1	1 CUP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pinappl Tidbt, Draind	SERVING, 4.0 oz	94	0	0	1.34	0.48	26.8	0	12.07	19	1.01	22.8	0.0	0.00	0.00
Pear,Asian	1 EACH	85	0	1	4.60	0.18	10.0	0	6.0	14	0.5	23.0	0.2	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

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

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

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**Escondido Union School District**

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 10/25/2017															
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 1%, Pouch, 90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc, Pouch, 90/ea. 8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF, Carton. 70/ea. 8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	1/8 CUP	2	0	4	0.09	0.05	0.5	23	1.58	*N/A*	0.11	0.31	0.02	0.00	0.00
CD, Chile Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.0	120	0.0	0	0.0	1.2	0.0	0.00	0.00
Weighted Daily Average		639	45	1010	8.25	*4.19	*521.6	*1743	*16.80	*37	29.63	80.97	22.37	6.43	*0.02
% of Calories										*23.4%	18.5%	50.7%	31.5%	9.0%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 10/26/2017															
Middle School Lunch 6-8	Total														
Pizza, Pepp, 52%WW, PZA Guy, 8	Slice	326	28	813	4.88	2.16	440.0	450	1.8	3	21.22	35.33	11.87	6.20	0.00
Pizza, Chs, 52%WG, PZA Guy, 8s	SLICE	309	26	676	4.18	1.99	436.4	462	1.78	*N/A*	20.41	34.34	10.7	5.74	0.16
Cheeseburger Mini	EACH	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
Sand: Cheese, Grilled, WG	1 EACH	280	32	581	3.00	1.64	4650.2	524	0.0	6	18.55	30.96	9.91	5.56	0.00
Burrito, Bean & Cheese	EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Sand: PBJ, Grape, WG	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP,Parfait,Yog,Cinn Bitz,Peach	1 EACH	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB,Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
SB, Corn: Frozen, yellow	SERVING, 3 oz	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
SB, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD,Peanut Butter Cup	SVG	180	0	130	2.00	0.72	20.0	0	0.0	3	6.0	8.0	14.99	2.50	0.00
SB:Black Bean Salad	SVG	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Apricots, Sliced	SERVING, 4.25oz	101	0	3	3.31	4.30	41.3	91	4.3	18	1.65	24.79	0.0	0.00	0.00
Bananas , Whole,	1 EACH	147	0	2	4.28	0.43	8.2	105	14.33	20	1.8	37.62	0.54	0.18	0.00
Apple,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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF,Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00

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**Escondido Union School District**

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 10/26/2017															
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	1/8 CUP	2	0	4	0.09	0.05	0.5	23	1.58	*N/A*	0.11	0.31	0.02	0.00	0.00
CD, Chile Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.0	120	0.0	0	0.0	1.2	0.0	0.00	0.00
Weighted Daily Average		567	33	1030	7.98	*4.08	*758.6	*1690	*9.36	*36	30.69	78.36	15.97	6.88	*0.00
% of Calories										*25.4%	21.6%	55.2%	25.3%	10.9%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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**Escondido Union School District**

