

**Escondido Union School District**

**Sep 24, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

Page 1

Generated on: 9/27/2017 12:28:41 PM

	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															
Quantum Breakfast 4-8	Total														
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Cinnamon Roll, WG, IW	1 EACH	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.01	11.0	6.00	0.00
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Pizza,BK,Turk,Egg,Cheese	1 Each	200	45	320	2.00	1.44	150.0	200	0.0	4	9.0	26.0	7.0	2.00	0.00
Burrito,Bacon,Egg,chs&tots	1 EACH	349	195	716	5.05	2.49	161.9	354	1.35	1	12.75	35.38	16.25	5.87	0.00
Pizza, Breakfast Sausage	1 EACH	185	16	355	1.87	0.83	191.2	246	7.51	2	9.96	18.49	8.67	4.18	0.00
Brkfst-Egg,Cheese,Sau, Biscuit	1 each	346	142	751	2.10	2.22	203.8	416	0.01	*6	16.21	30.1	17.65	6.71	*0.00
.....	...	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, Applesauce Cinnamon	SERVING, 4.5 oz	87	0	3	1.54	0.16	4.1	8	2.17	19	0.21	22.33	0.22	0.04	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
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Apples, Gala,138 ct.	1 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
Juice, Apple-Berry 4 oz.	1 EACH	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	0.0	0.00	0.00
Juice, Apple 4 oz.	1 EACH	55	0	12	0.00	0.36	0.0	63	0.0	12	0.0	14.0	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
.....	...	0	0	0	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	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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average		401	*30	431	3.61	4.55	341.8	816	*3.53	*34	14.02	69.22	8.84	*3.16	*0.00
% of Calories										*33.6%	14.0%	69.1%	19.9%	*7.1%	*0.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

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

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

**Escondido Union School District**

**Sep 24, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

Page 2

Generated on: 9/27/2017 12:28:41 PM

	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 - 09/26/2017															
Quantum Breakfast 4-8	Total														
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Cinnamon Roll, WG, IW	1 EACH	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.01	11.0	6.00	0.00
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Brkfst, Egg, Bacon, Tots Taco	1 EACH	259	195	546	3.05	1.77	121.9	354	1.35	1	10.75	21.38	13.75	4.87	0.00
HomeRun Breakfast-Elem	SVG	591	296	1515	2.00	3.14	86.6	427	7.37	*6	23.35	62.38	27.81	6.10	*0.00
Bk, Fr.Tst. Sausage	SERVING	227	22	324	2.75	2.26	157.8	308	4.97	6	11.04	25.03	9.47	2.19	0.00
Brkfst,Burrito, Egg & Chorizo	1 EACH	200	40	370	3.00	2.70	150.0	500	1.2	0	9.0	22.0	9.0	3.50	0.00
.....	...	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, Fruit Mixed, Lt Syrup	SERVING, 3.5 oz	72	0	8	1.40	0.40	7.6	132	2.4	*N/A*	0.6	18.8	0.0	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
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Apples, Gala,138 ct.	1 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
Juice, Apple-Berry 4 oz.	1 EACH	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	0.0	0.00	0.00
Juice, Apple 4 oz.	1 EACH	55	0	12	0.00	0.36	0.0	63	0.0	12	0.0	14.0	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
.....	...	0	0	0	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	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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average		383	*30	410	3.32	4.50	331.0	837	*3.64	*30	13.62	66.42	8.39	*2.97	*0.00
% of Calories										*31.0%	14.2%	69.3%	19.7%	*7.0%	*0.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

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

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

**Escondido Union School District**

**Sep 24, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

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 - 09/27/2017															
Quantum Breakfast 4-8	Total														
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Cinnamon Roll, WG, IW	1 EACH	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.01	11.0	6.00	0.00
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Breakfast "Jax" Sandwich	1 EACH	385	150	911	0.00	0.92	91.8	364	0.61	*0	19.31	33.1	20.4	7.76	*0.00
Burrito,Bacon,Egg,chs&tots	1 EACH	349	195	716	5.05	2.49	161.9	354	1.35	1	12.75	35.38	16.25	5.87	0.00
Bagel, Pizza , Breakfast	1 EACH	192	15	363	1.80	1.59	217.0	73	3.8	4	11.65	23.16	5.71	3.01	0.00
Brkfst-Egg,Cheese,Sau, Biscuit	1 each	346	142	751	2.10	2.22	203.8	416	0.01	*6	16.21	30.1	17.65	6.71	*0.00
.....	...	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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Apples, Gala,138 ct.	1 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
Juice, Apple-Berry 4 oz.	1 EACH	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	0.0	0.00	0.00
Juice, Apple 4 oz.	1 EACH	55	0	12	0.00	0.36	0.0	63	0.0	12	0.0	14.0	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
.....	...	0	0	0	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	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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average		411	*36	460	3.47	4.60	343.7	821	*5.51	*34	14.71	69.71	9.43	*3.43	*0.00
% of Calories										*32.6%	14.3%	67.8%	20.6%	*7.5%	*0.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

