

Escondido Union School District

Oct 30, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

Page 1

Generated on: 10/27/2017 8:35:48 AM

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

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/30/2017															
Quantum Lunch 4-8	Total														
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
Cheeseburger Mini	1 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
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	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
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
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-3.0 OZ	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	0.02	*N/A*
SB, Bell, Peppers, Mixed	.5 CUP	11	0	1	0.70	0.12	2.4	656	33.32	1	0.39	2.32	0.08	0.01	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
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, Peas, thawed	.5 CUP	37	0	35	2.63	0.75	11.3	1003	441.0	2	2.46	6.81	0.13	0.02	0.00
SB, Pasta Salad	1/2 Cup	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Applesauce Cinnamon	.5 CUP	43	0	1	0.77	0.08	2.0	4	1.08	9	0.1	11.17	0.11	0.02	0.00
Apples, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Fruit, Mix Fzn Mango	SERVING, 3 oz	65	0	0	1.80	0.00	0.0	765	27.7	15	0.27	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
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, 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, 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, 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 tsp	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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

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

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Escondido Union School District

Oct 30, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

Page 3

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/30/2017															
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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, 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
Weighted Daily Average		518	40	740	3.73	*2.88	*1270.0	*2367	*13.30	*32	23.89	58.20	21.53	5.48	*0.00
% of Calories										*24.6%	18.5%	45.0%	37.4%	9.5%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/31/2017															
Quantum Lunch 4-8	Total														
Chix: Shape, Bats/Goldfish	SERVING	349	40	518	2.99	*0.36	39.9	0	0.0	*0	16.93	28.93	17.43	4.48	*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
Chix: Orange/ Brown Rice-Elem.	1 EACH	263	40	280	1.33	1.20	0.0	50	1.2	10	13.67	43.66	3.67	0.50	0.00
Sand: PBJ, Grape, WG	EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	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
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,Marinara Sauce	1 EACH	40	0	230	1.00	*N/A*	*N/A*	*N/A*	*N/A*	4	1.0	7.0	1.0	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-3.0 OZ	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	0.02	*N/A*
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,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, Celery Sticks	.5 CUP	4	0	22	0.44	0.05	10.9	20	0.88	0	0.19	0.82	0.05	0.01	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, Peas, thawed	SERVING, 3.5 oz	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
SB, Corn: Frozen, yellow	.5 CUP	38	0	5	0.47	0.00	0.0	0	1.13	2	1.42	8.98	0.47	0.00	0.00
SB, Pasta Salad	1/2 Cup	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*0.00
.....	...	0	0	0	0.00	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,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
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	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, 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, 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, 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

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Page 5

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Tue - 10/31/2017															
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 tsp	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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, 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
Weighted Daily Average		449	27	583	3.88	*2.09	*342.5	*2428	*51.81	*33	16.95	55.76	18.08	3.57	*0.38
% of Calories										*29.6%	15.1%	49.6%	36.2%	7.2%	*0.8%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Wed - 11/01/2017															
Quantum Lunch 4-8	Total														
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
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
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
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	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
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
Pizza, Stix, Stuffed Crust - E	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*
.....	...	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,Marinara Sauce	1 EACH	40	0	230	1.00	*N/A*	*N/A*	*N/A*	*N/A*	4	1.0	7.0	1.0	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, Carrots, Raw, Baby: 3.0 oz	3.2 oz. svg.	30	0	67	3.04	9.11	0.8	11728	2.28	5	0.0	7.59	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	0.02	*N/A*
SB,Bell,Peppers,Mixed	.5 CUP	11	0	1	0.70	0.12	2.4	656	33.32	1	0.39	2.32	0.08	0.01	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, Edamame	.5 CUP	50	0	15	2.00	0.72	20.0	250	3.0	0	4.0	4.5	1.5	0.00	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*
.....	...	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	.5 CUP	47	0	0	0.67	0.24	13.4	0	6.03	9	0.5	11.4	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, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	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, 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, 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, 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 tsp	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

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Escondido Union School District