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 10/27/2017															
Middle School Lunch 6-8	Total														
Beef, Chs-Burger, Smokie Grill	EACH	435	80	900	3.00	3.24	195.0	200	0.0	*4	26.5	33.5	22.5	9.25	*1.00
Beef, West. Bac. Ch.Burger	1 EACH	634	90	1519	4.79	3.88	254.6	200	1.43	*6	34.29	50.2	33.27	12.14	*1.00
Burrito, Bean & Cheese	EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Sand: Chix, Spicy Patty	SANDWIC	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*0.00
Chix: Orange/ Brown Rice, MS	SERVING	377	40	280	2.67	1.68	0.0	50	1.2	10	16.33	68.33	4.33	0.50	0.00
Pizza, Stix, Stuffed Crust	1 EACH	300	10	740	4.00	2.16	300.0	200	0.0	*N/A*	14.0	34.0	12.0	4.00	*N/A*
Shrimp Poppers w Goldfish	1 EACH	416	39	587	4.83	1.05	32.8	0	0.0	*0	22.14	49.72	14.98	2.28	*0.00
FP:Salad:SouthWestern Chic.	1 EACH	636	126	1171	7.45	2.39	264.5	473	56.08	*6	29.24	49.15	36.25	10.91	*0.00
FP: Sand: Tuna Sub- Elementary	1 EACH	288	32	568	3.03	2.00	117.5	445	0.42	4	25.52	34.25	7.53	0.52	0.00
Sand: PBJ, Grape, WG	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP,Parfait,Yog,Cinn Bitz,Peach	1 EACH	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB: Sauce, Pizza, Bosco	1 EACH	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	9.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cracker/Hugs Not Drugs	1 EACH	130	0	115	0.00	1.08	100.0	0	0.0	*N/A*	2.0	20.0	4.0	0.00	*N/A*
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Broccoli Florets	SERVING, 1.1 oz	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	0.04	0.00
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
SB, Zucchini	.5 CUP	6	0	3	0.34	0.13	5.4	68	6.09	1	0.41	1.06	0.11	0.03	0.00
SB:Black Bean Salad	SVG	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	SERVING, 4.5 oz	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
Grapes,Red,Lunch Bunch	SERVING, 3.0 oz	52	0	2	0.70	0.27	8.0	7	2.4	*N/A*	0.54	13.67	0.12	0.04	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk,1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00

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**Escondido Union School District**

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 10/27/2017															
Milk, Choc, Pouch, 90/ea. 8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF, Carton, 70/ea. 8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
	1 OZ														
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	1/8 CUP	2	0	4	0.09	0.05	0.5	23	1.58	*N/A*	0.11	0.31	0.02	0.00	0.00
CD, Chile Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.0	120	0.0	0	0.0	1.2	0.0	0.00	0.00
Weighted Daily Average		567	47	785	5.08	*2.85	*374.7	*1414	*5.51	*33	27.90	78.76	16.40	4.13	*0.26
% of Calories										*23.1%	19.7%	55.6%	26.1%	6.6%	*0.4%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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**Escondido Union School District**

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 10/30/2017															
Middle School Lunch 6-8	Total														
Cheeseburger Mini	EACH	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
Burrito, Bean & Cheese	EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Sand: Chix, Spicy Patty	Each	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*0.00
Chicken, & Waffle	1 EACH	292	71	646	3.01	2.89	80.2	300	0.0	1	18.2	22.07	14.14	3.03	0.00
Salsa Verde Chicken Burrito	1 EACH	495	105	877	7.41	3.71	135.2	91	44.0	3	24.04	72.73	11.26	3.00	0.00
Cheesy Bread	1 EACH	399	30	501	3.00	2.80	424.0	108	4.5	3	22.85	37.96	17.26	6.81	0.00
Pizza,Nardone Bros.**NEW**	1 EACH	360	40	610	3.00	2.70	299.9	500	11.99	7	21.99	29.99	16.99	8.00	0.00
Hot Dog w/Tots-Hoffy	SVG.	442	30	944	5.80	2.53	100.2	101	3.6	4	15.07	48.02	22.17	7.07	1.01
FP: Sand: Turkey, Sub	SANDWIC	390	75	820	3.00	2.16	300.0	400	0.0	*3	31.0	33.0	16.0	7.50	0.00
FP: Salad: Chicken Caesar	1 EACH	454	82	752	6.27	3.31	290.0	9929	27.22	4	22.11	32.97	25.44	6.31	0.00
Sand: PBJ, Grape, WG	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP, Yogurt, Grnla Prft, Peach	EACH	525	20	274	5.36	2.16	440.0	909	4.03	*66	15.0	95.17	11.5	2.50	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
SB, Broccoli Florets	SERVING, 1.1 oz	20	0	20	2.00	0.62	34.0	350	66.2	0	2.12	3.72	0.24	0.04	0.00
SB: Sauce, Pizza, Bosco	1 EACH	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	9.0	0.0	0.00	0.00
SB, Pasta Salad	SVG	418	0	789	5.70	26.84	1628.3	960	48.65	*6	8.63	48.39	21.17	4.06	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Mandarin Oranges,	SERVING 4 oz	31	0	4	0.44	0.32	8.9	133	94.19	8	0.44	7.54	0.0	0.00	0.00
Apple,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
Pear,Asian	1 EACH	85	0	1	4.60	0.18	10.0	0	6.0	14	0.5	23.0	0.2	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