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

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

**Escondido Union School District**

**Sep 24, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

Page 4

Generated on: 9/27/2017 12:28:41 PM

	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															
Quantum Breakfast 4-8	Total														
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Cinnamon Roll, WG, IW	1 EACH	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.01	11.0	6.00	0.00
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Pizza, Breakfast Sausage	1 EACH	185	16	355	1.87	0.83	191.2	246	7.51	2	9.96	18.49	8.67	4.18	0.00
Brkfst-Egg,Cheese,Sau, Biscuit	1 each	346	142	751	2.10	2.22	203.8	416	0.01	*6	16.21	30.1	17.65	6.71	*0.00
Bagel,Whole Grain & Cr. Cheese	1 EACH	264	30	273	3.30	1.80	33.3	202	0.0	*3	7.93	35.53	9.72	6.13	*0.00
Pancakes,Mini, Maple	1 EACH	230	0	150	3.00	0.72	40.0	0	0.0	14	4.0	41.0	7.0	0.50	0.00
.....	...	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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Apples, Gala,138 ct.	1 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
Juice, Apple-Berry 4 oz.	1 EACH	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	0.0	0.00	0.00
Juice, Apple 4 oz.	1 EACH	55	0	12	0.00	0.36	0.0	63	0.0	12	0.0	14.0	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
.....	...	0	0	0	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	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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average		396	*22	431	3.23	4.45	344.0	879	*3.50	*34	14.23	67.53	8.92	*3.31	*0.00
% of Calories										*33.9%	14.4%	68.2%	20.3%	*7.5%	*0.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

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

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

**Escondido Union School District**

**Sep 24, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

Page 5

Generated on: 9/27/2017 12:28:41 PM

	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 - 09/29/2017															
Quantum Breakfast 4-8															
	Total														
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Cinnamon Roll, WG, IW	1 EACH	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.01	11.0	6.00	0.00
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Bk, Fr.Tst. Sausage	SERVING	227	22	324	2.75	2.26	157.8	308	4.97	6	11.04	25.03	9.47	2.19	0.00
Burrito, Ham,Egg,chs&tots	1 EACH	405	150	835	5.05	2.51	320.9	448	1.55	*1	17.3	35.9	20.39	9.60	*9.40
Pizza, Breakfast Sausage	1 EACH	185	16	355	1.87	0.83	191.2	246	7.51	2	9.96	18.49	8.67	4.18	0.00
Bagel,Whole Grain & Cr. Cheese	1 EACH	264	30	273	3.30	1.80	33.3	202	0.0	*3	7.93	35.53	9.72	6.13	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pears	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.0	74	0.0	15	0.0	17.24	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Apples, Gala,138 ct.	1 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
Juice, Apple-Berry 4 oz.	1 EACH	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	0.0	0.00	0.00
Juice, Apple 4 oz.	1 EACH	55	0	12	0.00	0.36	0.0	63	0.0	12	0.0	14.0	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
.....	...	0	0	0	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	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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average		395	*17	414	3.73	4.54	347.4	835	*3.54	*33	14.14	67.72	8.70	*3.16	*0.47
% of Calories										*33.5%	14.3%	68.5%	19.8%	*7.2%	*1.1%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

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

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

**Escondido Union School District**

**Sep 24, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

Page 6

Generated on: 9/27/2017 12:28:41 PM

	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															
Quantum Breakfast 4-8	Total														
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Cinnamon Roll, WG, IW	1 EACH	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.01	11.0	6.00	0.00
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Breakfast "Jax" Sandwich	1 EACH	385	150	911	0.00	0.92	91.8	364	0.61	*0	19.31	33.1	20.4	7.76	*0.00
Burrito,Bacon,Egg,chs&tots	1 EACH	349	195	716	5.05	2.49	161.9	354	1.35	1	12.75	35.38	16.25	5.87	0.00
Pizza, Breakfast Sausage	1 EACH	185	16	355	1.87	0.83	191.2	246	7.51	2	9.96	18.49	8.67	4.18	0.00
Brkfst-Egg,Cheese,Sau, Biscuit	1 each	346	142	751	2.10	2.22	203.8	416	0.01	*6	16.21	30.1	17.65	6.71	*0.00
.....	...	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, Applesauce Cinnamon	SERVING, 4.5 oz	87	0	3	1.54	0.16	4.1	8	2.17	19	0.21	22.33	0.22	0.04	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
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.	1 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
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	1 EACH	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	0.0	0.00	0.00
Juice, Apple 4 oz.	1 EACH	55	0	12	0.00	0.36	0.0	63	0.0	12	0.0	14.0	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, 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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average		410	*36	460	3.51	4.52	338.9	824	*3.56	*33	14.54	69.57	9.51	*3.45	*0.00
% of Calories										*32.7%	14.2%	67.9%	20.9%	*7.6%	*0.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