Oct 30, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/01/2017															
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*
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
Weighted Daily Average		627	42	1030	7.10	*4.96	*833.0	*3342	*9.82	*35	30.32	78.48	23.32	4.28	*0.00
% of Calories										*22.6%	19.4%	50.1%	33.5%	6.1%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Escondido Union School District

Oct 30, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/02/2017															
Quantum Lunch 4-8	Total														
Cheeseburger Mini	1 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	1 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: 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
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
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
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Chix: Popcorn, Dark / Goldfish	1 EACH	393	86	769	4.00	2.36	38.0	167	0.0	0	21.0	31.0	20.5	4.00	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-3.0 OZ	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	0.02	*N/A*
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,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, Celery Sticks	.5 CUP	4	0	22	0.44	0.05	10.9	20	0.88	0	0.19	0.82	0.05	0.01	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, Corn: Frozen, yellow	.5 CUP	38	0	5	0.47	0.00	0.0	0	1.13	2	1.42	8.98	0.47	0.00	0.00
SB, Peas, thawed	SERVING, 3.5 oz	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	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	.5 CUP	35	0	5	0.50	0.00	0.0	150	0.6	8	0.0	8.5	0.0	0.00	0.00
Persimmon, Fresh, Wedged	3.50 OZ.	70	0	1	3.54	0.11	5.9	1624	7.44	*N/A*	0.59	18.31	0.0	0.00	*N/A*
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	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, 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, 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, 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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	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

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Escondido Union School District

Oct 30, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Quantum Lunch 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 ¹ (g)
Thu - 11/02/2017															
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 tsp	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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, 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
Weighted Daily Average		343	12	462	2.61	*1.19	*341.3	*2521	*14.17	*26	11.32	39.59	15.91	3.01	*0.00
% of Calories										*30.6%	13.2%	46.1%	41.7%	7.9%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Escondido Union School District

Oct 30, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Quantum Lunch 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 ¹ (g)
Fri - 11/03/2017															
Quantum Lunch 4-8	Total														
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
Chix: Nuggets / Goldfish /Tots	SERVING, 6 pcs	438	47	1026	5.80	1.36	40.0	178	3.6	1	24.0	46.0	17.5	3.00	0.00
Burrito, Bean & Cheese	1 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	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	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
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,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-3.0 OZ	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	0.02	*N/A*
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, 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, 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, Peas, thawed	SERVING, 3.5 oz	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	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, Pears	.5 CUP	37	0	6	1.23	0.00	0.0	37	0.0	7	0.0	8.62	0.0	0.00	0.00
Kiwi, Wedges	4.90 OZ.	81	0	0	4.03	0.73	40.3	201	132.87	12	2.01	20.13	0.0	0.00	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	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, 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, 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, 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

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Escondido Union School District

Oct 30, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

Page 11

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/03/2017															
CD, Mustard	1 tsp	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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, 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
Weighted Daily Average		730	41	1115	9.18	*4.32	*392.4	*2246	*93.70	*36	29.72	87.39	29.96	4.39	*0.00
% of Calories										*19.5%	16.3%	47.9%	36.9%	5.4%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<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

Oct 30, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/06/2017															
Quantum Lunch 4-8	Total														
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
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: 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
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	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
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
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
Chalupa	1 EACH	244	44	404	0.32	0.84	347.1	296	0.24	1	16.28	11.18	13.94	5.92	0.00
.....	...	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-3.0 OZ	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	0.02	*N/A*
SB,Bell,Peppers,Mixed	.5 CUP	11	0	1	0.70	0.12	2.4	656	33.32	1	0.39	2.32	0.08	0.01	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
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, Peas, thawed	.5 CUP	37	0	35	2.63	0.75	11.3	1003	441.0	2	2.46	6.81	0.13	0.02	0.00
SB, Pasta Salad	1/2 Cup	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Applesauce Cinnamon	.5 CUP	43	0	1	0.77	0.08	2.0	4	1.08	9	0.1	11.17	0.11	0.02	0.00
Apples, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	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, 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, 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, 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

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Escondido Union School District