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**Escondido Union School District**

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 10/30/2017															
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	1 OZ														
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	1/8 CUP	2	0	4	0.09	0.05	0.5	23	1.58	*N/A*	0.11	0.31	0.02	0.00	0.00
CD, Chile Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.0	120	0.0	0	0.0	1.2	0.0	0.00	0.00
Weighted Daily Average		542	48	815	5.34	*3.85	*486.1	*1665	*35.27	*30	29.22	66.75	17.95	4.85	*0.01
% of Calories										*22.3%	21.6%	49.3%	29.8%	8.1%	*0.0%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

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**Escondido Union School District**

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

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Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 10/31/2017															
Middle School Lunch 6-8	Total														
Beef, Chs-Burger, Smokie Grill	EACH	435	80	900	3.00	3.24	195.0	200	0.0	*4	26.5	33.5	22.5	9.25	*1.00
Beef, West. Bac. Ch.Burger	1 EACH	634	90	1519	4.79	3.88	254.6	200	1.43	*6	34.29	50.2	33.27	12.14	*1.00
Burrito, Bean & Cheese	EACH	360	15	480	6.00	5.40	150.0	100	0.0	4	14.0	45.0	14.0	0.00	0.00
Chix,White,Sriracha/w Goldfish	SERVING	290	40	420	2.00	1.44	20.0	200	1.2	2	18.0	28.0	12.5	2.50	0.00
FP: Nacho Sauce with Chips	5 OZ.SVG.	480	45	1001	6.22	3.81	514.7	820	1.25	2	18.68	42.12	25.7	11.01	0.00
Quesadilla Chicken	SERVING	300	45	560	3.00	2.70	250.0	200	0.0	1	19.0	31.0	11.0	4.50	0.00
Corn Dog w/Tots	SERVING	370	40	700	7.80	1.80	80.0	0	3.6	5	11.0	47.0	14.0	3.50	0.00
Pizza, Stix, Stuffed Crust	1 EACH	300	10	740	4.00	2.16	300.0	200	0.0	*N/A*	14.0	34.0	12.0	4.00	*N/A*
FP: Sand: Ham, Sub	1 EACH	370	85	1070	3.00	2.88	350.0	300	1.2	*3	31.0	34.0	14.5	6.50	0.00
FP: Salad, Gourmet, Taco	1 EACH	608	83	1110	7.35	4.67	604.7	14050	67.14	*4	26.87	37.33	37.82	17.71	18.79
Sand: PBJ, Grape, WG	EACH	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP, Yogurt, Grnla Prft, Peach	EACH	525	20	274	5.36	2.16	440.0	909	4.03	*66	15.0	95.17	11.5	2.50	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB: Sauce, Pizza, Bosco	1 EACH	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	9.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, Salad, Garden Fresh	1 CUP	7	0	9	0.70	0.53	11.1	2460	3.97	*N/A*	0.3	1.61	0.0	0.00	*N/A*
SB, Carrot,Raw,Baby,Ind,3.0 oz	EACH - 3 o	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Tomatoes, Cherry	SERVING, 2.61oz	9	0	2	0.60	0.18	3.3	416	6.18	1	0.44	1.94	0.1	0.02	*N/A*
SB, Jicama Sticks	SERVING, 2.5 oz	27	0	3	3.47	0.43	8.5	15	14.32	1	0.51	6.25	0.06	0.00	0.00
SB, Cucumber, Sliced	SERVING, 3.0 oz	10	0	2	0.60	0.19	11.9	202	2.72	1	0.5	1.84	0.14	0.00	0.00
SB,Beets Roasted	2.78 oz.svg	91	0	441	2.03	0.01	0.5	0	2.46	*6	1.06	11.25	5.04	0.63	*0.00
SB, Edamame	SERVING, 3 oz	100	0	30	4.00	1.44	40.0	500	6.0	1	8.0	9.0	3.0	0.00	0.00
SB, Corn: Frozen, yellow	SERVING, 3 oz	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
SB, Celery Sticks	SERVING -2.5 oz	9	0	44	0.88	0.11	21.9	40	1.75	0	0.38	1.64	0.1	0.02	0.00
CD,Peanut Butter Cup	SVG	180	0	130	2.00	0.72	20.0	0	0.0	3	6.0	8.0	14.99	2.50	0.00
SB, Pasta Salad	SVG	418	0	789	5.70	26.84	1628.3	960	48.65	*6	8.63	48.39	21.17	4.06	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pears	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.0	74	0.0	15	0.0	17.24	0.0	0.00	0.00
Orange,Blood,Smiles	1 EACH	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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