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

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

**Escondido Union School District**

**Sep 24, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

Page 7

Generated on: 9/27/2017 12:28:41 PM

	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															
Quantum Breakfast 4-8	Total														
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Cinnamon Roll, WG, IW	1 EACH	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.01	11.0	6.00	0.00
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Brkfst, Egg, Bacon, Tots Taco	1 EACH	259	195	546	3.05	1.77	121.9	354	1.35	1	10.75	21.38	13.75	4.87	0.00
HomeRun Breakfast-Elem	SVG	591	296	1515	2.00	3.14	86.6	427	7.37	*6	23.35	62.38	27.81	6.10	*0.00
Bk, Fr.Tst. Sausage	SERVING	227	22	324	2.75	2.26	157.8	308	4.97	6	11.04	25.03	9.47	2.19	0.00
Brkfst,Burrito, Egg & Chorizo	1 EACH	200	40	370	3.00	2.70	150.0	500	1.2	0	9.0	22.0	9.0	3.50	0.00
.....	...	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, Fruit Mixed, Lt Syrup	SERVING, 3.5 oz	72	0	8	1.40	0.40	7.6	132	2.4	*N/A*	0.6	18.8	0.0	0.00	*N/A*
Fruit, Fresh Tues 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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Gala, 138 ct.	1 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
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	1 EACH	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	0.0	0.00	0.00
Juice, Apple 4 oz.	1 EACH	55	0	12	0.00	0.36	0.0	63	0.0	12	0.0	14.0	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, 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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average		383	*30	410	3.32	4.50	331.0	837	*3.64	*30	13.62	66.42	8.39	*2.97	*0.00
% of Calories										*31.0%	14.2%	69.3%	19.7%	*7.0%	*0.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

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

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

Escondido Union School District

Sep 24, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Quantum Breakfast 4-8

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															
Quantum Breakfast 4-8	Total														
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Cinnamon Roll, WG, IW	1 EACH	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.01	11.0	6.00	0.00
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
PK-Pizza,Bk.Turkey Sausage	1 Each	182	19	373	2.49	1.76	181.0	49	375.0	3	11.0	22.0	5.47	2.36	0.00
Burrito,Bacon,Egg,chs&tots	1 EACH	349	195	716	5.05	2.49	161.9	354	1.35	1	12.75	35.38	16.25	5.87	0.00
Bagel, Pizza , Breakfast	1 EACH	192	15	363	1.80	1.59	217.0	73	3.8	4	11.65	23.16	5.71	3.01	0.00
Brkfst-Egg,Cheese,Sau, Biscuit	1 each	346	142	751	2.10	2.22	203.8	416	0.01	*6	16.21	30.1	17.65	6.71	*0.00
.....	...	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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Gala,138 ct.	1 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
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	1 EACH	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	0.0	0.00	0.00
Juice, Apple 4 oz.	1 EACH	55	0	12	0.00	0.36	0.0	63	0.0	12	0.0	14.0	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, 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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average		401	*29	433	3.60	4.64	348.1	805	*24.22	*34	14.30	69.16	8.69	*3.16	*0.00
% of Calories										*33.5%	14.3%	69.0%	19.5%	*7.1%	*0.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

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

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



**Escondido Union School District**

**Sep 24, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

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															
Quantum Breakfast 4-8	Total														
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Cinnamon Roll, WG, IW	1 EACH	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.01	11.0	6.00	0.00
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Pizza, Breakfast Sausage	1 EACH	185	16	355	1.87	0.83	191.2	246	7.51	2	9.96	18.49	8.67	4.18	0.00
Brkfst-Egg,Cheese,Sau, Biscuit	1 each	346	142	751	2.10	2.22	203.8	416	0.01	*6	16.21	30.1	17.65	6.71	*0.00
Bagel,Whole Grain & Cr. Cheese	1 EACH	264	30	273	3.30	1.80	33.3	202	0.0	*3	7.93	35.53	9.72	6.13	*0.00
Pancakes,Mini, Maple	1 EACH	230	0	150	3.00	0.72	40.0	0	0.0	14	4.0	41.0	7.0	0.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	SERVING, 4.5 oz	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
Fruit, Fresh Thurs 1	1 EACH	4	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Gala,138 ct.	1 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
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	1 EACH	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	0.0	0.00	0.00
Juice, Apple 4 oz.	1 EACH	55	0	12	0.00	0.36	0.0	63	0.0	12	0.0	14.0	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, 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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average		397	*22	*431	*3.23	*4.45	*344.0	*879	*3.50	*34	*14.23	*67.53	*8.92	*3.31	*0.00
% of Calories										*33.8%	*14.3%	*68.0%	*20.2%	*7.5%	*0.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

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

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

**Escondido Union School District**

**Sep 24, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

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															
Quantum Breakfast 4-8	Total														
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Cinnamon Roll, WG, IW	1 EACH	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.01	11.0	6.00	0.00
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Bk, Fr.Tst. Sausage	SERVING	227	22	324	2.75	2.26	157.8	308	4.97	6	11.04	25.03	9.47	2.19	0.00
Burrito, Ham,Egg,chs&tots	1 EACH	405	150	835	5.05	2.51	320.9	448	1.55	*1	17.3	35.9	20.39	9.60	*9.40
Pizza, Breakfast Sausage	1 EACH	185	16	355	1.87	0.83	191.2	246	7.51	2	9.96	18.49	8.67	4.18	0.00
Bagel,Whole Grain & Cr. Cheese	1 EACH	264	30	273	3.30	1.80	33.3	202	0.0	*3	7.93	35.53	9.72	6.13	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pears	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.0	74	0.0	15	0.0	17.24	0.0	0.00	0.00
Fruit, Fresh Fri 1	1 EACH	4	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Gala,138 ct.	1 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
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	1 EACH	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	0.0	0.00	0.00
Juice, Apple 4 oz.	1 EACH	55	0	12	0.00	0.36	0.0	63	0.0	12	0.0	14.0	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, 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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average		398	*17	*414	*3.73	*4.54	*347.4	*835	*3.54	*33	*14.14	*67.72	*8.70	*3.16	*0.47
% of Calories										*33.3%	*14.2%	*68.1%	*19.7%	*7.2%	*1.1%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