Oct 30, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/06/2017															
CD, Mustard	1 tsp	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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, 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
Weighted Daily Average		591	58	985	3.71	*3.14	*644.5	*2357	*12.98	*31	26.80	57.47	28.97	8.48	*0.55
% of Calories										*21.2%	18.1%	38.9%	44.1%	12.9%	*0.8%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Escondido Union School District

Oct 30, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Quantum Lunch 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 ¹ (g)
Tue - 11/07/2017															
Quantum Lunch 4-8	Total														
Chix: Oven / Goldfish Cracker	1 EACH	292	76	646	2.01	1.45	40.3	0	0.0	0	19.2	20.08	14.64	3.53	0.00
Chix, White, Sriracha	SERVING	190	35	250	1.00	1.08	0.0	200	1.2	2	15.0	14.0	9.0	1.50	0.00
Ravioli, Cheese & Garlic Bread	SERVING	910	60	5204	14.31	14.03	524.8	7217	194.03	*2	52.43	139.07	25.66	6.11	*0.00
Sand: PBJ, Grape, WG	EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	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
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
Cracker, Goldfish, Chs	1 EACH	100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	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-3.0 OZ	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	0.02	*N/A*
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, 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, Celery Sticks	.5 CUP	4	0	22	0.44	0.05	10.9	20	0.88	0	0.19	0.82	0.05	0.01	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, Peas, thawed	SERVING, 3.5 oz	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
SB, Corn: Frozen, yellow	.5 CUP	38	0	5	0.47	0.00	0.0	0	1.13	2	1.42	8.98	0.47	0.00	0.00
SB, Pasta Salad	1/2 Cup	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*0.00
.....	...	0	0	0	0.00	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
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, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	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, 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, 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, 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

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Escondido Union School District

Oct 30, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/07/2017															
	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 tsp	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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, 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
Weighted Daily Average		760	48	2656	8.96	*7.21	*529.0	*5198	*102.32	*31	35.42	99.35	28.96	6.27	*0.38
% of Calories										*16.4%	18.6%	52.3%	34.3%	7.4%	*0.4%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Escondido Union School District

Oct 30, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Quantum Lunch 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 ¹ (g)
Wed - 11/08/2017															
Quantum Lunch 4-8	Total														
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
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
Chix: Popcorn, Dark / Goldfish	1 EACH	393	86	769	4.00	2.36	38.0	167	0.0	0	21.0	31.0	20.5	4.00	0.00
FP: Taco, Beef Dip/ Nacho Chip	5.75 oz/serving	603	64	1237	9.93	5.26	283.0	785	7.0	2	23.93	48.9	32.53	12.46	0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	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
PKO: Sand: Italian Combo Sub	SANDWIC	380	75	1070	3.00	3.24	350.0	200	2.4	5	26.0	34.0	18.0	6.00	*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
Pizza, Stix, Stuffed Crust - E	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*
.....	...	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,Marinara Sauce	1 EACH	40	0	230	1.00	*N/A*	*N/A*	*N/A*	*N/A*	4	1.0	7.0	1.0	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, Carrots, Raw, Baby: 3.0 oz	3.2 oz. svg.	30	0	67	3.04	9.11	0.8	11728	2.28	5	0.0	7.59	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	0.02	*N/A*
SB,Bell,Peppers,Mixed	.5 CUP	11	0	1	0.70	0.12	2.4	656	33.32	1	0.39	2.32	0.08	0.01	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, Edamame	.5 CUP	50	0	15	2.00	0.72	20.0	250	3.0	0	4.0	4.5	1.5	0.00	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*
.....	...	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	.5 CUP	47	0	0	0.67	0.24	13.4	0	6.03	9	0.5	11.4	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, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	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, 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, 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, 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

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

Oct 30, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/08/2017															
CD, Mustard	1 tsp	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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, 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
Weighted Daily Average		755	63	1192	7.61	*5.98	*496.0	*3653	*17.80	*36	31.49	77.85	35.75	10.15	*0.00
% of Calories										*19.1%	16.7%	41.2%	42.6%	12.1%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<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