**Sep 25, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 10/31/2017															
Milk,1%,Pouch,90/ea. 8oz.	1 EACH	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc,Pouch,90/ea.8oz.	1 EACH	110	0	135	0.00	0.72	250.0	500	0.0	18	8.0	20.0	0.0	0.00	0.00
Milk, FF, Carton.70/ea.8 oz.	1 EACH	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Catsup	1 OZ	20	0	160	0.00	0.00	0.0	100	1.2	4	0.0	5.0	0.0	0.00	0.00
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
CD, Barbeque Sauce	1 OZ	32	0	274	0.00	0.00	0.0	0	0.0	4	0.0	7.32	0.0	0.00	0.00
CD, Dressing, Honey Mustard	SERVING 1 OZ	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	.125 CUP	1	0	87	0.17	0.12	3.4	51	0.41	0	0.0	0.17	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Mustard	1 OZ	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
CD, Pickles, Dill	.125 CUP	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00
CD, Salsa	.125 CUP	0	0	2	0.01	0.00	0.0	0	0.03	0	0.0	0.01	0.0	0.00	0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Tomato Slices	1/8 CUP	2	0	4	0.09	0.05	0.5	23	1.58	*N/A*	0.11	0.31	0.02	0.00	0.00
CD, Chile Lime Seasoning	.25 Tsp	0	0	60	0.00	0.00	0.0	120	0.0	0	0.0	1.2	0.0	0.00	0.00
Weighted Daily Average		570	43	962	7.26	*3.95	*545.7	*1818	*29.05	*30	26.89	69.18	20.99	6.36	*0.59
% of Calories										*20.9%	18.9%	48.5%	33.1%	10.0%	*0.9%
Nutrient Guideline		600-650		1230									<=35.0	<10.00	

Weighted Average		521	*39	820	5.92	*3.29	*478.8	*1543	*18.08	*30	26.11	67.17	17.01	*5.07	*0.12
										*52.5%	20.0%	51.6%	29.4%	*8.8%	*0.2%

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# Escondido Union School District

Sep 25, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Middle School Lunch 6-8

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	521		600 - 650	87%				79									Correction Required - Calories are Low
Cholesterol (mg)	39				Missing												
Sodium (mg)	820		1230														
Fiber (g)	5.92																
Iron (mg)	3.29				Missing												
Calcium (mg)	478.8				Missing												
Vitamin A (IU)	1543				Missing												
Sugars (g)	30	23.35%			Missing												
Vitamin C (mg)	18.08				Missing												
Protein (g)	26.11	20.04%															
Carbohydrate (g)	67.17	51.55%															
Total Fat (g)	17.01	29.37%		<=35.00%													
Saturated Fat (g)	5.07	8.76%		<10.00%	Missing												
Trans Fat <sup>1</sup> (g)	0.12	0.21%			Missing												

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