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

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

Escondido Union School District

Sep 24, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Quantum Breakfast 4-8

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															
Quantum Breakfast 4-8	Total														
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Cinnamon Roll, WG, IW	1 EACH	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.01	11.0	6.00	0.00
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Breakfast "Jax" Sandwich	1 EACH	385	150	911	0.00	0.92	91.8	364	0.61	*0	19.31	33.1	20.4	7.76	*0.00
Burrito,Bacon,Egg,chs&tots	1 EACH	349	195	716	5.05	2.49	161.9	354	1.35	1	12.75	35.38	16.25	5.87	0.00
Pizza, Breakfast Sausage	1 EACH	185	16	355	1.87	0.83	191.2	246	7.51	2	9.96	18.49	8.67	4.18	0.00
Brkfst-Egg,Cheese,Sau, Biscuit	1 each	346	142	751	2.10	2.22	203.8	416	0.01	*6	16.21	30.1	17.65	6.71	*0.00
.....	...	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, Applesauce Cinnamon	SERVING, 4.5 oz	87	0	3	1.54	0.16	4.1	8	2.17	19	0.21	22.33	0.22	0.04	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
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.	1 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
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	1 EACH	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	0.0	0.00	0.00
Juice, Apple 4 oz.	1 EACH	55	0	12	0.00	0.36	0.0	63	0.0	12	0.0	14.0	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, 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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average		410	*36	460	3.51	4.52	338.9	824	*3.56	*33	14.54	69.57	9.51	*3.45	*0.00
% of Calories										*32.7%	14.2%	67.9%	20.9%	*7.6%	*0.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

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

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

**Escondido Union School District**

**Sep 24, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

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 - 10/10/2017															
Quantum Breakfast 4-8	Total														
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Cinnamon Roll, WG, IW	1 EACH	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.01	11.0	6.00	0.00
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Brkfst, Egg, Bacon, Tots Taco	1 EACH	259	195	546	3.05	1.77	121.9	354	1.35	1	10.75	21.38	13.75	4.87	0.00
HomeRun Breakfast-Elem	SVG	591	296	1515	2.00	3.14	86.6	427	7.37	*6	23.35	62.38	27.81	6.10	*0.00
Bk, Fr.Tst. Sausage	SERVING	227	22	324	2.75	2.26	157.8	308	4.97	6	11.04	25.03	9.47	2.19	0.00
Brkfst,Burrito, Egg & Chorizo	1 EACH	200	40	370	3.00	2.70	150.0	500	1.2	0	9.0	22.0	9.0	3.50	0.00
.....	...	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, Fruit Mixed, Lt Syrup	SERVING, 3.5 oz	72	0	8	1.40	0.40	7.6	132	2.4	*N/A*	0.6	18.8	0.0	0.00	*N/A*
Fruit, Fresh Tues 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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Gala, 138 ct.	1 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
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	1 EACH	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	0.0	0.00	0.00
Juice, Apple 4 oz.	1 EACH	55	0	12	0.00	0.36	0.0	63	0.0	12	0.0	14.0	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, 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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average		383	*30	410	3.32	4.50	331.0	837	*3.64	*30	13.62	66.42	8.39	*2.97	*0.00
% of Calories										*31.0%	14.2%	69.3%	19.7%	*7.0%	*0.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

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

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

**Escondido Union School District**

**Sep 24, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

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															
Quantum Breakfast 4-8	Total														
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Cinnamon Roll, WG, IW	1 EACH	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.01	11.0	6.00	0.00
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
PK-Pizza,Bk.Turkey Sausage	1 Each	182	19	373	2.49	1.76	181.0	49	375.0	3	11.0	22.0	5.47	2.36	0.00
Burrito,Bacon,Egg,chs&tots	1 EACH	349	195	716	5.05	2.49	161.9	354	1.35	1	12.75	35.38	16.25	5.87	0.00
Bagel, Pizza , Breakfast	1 EACH	192	15	363	1.80	1.59	217.0	73	3.8	4	11.65	23.16	5.71	3.01	0.00
Brkfst-Egg,Cheese,Sau, Biscuit	1 each	346	142	751	2.10	2.22	203.8	416	0.01	*6	16.21	30.1	17.65	6.71	*0.00
.....	...	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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Gala,138 ct.	1 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
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	1 EACH	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	0.0	0.00	0.00
Juice, Apple 4 oz.	1 EACH	55	0	12	0.00	0.36	0.0	63	0.0	12	0.0	14.0	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, 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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average		401	*29	433	3.60	4.64	348.1	805	*24.22	*34	14.30	69.16	8.69	*3.16	*0.00
% of Calories										*33.5%	14.3%	69.0%	19.5%	*7.1%	*0.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