Oct 30, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Quantum Lunch 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 ¹ (g)
Thu - 11/09/2017															
Quantum Lunch 4-8	Total														
Cheeseburger Mini	1 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	1 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: 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
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
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
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	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
Cheese:String 2/Cracker 1	SVG	340	30	770	3.00	2.70	440.0	900	6.0	5	16.0	32.0	17.0	6.00	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-3.0 OZ	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	0.02	*N/A*
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,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, Celery Sticks	.5 CUP	4	0	22	0.44	0.05	10.9	20	0.88	0	0.19	0.82	0.05	0.01	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, Corn: Frozen, yellow	.5 CUP	38	0	5	0.47	0.00	0.0	0	1.13	2	1.42	8.98	0.47	0.00	0.00
SB, Peas, thawed	SERVING, 3.5 oz	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	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	.5 CUP	35	0	5	0.50	0.00	0.0	150	0.6	8	0.0	8.5	0.0	0.00	0.00
Fruit, Fresh Thurs 1	1 EACH	4	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	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, 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, 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, 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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	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

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Escondido Union School District

Oct 30, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Quantum Lunch 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 ¹ (g)
Thu - 11/09/2017															
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 tsp	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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, 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
Weighted Daily Average		323	*11	*462	*1.54	*1.16	*343.5	*2041	*12.00	*26	*11.10	*34.11	*15.88	*3.03	*0.00
% of Calories										*32.6%	*13.7%	*42.2%	*44.2%	*8.4%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

Fri - 11/10/2017															
Quantum Lunch 4-8 HOLIDAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Escondido Union School District

Oct 30, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Quantum Lunch 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 ¹ (g)
Mon - 11/13/2017															
Quantum Lunch 4-8	Total														
Hot Dog w/Tots,Miller	SVG.	412	20	1077	5.80	2.53	80.0	101	3.6	4	16.09	47.01	19.15	5.05	*0.00
Cheeseburger Mini	1 EACH	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	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
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
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	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
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
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-3.0 OZ	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	0.02	*N/A*
SB,Bell,Peppers,Mixed	.5 CUP	11	0	1	0.70	0.12	2.4	656	33.32	1	0.39	2.32	0.08	0.01	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
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, Peas, thawed	.5 CUP	37	0	35	2.63	0.75	11.3	1003	441.0	2	2.46	6.81	0.13	0.02	0.00
SB, Pasta Salad	1/2 Cup	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Applesauce Cinnamon	.5 CUP	43	0	1	0.77	0.08	2.0	4	1.08	9	0.1	11.17	0.11	0.02	0.00
Apples, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	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, 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, 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, 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

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Escondido Union School District

Oct 30, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/13/2017															
CD, Mustard	1 tsp	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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, 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
Weighted Daily Average		607	56	894	4.86	*3.60	*1523.7	*2412	*17.30	*33	29.11	69.90	24.01	6.37	*0.00
% of Calories										*21.5%	19.2%	46.0%	35.6%	9.4%	*0.0%
Nutrient Guideline		600-650		1230									<=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

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Escondido Union School District

Oct 30, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

Page 22

Generated on: 10/27/2017 8:35:48 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/14/2017															
Quantum Lunch 4-8	Total														
Chix: Orange/ Brown Rice-Elem.	1 EACH	263	40	280	1.33	1.20	0.0	50	1.2	10	13.67	43.66	3.67	0.50	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
Chix,White,Sriracha	SERVING	190	35	250	1.00	1.08	0.0	200	1.2	2	15.0	14.0	9.0	1.50	0.00
Sand: PBJ, Grape, WG	EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	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
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,Marinara Sauce	1 EACH	40	0	230	1.00	*N/A*	*N/A*	*N/A*	*N/A*	4	1.0	7.0	1.0	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-3.0 OZ	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	0.02	*N/A*
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,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, Celery Sticks	.5 CUP	4	0	22	0.44	0.05	10.9	20	0.88	0	0.19	0.82	0.05	0.01	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, Peas, thawed	SERVING, 3.5 oz	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
SB, Corn: Frozen, yellow	.5 CUP	38	0	5	0.47	0.00	0.0	0	1.13	2	1.42	8.98	0.47	0.00	0.00
SB, Pasta Salad	1/2 Cup	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*0.00
.....	...	0	0	0	0.00	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
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, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	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, 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, 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, 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

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Escondido Union School District

Oct 30, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Quantum Lunch 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 ¹ (g)
Tue - 11/14/2017															
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 tsp	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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, 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
Weighted Daily Average		522	41	678	3.83	*2.25	*317.1	*2408	*25.64	*35	22.41	61.76	21.44	4.11	*0.38
% of Calories										*26.7%	17.2%	47.3%	37.0%	7.1%	*0.6%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Oct 30, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/15/2017															
Quantum Lunch 4-8	Total														
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
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: 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
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	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
PKO: Sand: Italian Combo Sub	SANDWIC	380	75	1070	3.00	3.24	350.0	200	2.4	5	26.0	34.0	18.0	6.00	*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
Pizza, Stix, Stuffed Crust - E	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*
.....	...	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, Carrots, Raw, Baby: 3.0 oz	3.2 oz. svg.	30	0	67	3.04	9.11	0.8	11728	2.28	5	0.0	7.59	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	0.02	*N/A*
SB,Bell,Peppers,Mixed	.5 CUP	11	0	1	0.70	0.12	2.4	656	33.32	1	0.39	2.32	0.08	0.01	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, Edamame	.5 CUP	50	0	15	2.00	0.72	20.0	250	3.0	0	4.0	4.5	1.5	0.00	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*
.....	...	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	.5 CUP	47	0	0	0.67	0.24	13.4	0	6.03	9	0.5	11.4	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, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	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, 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, 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, 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 tsp	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

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Escondido Union School District

Oct 30, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

Page 25

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/15/2017															
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*
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
Weighted Daily Average		633	40	928	6.39	*5.24	*515.4	*3607	*18.82	*37	27.31	69.72	28.18	8.66	*0.00
% of Calories										*23.3%	17.2%	44.0%	40.0%	12.3%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Escondido Union School District

Oct 30, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Quantum Lunch 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 ¹ (g)
Thu - 11/16/2017															
Quantum Lunch 4-8	Total														
Cheeseburger Mini	1 EACH	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
Corn Dog	1 EACH	240	40	390	5.00	1.80	80.0	0	0.0	5	9.0	30.0	8.0	2.50	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
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
Burrito, Bean & Cheese	1 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	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	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-3.0 OZ	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	0.02	*N/A*
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,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, Celery Sticks	.5 CUP	4	0	22	0.44	0.05	10.9	20	0.88	0	0.19	0.82	0.05	0.01	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, Corn: Frozen, yellow	.5 CUP	38	0	5	0.47	0.00	0.0	0	1.13	2	1.42	8.98	0.47	0.00	0.00
SB, Peas, thawed	SERVING, 3.5 oz	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	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	.5 CUP	35	0	5	0.50	0.00	0.0	150	0.6	8	0.0	8.5	0.0	0.00	0.00
Fruit, Fresh Thurs 1	1 EACH	4	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	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, 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, 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, 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

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Escondido Union School District

Oct 30, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/16/2017															
CD, Mustard	1 tsp	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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, 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
Weighted Daily Average		401	*24	*585	*3.23	*1.75	*320.6	*2027	*11.94	*28	*13.90	*43.98	*18.41	*3.79	*0.00
% of Calories										*27.9%	*13.9%	*43.9%	*41.3%	*8.5%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Escondido Union School District

Oct 30, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Quantum Lunch 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 ¹ (g)
Fri - 11/17/2017															
Quantum Lunch 4-8	Total														
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: 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
Chix: Nuggets / Goldfish /Tots	SERVING, 6 pcs	438	47	1026	5.80	1.36	40.0	178	3.6	1	24.0	46.0	17.5	3.00	0.00
Turkey& Gravy w Mashed Potato	9 OZ SVG.	247	44	876	2.03	0.71	20.3	0	6.08	1	19.33	22.17	8.86	2.45	0.00
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	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
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,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-3.0 OZ	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	0.02	*N/A*
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, 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, 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, Peas, thawed	SERVING, 3.5 oz	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	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, Pears	.5 CUP	37	0	6	1.23	0.00	0.0	37	0.0	7	0.0	8.62	0.0	0.00	0.00
Fruit, Fresh Fri 1	1 EACH	4	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	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, 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, 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, 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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	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