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

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

**Escondido Union School District**

**Sep 24, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

Page 14

Generated on: 9/27/2017 12:28:42 PM

	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															
Quantum Breakfast 4-8	Total														
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Cinnamon Roll, WG, IW	1 EACH	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.01	11.0	6.00	0.00
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Pizza, Breakfast Sausage	1 EACH	185	16	355	1.87	0.83	191.2	246	7.51	2	9.96	18.49	8.67	4.18	0.00
Brkfst-Egg,Cheese,Sau, Biscuit	1 each	346	142	751	2.10	2.22	203.8	416	0.01	*6	16.21	30.1	17.65	6.71	*0.00
Bagel,Whole Grain & Cr. Cheese	1 EACH	264	30	273	3.30	1.80	33.3	202	0.0	*3	7.93	35.53	9.72	6.13	*0.00
Pancakes,Mini, Maple	1 EACH	230	0	150	3.00	0.72	40.0	0	0.0	14	4.0	41.0	7.0	0.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	SERVING, 4.5 oz	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
Fruit, Fresh Thurs 1	1 EACH	4	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Gala,138 ct.	1 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
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	1 EACH	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	0.0	0.00	0.00
Juice, Apple 4 oz.	1 EACH	55	0	12	0.00	0.36	0.0	63	0.0	12	0.0	14.0	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, 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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average		397	*22	*431	*3.23	*4.45	*344.0	*879	*3.50	*34	*14.23	*67.53	*8.92	*3.31	*0.00
% of Calories										*33.8%	*14.3%	*68.0%	*20.2%	*7.5%	*0.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

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

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

**Escondido Union School District**

**Sep 24, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

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															
Quantum Breakfast 4-8	Total														
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Cinnamon Roll, WG, IW	1 EACH	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.01	11.0	6.00	0.00
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Bk, Fr.Tst. Sausage	SERVING	227	22	324	2.75	2.26	157.8	308	4.97	6	11.04	25.03	9.47	2.19	0.00
Burrito, Ham,Egg,chs&tots	1 EACH	405	150	835	5.05	2.51	320.9	448	1.55	*1	17.3	35.9	20.39	9.60	*9.40
Pizza, Breakfast Sausage	1 EACH	185	16	355	1.87	0.83	191.2	246	7.51	2	9.96	18.49	8.67	4.18	0.00
Bagel,Whole Grain & Cr. Cheese	1 EACH	264	30	273	3.30	1.80	33.3	202	0.0	*3	7.93	35.53	9.72	6.13	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pears	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.0	74	0.0	15	0.0	17.24	0.0	0.00	0.00
Fruit, Fresh Fri 1	1 EACH	4	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Gala,138 ct.	1 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
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	1 EACH	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	0.0	0.00	0.00
Juice, Apple 4 oz.	1 EACH	55	0	12	0.00	0.36	0.0	63	0.0	12	0.0	14.0	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, 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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average		398	*17	*414	*3.73	*4.54	*347.4	*835	*3.54	*33	*14.14	*67.72	*8.70	*3.16	*0.47
% of Calories										*33.3%	*14.2%	*68.1%	*19.7%	*7.2%	*1.1%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

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

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

**Escondido Union School District**

**Sep 24, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

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															
Quantum Breakfast 4-8	Total														
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Cinnamon Roll, WG, IW	1 EACH	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.01	11.0	6.00	0.00
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Breakfast "Jax" Sandwich	1 EACH	385	150	911	0.00	0.92	91.8	364	0.61	*0	19.31	33.1	20.4	7.76	*0.00
Burrito,Bacon,Egg,chs&tots	1 EACH	349	195	716	5.05	2.49	161.9	354	1.35	1	12.75	35.38	16.25	5.87	0.00
Pizza, Breakfast Sausage	1 EACH	185	16	355	1.87	0.83	191.2	246	7.51	2	9.96	18.49	8.67	4.18	0.00
Brkfst-Egg,Cheese,Sau, Biscuit	1 each	346	142	751	2.10	2.22	203.8	416	0.01	*6	16.21	30.1	17.65	6.71	*0.00
.....	...	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, Applesauce Cinnamon	SERVING, 4.5 oz	87	0	3	1.54	0.16	4.1	8	2.17	19	0.21	22.33	0.22	0.04	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
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.	1 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
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	1 EACH	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	0.0	0.00	0.00
Juice, Apple 4 oz.	1 EACH	55	0	12	0.00	0.36	0.0	63	0.0	12	0.0	14.0	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, 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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average		410	*36	460	3.51	4.52	338.9	824	*3.56	*33	14.54	69.57	9.51	*3.45	*0.00
% of Calories										*32.7%	14.2%	67.9%	20.9%	*7.6%	*0.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

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

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



**Escondido Union School District**

**Sep 24, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

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 - 10/17/2017															
Quantum Breakfast 4-8	Total														
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Cinnamon Roll, WG, IW	1 EACH	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.01	11.0	6.00	0.00
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Brkfst, Egg, Bacon, Tots Taco	1 EACH	259	195	546	3.05	1.77	121.9	354	1.35	1	10.75	21.38	13.75	4.87	0.00
HomeRun Breakfast-Elem	SVG	591	296	1515	2.00	3.14	86.6	427	7.37	*6	23.35	62.38	27.81	6.10	*0.00
Bk, Fr.Tst. Sausage	SERVING	227	22	324	2.75	2.26	157.8	308	4.97	6	11.04	25.03	9.47	2.19	0.00
Brkfst,Burrito, Egg & Chorizo	1 EACH	200	40	370	3.00	2.70	150.0	500	1.2	0	9.0	22.0	9.0	3.50	0.00
.....	...	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, Fruit Mixed, Lt Syrup	SERVING, 3.5 oz	72	0	8	1.40	0.40	7.6	132	2.4	*N/A*	0.6	18.8	0.0	0.00	*N/A*
Fruit, Fresh Tues 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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Gala, 138 ct.	1 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
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	1 EACH	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	0.0	0.00	0.00
Juice, Apple 4 oz.	1 EACH	55	0	12	0.00	0.36	0.0	63	0.0	12	0.0	14.0	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, 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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average		383	*30	410	3.32	4.50	331.0	837	*3.64	*30	13.62	66.42	8.39	*2.97	*0.00
% of Calories										*31.0%	14.2%	69.3%	19.7%	*7.0%	*0.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