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Escondido Union School District

Oct 30, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Quantum Lunch 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 ¹ (g)
Fri - 11/17/2017															
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 tsp	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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, 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
Weighted Daily Average		644	*53	*1283	*5.24	*2.05	*321.5	*2094	*16.42	*27	*30.83	*66.61	*28.17	*5.48	*0.00
% of Calories										*16.9%	*19.2%	*41.4%	*39.4%	*7.7%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

Mon - 11/20/2017															
Quantum Lunch 4-8 HOLIDAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

Tue - 11/21/2017															
Quantum Lunch 4-8 HOLIDAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

Wed - 11/22/2017															
Quantum Lunch 4-8 HOLIDAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories										0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Escondido Union School District

Oct 30, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/23/2017															
Quantum Lunch 4-8 HOLIDAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/24/2017															
Quantum Lunch 4-8 HOLIDAY	Total SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Escondido Union School District

Oct 30, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Quantum Lunch 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 ¹ (g)
Mon - 11/27/2017															
Quantum Lunch 4-8	Total														
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
Cheeseburger Mini	1 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
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	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
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
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-3.0 OZ	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	0.02	*N/A*
SB, Bell, Peppers, Mixed	.5 CUP	11	0	1	0.70	0.12	2.4	656	33.32	1	0.39	2.32	0.08	0.01	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
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, Peas, thawed	.5 CUP	37	0	35	2.63	0.75	11.3	1003	441.0	2	2.46	6.81	0.13	0.02	0.00
SB, Pasta Salad	1/2 Cup	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Applesauce Cinnamon	.5 CUP	43	0	1	0.77	0.08	2.0	4	1.08	9	0.1	11.17	0.11	0.02	0.00
Apples, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Orange Smiles	SERVING, 4.75oz	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
.....	...	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, 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, 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, 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 tsp	0	0	60	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

Oct 30, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/27/2017															
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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, 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
Weighted Daily Average		518	40	740	3.73	*2.88	*1270.0	*2367	*13.30	*32	23.89	58.20	21.53	5.48	*0.00
% of Calories										*24.6%	18.5%	45.0%	37.4%	9.5%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Escondido Union School District

Oct 30, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Quantum Lunch 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 ¹ (g)
Tue - 11/28/2017															
Quantum Lunch 4-8	Total														
Chix,White,Sriracha	SERVING	190	35	250	1.00	1.08	0.0	200	1.2	2	15.0	14.0	9.0	1.50	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
Chix: Orange/ Brown Rice-Elem.	1 EACH	263	40	280	1.33	1.20	0.0	50	1.2	10	13.67	43.66	3.67	0.50	0.00
Sand: PBJ, Grape, WG	EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	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
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-3.0 OZ	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	0.02	*N/A*
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,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, Celery Sticks	.5 CUP	4	0	22	0.44	0.05	10.9	20	0.88	0	0.19	0.82	0.05	0.01	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, Peas, thawed	SERVING, 3.5 oz	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
SB, Corn: Frozen, yellow	.5 CUP	38	0	5	0.47	0.00	0.0	0	1.13	2	1.42	8.98	0.47	0.00	0.00
SB, Pasta Salad	1/2 Cup	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*0.00
.....	...	0	0	0	0.00	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
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, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	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, 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, 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, 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

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Escondido Union School District

Oct 30, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Quantum Lunch 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 ¹ (g)
Tue - 11/28/2017															
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 tsp	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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, 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
Weighted Daily Average		448	27	579	3.43	*1.83	*317.1	*2330	*25.18	*34	16.55	56.23	17.92	3.53	*0.38
% of Calories										*30.4%	14.8%	50.3%	36.0%	7.1%	*0.8%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Base Menu Spreadsheet