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

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

**Escondido Union School District**

**Sep 24, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

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 - 10/18/2017															
Quantum Breakfast 4-8	Total														
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Cinnamon Roll, WG, IW	1 EACH	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.01	11.0	6.00	0.00
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
PK-Pizza,Bk.Turkey Sausage	1 Each	182	19	373	2.49	1.76	181.0	49	375.0	3	11.0	22.0	5.47	2.36	0.00
Burrito,Bacon,Egg,chs&tots	1 EACH	349	195	716	5.05	2.49	161.9	354	1.35	1	12.75	35.38	16.25	5.87	0.00
Bagel, Pizza , Breakfast	1 EACH	192	15	363	1.80	1.59	217.0	73	3.8	4	11.65	23.16	5.71	3.01	0.00
Brkfst-Egg,Cheese,Sau, Biscuit	1 each	346	142	751	2.10	2.22	203.8	416	0.01	*6	16.21	30.1	17.65	6.71	*0.00
.....	...	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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Gala,138 ct.	1 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
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	1 EACH	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	0.0	0.00	0.00
Juice, Apple 4 oz.	1 EACH	55	0	12	0.00	0.36	0.0	63	0.0	12	0.0	14.0	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, 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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average		401	*29	433	3.60	4.64	348.1	805	*24.22	*34	14.30	69.16	8.69	*3.16	*0.00
% of Calories										*33.5%	14.3%	69.0%	19.5%	*7.1%	*0.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

Thu - 10/19/2017															
Quantum Breakfast 4-8	Total														
PARENT CONFERENCES	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*

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

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

**Escondido Union School District**

**Sep 24, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

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)
Weighted Daily Average % of Calories		*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*
Nutrient Guideline		400-500		540									<=30.0	<10.00	

Fri - 10/20/2017															
Quantum Breakfast 4-8 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 % of Calories		*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*
Nutrient Guideline		400-500		540									<=30.0	<10.00	

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

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

**Escondido Union School District**

**Sep 24, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

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															
Quantum Breakfast 4-8	Total														
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Cinnamon Roll, WG, IW	1 EACH	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.01	11.0	6.00	0.00
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Breakfast "Jax" Sandwich	1 EACH	385	150	911	0.00	0.92	91.8	364	0.61	*0	19.31	33.1	20.4	7.76	*0.00
Burrito,Bacon,Egg,chs&tots	1 EACH	349	195	716	5.05	2.49	161.9	354	1.35	1	12.75	35.38	16.25	5.87	0.00
Pizza, Breakfast Sausage	1 EACH	185	16	355	1.87	0.83	191.2	246	7.51	2	9.96	18.49	8.67	4.18	0.00
Brkfst-Egg,Cheese,Sau, Biscuit	1 each	346	142	751	2.10	2.22	203.8	416	0.01	*6	16.21	30.1	17.65	6.71	*0.00
.....	...	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, Applesauce Cinnamon	SERVING, 4.5 oz	87	0	3	1.54	0.16	4.1	8	2.17	19	0.21	22.33	0.22	0.04	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
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.	1 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
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	1 EACH	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	0.0	0.00	0.00
Juice, Apple 4 oz.	1 EACH	55	0	12	0.00	0.36	0.0	63	0.0	12	0.0	14.0	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, Pico de Gallo	.25 CUP	4	0	293	0.16	0.06	1.2	97	2.32	*0	0.12	0.96	0.05	0.00	*0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average		410	*36	475	3.52	4.53	338.9	829	*3.68	*33	14.54	69.62	9.51	*3.45	*0.00
% of Calories										*32.7%	14.2%	67.9%	20.9%	*7.6%	*0.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

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

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

**Escondido Union School District**

**Sep 24, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

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															
Quantum Breakfast 4-8	Total														
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Cinnamon Roll, WG, IW	1 EACH	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.01	11.0	6.00	0.00
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Brkfst, Egg, Bacon, Tots Taco	1 EACH	259	195	546	3.05	1.77	121.9	354	1.35	1	10.75	21.38	13.75	4.87	0.00
HomeRun Breakfast-Elem	SVG	591	296	1515	2.00	3.14	86.6	427	7.37	*6	23.35	62.38	27.81	6.10	*0.00
Bk, Fr.Tst. Sausage	SERVING	227	22	324	2.75	2.26	157.8	308	4.97	6	11.04	25.03	9.47	2.19	0.00
Brkfst,Burrito, Egg & Chorizo	1 EACH	200	40	370	3.00	2.70	150.0	500	1.2	0	9.0	22.0	9.0	3.50	0.00
.....	...	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, Fruit Mixed, Lt Syrup	SERVING, 3.5 oz	72	0	8	1.40	0.40	7.6	132	2.4	*N/A*	0.6	18.8	0.0	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
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.	1 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
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	1 EACH	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	0.0	0.00	0.00
Juice, Apple 4 oz.	1 EACH	55	0	12	0.00	0.36	0.0	63	0.0	12	0.0	14.0	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, Pico de Gallo	.25 CUP	4	0	293	0.16	0.06	1.2	97	2.32	*0	0.12	0.96	0.05	0.00	*0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average		384	*30	424	3.33	4.51	331.0	842	*3.75	*30	13.63	66.47	8.39	*2.97	*0.00
% of Calories										*31.0%	14.2%	69.3%	19.7%	*7.0%	*0.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

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

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

**Escondido Union School District**

**Sep 24, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

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 - 10/25/2017															
Quantum Breakfast 4-8	Total														
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Cinnamon Roll, WG, IW	1 EACH	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.01	11.0	6.00	0.00
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
PK-Pizza,Bk.Turkey Sausage	1 Each	182	19	373	2.49	1.76	181.0	49	375.0	3	11.0	22.0	5.47	2.36	0.00
Burrito,Bacon,Egg,chs&tots	1 EACH	349	195	716	5.05	2.49	161.9	354	1.35	1	12.75	35.38	16.25	5.87	0.00
Bagel, Pizza , Breakfast	1 EACH	192	15	363	1.80	1.59	217.0	73	3.8	4	11.65	23.16	5.71	3.01	0.00
Brkfst-Egg,Cheese,Sau, Biscuit	1 each	346	142	751	2.10	2.22	203.8	416	0.01	*6	16.21	30.1	17.65	6.71	*0.00
.....	...	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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Gala,138 ct.	1 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
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	1 EACH	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	0.0	0.00	0.00
Juice, Apple 4 oz.	1 EACH	55	0	12	0.00	0.36	0.0	63	0.0	12	0.0	14.0	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, Pico de Gallo	.25 CUP	4	0	293	0.16	0.06	1.2	97	2.32	*0	0.12	0.96	0.05	0.00	*0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average		401	*29	447	3.60	4.64	348.2	810	*24.34	*34	14.31	69.21	8.69	*3.16	*0.00
% of Calories										*33.5%	14.3%	69.0%	19.5%	*7.1%	*0.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

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

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

**Escondido Union School District**

**Sep 24, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

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 - 10/26/2017															
Quantum Breakfast 4-8															
	Total														
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Cinnamon Roll, WG, IW	1 EACH	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.01	11.0	6.00	0.00
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Pizza, Breakfast Sausage	1 EACH	185	16	355	1.87	0.83	191.2	246	7.51	2	9.96	18.49	8.67	4.18	0.00
Brkfst-Egg,Cheese,Sau, Biscuit	1 each	346	142	751	2.10	2.22	203.8	416	0.01	*6	16.21	30.1	17.65	6.71	*0.00
Bagel,Whole Grain & Cr. Cheese	1 EACH	264	30	273	3.30	1.80	33.3	202	0.0	*3	7.93	35.53	9.72	6.13	*0.00
Pancakes,Mini, Maple	1 EACH	230	0	150	3.00	0.72	40.0	0	0.0	14	4.0	41.0	7.0	0.50	0.00
.....	...	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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Gala,138 ct.	1 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
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	1 EACH	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	0.0	0.00	0.00
Juice, Apple 4 oz.	1 EACH	55	0	12	0.00	0.36	0.0	63	0.0	12	0.0	14.0	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, Pico de Gallo	.25 CUP	4	0	293	0.16	0.06	1.2	97	2.32	*0	0.12	0.96	0.05	0.00	*0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average		396	*22	445	3.23	4.46	344.0	883	*3.62	*34	14.24	67.58	8.92	*3.31	*0.00
% of Calories										*33.9%	14.4%	68.3%	20.3%	*7.5%	*0.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

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

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

**Escondido Union School District**

**Sep 24, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

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															
Quantum Breakfast 4-8	Total														
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Cinnamon Roll, WG, IW	1 EACH	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.01	11.0	6.00	0.00
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Bk, Fr.Tst. Sausage	SERVING	227	22	324	2.75	2.26	157.8	308	4.97	6	11.04	25.03	9.47	2.19	0.00
Burrito, Ham,Egg,chs&tots	1 EACH	405	150	835	5.05	2.51	320.9	448	1.55	*1	17.3	35.9	20.39	9.60	*9.40
Pizza, Breakfast Sausage	1 EACH	185	16	355	1.87	0.83	191.2	246	7.51	2	9.96	18.49	8.67	4.18	0.00
Bagel,Whole Grain & Cr. Cheese	1 EACH	264	30	273	3.30	1.80	33.3	202	0.0	*3	7.93	35.53	9.72	6.13	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pears	SERVING, 3.5 oz	74	0	12	2.46	0.00	0.0	74	0.0	15	0.0	17.24	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Gala,138 ct.	1 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
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	1 EACH	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	0.0	0.00	0.00
Juice, Apple 4 oz.	1 EACH	55	0	12	0.00	0.36	0.0	63	0.0	12	0.0	14.0	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, Pico de Gallo	.25 CUP	4	0	293	0.16	0.06	1.2	97	2.32	*0	0.12	0.96	0.05	0.00	*0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average		395	*17	429	3.74	4.55	347.4	840	*3.65	*33	14.15	67.76	8.71	*3.16	*0.47
% of Calories										*33.5%	14.3%	68.6%	19.8%	*7.2%	*1.1%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