Quantum Lunch 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 ¹ (g)
Wed - 11/29/2017															
Quantum Lunch 4-8	Total														
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
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
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
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	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
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
Pizza, Stix, Stuffed Crust - E	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*
.....	...	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, Carrots, Raw, Baby: 3.0 oz	3.2 oz. svg.	30	0	67	3.04	9.11	0.8	11728	2.28	5	0.0	7.59	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	0.02	*N/A*
SB,Bell,Peppers,Mixed	.5 CUP	11	0	1	0.70	0.12	2.4	656	33.32	1	0.39	2.32	0.08	0.01	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, Edamame	.5 CUP	50	0	15	2.00	0.72	20.0	250	3.0	0	4.0	4.5	1.5	0.00	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*
.....	...	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	.5 CUP	47	0	0	0.67	0.24	13.4	0	6.03	9	0.5	11.4	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, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	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, 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, 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, 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 tsp	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

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Escondido Union School District

Oct 30, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/29/2017															
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*
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
Weighted Daily Average		626	42	1028	7.09	*4.96	*833.0	*3342	*9.82	*35	30.31	78.41	23.31	4.28	*0.00
% of Calories										*22.6%	19.4%	50.1%	33.5%	6.1%	*0.0%
Nutrient Guideline		600-650		1230									<=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

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Escondido Union School District

Oct 30, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/30/2017															
Quantum Lunch 4-8	Total														
Cheeseburger Mini	1 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	1 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: 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
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
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
Sand: PBJ, Grape, WG	1 EACH	550	0	480	7.00	2.70	60.0	100	1.2	18	20.0	52.0	33.0	7.00	0.00
Chix: Popcorn, Dark / Goldfish	1 EACH	393	86	769	4.00	2.36	38.0	167	0.0	0	21.0	31.0	20.5	4.00	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-3.0 OZ	35	0	65	2.00	0.36	20.0	6003	6.0	5	1.0	8.0	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	7	0	2	0.45	0.13	2.5	312	4.64	1	0.33	1.46	0.07	0.02	*N/A*
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,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, Celery Sticks	.5 CUP	4	0	22	0.44	0.05	10.9	20	0.88	0	0.19	0.82	0.05	0.01	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, Corn: Frozen, yellow	.5 CUP	38	0	5	0.47	0.00	0.0	0	1.13	2	1.42	8.98	0.47	0.00	0.00
SB, Peas, thawed	SERVING, 3.5 oz	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	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	.5 CUP	35	0	5	0.50	0.00	0.0	150	0.6	8	0.0	8.5	0.0	0.00	0.00
Fruit, Fresh Thurs 1	1 EACH	4	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Apples, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 138ct, #2649	EACH 1.9	32	0	1	1.00	0.00	0.0	0	0.0	6	0.0	8.0	0.0	0.00	0.00
.....	...	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, 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, 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, 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
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	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

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Escondido Union School District

Oct 30, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/30/2017															
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 tsp	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, Syrup, Maple	1 OZ	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, 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
Weighted Daily Average		324	*12	*462	*1.55	*1.16	*339.5	*2034	*11.94	*26	*11.15	*34.10	*15.91	*3.01	*0.00
% of Calories										*32.5%	*13.8%	*42.2%	*44.3%	*8.4%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

Weighted Average		545	*38	*911	*4.87	*3.26	*608.3	*2710	*26.57	*32	*23.47	*62.62	*23.18	*5.19	*0.11
										*52.6%	*17.2%	*45.9%	*38.2%	*8.6%	*0.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	545		600 - 650	91%		55		Correction Required - Calories are Low
Cholesterol (mg)	38				Missing			
Sodium (mg)	911		1230		Missing			
Fiber (g)	4.87				Missing			
Iron (mg)	3.26				Missing			
Calcium (mg)	608.3				Missing			
Vitamin A (IU)	2710				Missing			
Sugars (g)	32	23.39%			Missing			
Vitamin C (mg)	26.57				Missing			
Protein (g)	23.47	17.21%			Missing			
Carbohydrate (g)	62.62	45.92%			Missing			
Total Fat (g)	23.18	38.25%	<=30.00%		Missing			Correction Required - Total Fat too High
Saturated Fat (g)	5.19	8.56%	<10.00%		Missing			
Trans Fat ¹ (g)	0.11	0.19%			Missing			

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