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

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



**Escondido Union School District**

**Sep 24, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

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															
Quantum Breakfast 4-8	Total														
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Cinnamon Roll, WG, IW	1 EACH	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.01	11.0	6.00	0.00
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Breakfast "Jax" Sandwich	1 EACH	385	150	911	0.00	0.92	91.8	364	0.61	*0	19.31	33.1	20.4	7.76	*0.00
Burrito,Bacon,Egg,chs&tots	1 EACH	349	195	716	5.05	2.49	161.9	354	1.35	1	12.75	35.38	16.25	5.87	0.00
Pizza, Breakfast Sausage	1 EACH	185	16	355	1.87	0.83	191.2	246	7.51	2	9.96	18.49	8.67	4.18	0.00
Brkfst-Egg,Cheese,Sau, Biscuit	1 each	346	142	751	2.10	2.22	203.8	416	0.01	*6	16.21	30.1	17.65	6.71	*0.00
.....	...	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, Applesauce Cinnamon	SERVING, 4.5 oz	87	0	3	1.54	0.16	4.1	8	2.17	19	0.21	22.33	0.22	0.04	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
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.	1 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
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	1 EACH	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	0.0	0.00	0.00
Juice, Apple 4 oz.	1 EACH	55	0	12	0.00	0.36	0.0	63	0.0	12	0.0	14.0	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, Pico de Gallo	.25 CUP	4	0	293	0.16	0.06	1.2	97	2.32	*0	0.12	0.96	0.05	0.00	*0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average		410	*36	475	3.52	4.53	338.9	829	*3.68	*33	14.54	69.62	9.51	*3.45	*0.00
% of Calories										*32.7%	14.2%	67.9%	20.9%	*7.6%	*0.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00	

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

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

**Escondido Union School District**

**Sep 24, 2017 thru Oct 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

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 - 10/31/2017															
Quantum Breakfast 4-8															
	Total														
Cereal: Cinnamon Toast Crunch	1 EACH	230	0	330	3.00	8.10	200.0	1000	12.0	17	3.0	45.0	6.0	1.00	0.00
Cereal: Frosted Mini Spooners	1 EACH	200	0	10	6.00	16.20	0.0	0	0.0	11	5.0	46.0	1.0	0.00	0.00
Bar, Breakfast, Oatmeal CC	1 EACH	290	20	240	3.00	1.80	20.0	0	0.0	*N/A*	5.0	47.0	9.0	3.00	0.00
Cinnamon Roll, WG, IW	1 EACH	300	5	310	3.00	1.80	20.0	300	1.2	22	5.0	51.01	11.0	6.00	0.00
Mexican Sweetbread	1 EACH	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Brkfst, Egg, Bacon, Tots Taco	1 EACH	259	195	546	3.05	1.77	121.9	354	1.35	1	10.75	21.38	13.75	4.87	0.00
HomeRun Breakfast-Elem	SVG	591	296	1515	2.00	3.14	86.6	427	7.37	*6	23.35	62.38	27.81	6.10	*0.00
Bk, Fr.Tst. Sausage	SERVING	227	22	324	2.75	2.26	157.8	308	4.97	6	11.04	25.03	9.47	2.19	0.00
Brkfst,Burrito, Egg & Chorizo	1 EACH	200	40	370	3.00	2.70	150.0	500	1.2	0	9.0	22.0	9.0	3.50	0.00
.....	...	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, Fruit Mixed, Lt Syrup	SERVING, 3.5 oz	72	0	8	1.40	0.40	7.6	132	2.4	*N/A*	0.6	18.8	0.0	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
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.	1 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
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Apple-Berry 4 oz.	1 EACH	55	0	15	0.00	0.00	0.0	130	0.0	13	0.0	13.5	0.0	0.00	0.00
Juice, Apple 4 oz.	1 EACH	55	0	12	0.00	0.36	0.0	63	0.0	12	0.0	14.0	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, Pico de Gallo	.25 CUP	4	0	293	0.16	0.06	1.2	97	2.32	*0	0.12	0.96	0.05	0.00	*0.00
CD, Sauce, Tapatio	1 OZ	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
Weighted Daily Average		384	*30	424	3.33	4.51	331.0	842	*3.75	*30	13.63	66.47	8.39	*2.97	*0.00
% of Calories										*31.0%	14.2%	69.3%	19.7%	*7.0%	*0.0%
Nutrient Guideline		400-500		540									<=30.0	<10.00	
Weighted Average		368	*26	*402	*3.14	*4.12	*315.6	*774	*6.39	*30	*13.03	*63.01	*8.13	*2.90	*N/A*
										*73.6%	*14.2%	*68.5%	*19.9%	*7.1%	

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

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

# Escondido Union School District

Sep 24, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

Page 27

Generated on: 9/27/2017 12:28:42 PM

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)
Calories	368		400 - 500		92%			32									Correction Required - Calories are Low
Cholesterol (mg)	26					Missing											
Sodium (mg)	402			540		Missing											
Fiber (g)	3.14					Missing											
Iron (mg)	4.12					Missing											
Calcium (mg)	315.6					Missing											
Vitamin A (IU)	774					Missing											
Sugars (g)	30	32.71%				Missing											
Vitamin C (mg)	6.39					Missing											
Protein (g)	13.03	14.16%				Missing											
Carbohydrate (g)	63.01	68.48%				Missing											
Total Fat (g)	8.13	19.87%			<=30.00%	Missing											
Saturated Fat (g)	2.90	7.08%			<10.00%	Missing											
Trans Fat <sup>1</sup> (g)	*N/A*					Missing											

\*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.

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