

# Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

Page 1

Generated on: 5/3/2017 3:32:13 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 05/01/2017																
Quantum Breakfast 4-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	20	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	5	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	20	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	20	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	20	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Coffee Cake WG	1 EACH	5	251	34	241	1.93	1.39	57.9	0	0.0	18	4.83	37.65	8.69	0.97	0.00
Burrito, MS,bacon,egg,chs&tots	1 EACH	10	349	195	716	5.05	2.49	161.9	354	1.35	1	12.75	35.38	16.25	5.87	0.00
.....	...	1	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	20	87	0	3	1.54	0.16	4.1	8	2.17	19	0.21	22.33	0.22	0.04	0.00
	, 4.5 oz															
Tangerines/Whole	1 EACH	30	50	0	0	2.00	0.00	40.0	300	27.0	9	1.0	2.0	0.0	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	5	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING	0	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
	4.95															
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	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			425	33	439	4.26	3.86	394.6	909	14.32	*39	13.98	72.16	8.74	3.05	*0.00
% of Calories											*36.8%	13.2%	68.0%	18.5%	6.5%	*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

<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.

**Escondido Union School District**

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

Page 2

Generated on: 5/3/2017 3:32:13 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/02/2017																
Quantum Breakfast 4-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	20	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	5	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	20	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	20	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	20	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Pancakes, Mini, Maple	1 EACH	5	230	0	150	3.00	0.72	40.0	0	0.0	14	4.0	41.0	7.0	0.50	0.00
Brkfst, Egg, Bacon, Tots Taco	1 EACH	10	259	195	546	3.05	1.77	121.9	354	1.35	1	10.75	21.38	13.75	4.87	0.00
.....	...	1	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	20	72	0	8	1.40	0.40	7.6	132	2.4	*N/A*	0.6	18.8	0.0	0.00	*N/A*
	, 3.5 oz															
Strawberries, Raw	SERVING	30	28	0	1	1.72	0.35	13.8	10	50.68	4	0.58	6.62	0.26	0.13	0.00
	, 3 oz															
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	5	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING	0	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
	4.95															
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz. Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk, 1%, Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc, NF, 90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	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			405	31	419	4.00	3.91	382.6	847	21.47	*34	13.69	71.61	8.44	2.96	*0.00
% of Calories											*33.2%	13.5%	70.7%	18.8%	6.6%	*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

<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.

**Escondido Union School District**

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/03/2017																
Quantum Breakfast 4-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	20	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	5	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	20	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	20	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	20	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Pancake Sausage Sandwich	1 EACH	5	254	29	360	2.11	1.63	13.7	44	0.0	13	9.73	37.68	7.51	1.87	*0.00
Burrito, MS,bacon,egg,chs&tots	1 EACH	10	349	195	716	5.05	2.49	161.9	354	1.35	1	12.75	35.38	16.25	5.87	0.00
HomeRun Breakfast-Elem	SVG	1	527	299	1425	5.02	1.58	66.4	435	7.37	*2	21.01	50.06	26.81	6.43	*0.00
.....	...	1	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	20	94	0	0	1.34	0.48	26.8	0	12.07	19	1.01	22.8	0.0	0.00	0.00
Bananas , Whole,	EACH	30	147	0	2	4.28	0.43	8.2	105	14.33	20	1.8	37.62	0.54	0.18	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	5	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	0	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	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			460	35	460	4.96	4.08	388.1	856	12.57	*42	14.83	83.44	9.07	3.21	*0.00
% of Calories											*36.6%	12.9%	72.5%	17.7%	6.3%	*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

<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.**

**Escondido Union School District**

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

Page 4

Generated on: 5/3/2017 3:32:13 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/04/2017																
Quantum Breakfast 4-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	20	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	5	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	20	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	20	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	20	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Pancakes,Mini, Maple	1 EACH	5	230	0	150	3.00	0.72	40.0	0	0.0	14	4.0	41.0	7.0	0.50	0.00
Brkfst-Egg,Cheese,Sau, Biscuit	each	10	346	142	751	2.10	2.22	203.8	416	0.01	*6	16.21	30.1	17.65	6.71	*0.00
.....	...	1	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	20	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
Kiwi, Wedges	4.90 OZ.	30	81	0	0	4.03	0.73	40.3	201	132.87	12	2.01	20.13	0.0	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	5	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	0	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	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			429	26	440	4.52	3.99	397.2	944	45.76	*40	14.54	76.18	8.75	3.11	*0.00
% of Calories											*37.0%	13.6%	71.0%	18.4%	6.5%	*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

<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.**

**Escondido Union School District**

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/05/2017																
Quantum Breakfast 4-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	20	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	5	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	20	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	20	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	20	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Bk,Pancakes & Sausage(1)	EACH	10	214	29	345	2.10	1.60	12.0	44	0.0	4	9.73	27.82	7.5	1.87	0.00
Burrito, MS ham,egg,chs&tots	EACH	5	405	150	835	5.05	2.51	320.9	448	1.55	*1	17.3	35.9	20.39	9.60	*9.40
Bk.Egg Scr,Tots,Muffin	Each	1	338	238	634	4.50	1.46	37.3	360	4.1	*7	10.39	38.75	15.19	3.60	*0.00
.....	...	1	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	20	74	0	12	2.46	0.00	0.0	74	0.0	15	0.0	17.24	0.0	0.00	0.00
Blueberries, Frozen	2.8 OZ	60	41	0	1	2.04	0.00	0.0	0	0.0	7	0.0	9.16	1.02	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	5	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	0	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	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			429	24	441	4.97	3.81	380.4	827	5.77	*39	14.06	75.58	9.17	3.11	*0.47
% of Calories											*36.6%	13.1%	70.5%	19.2%	6.5%	*1.0%
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

<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.**

**Escondido Union School District**

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

Page 6

Generated on: 5/3/2017 3:32:13 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 05/08/2017																
Quantum Breakfast 4-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	20	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	5	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	20	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	20	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	20	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Coffee Cake WG	1 EACH	5	251	34	241	1.93	1.39	57.9	0	0.0	18	4.83	37.65	8.69	0.97	0.00
Burrito, MS,bacon,egg,chs&tots	1 EACH	10	349	195	716	5.05	2.49	161.9	354	1.35	1	12.75	35.38	16.25	5.87	0.00
.....	...	1	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	20	87	0	3	1.54	0.16	4.1	8	2.17	19	0.21	22.33	0.22	0.04	0.00
	, 4.5 oz															
Tangerines/Whole	1 EACH	30	50	0	0	2.00	0.00	40.0	300	27.0	9	1.0	2.0	0.0	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	5	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING	0	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
	4.95															
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	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			425	33	439	4.26	3.86	394.6	909	14.32	*39	13.98	72.16	8.74	3.05	*0.00
% of Calories											*36.8%	13.2%	68.0%	18.5%	6.5%	*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

<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.**

**Escondido Union School District**

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

Page 7

Generated on: 5/3/2017 3:32:13 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/09/2017																
Quantum Breakfast 4-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	20	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	5	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	20	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	20	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	20	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Pancakes, Mini, Maple	1 EACH	5	230	0	150	3.00	0.72	40.0	0	0.0	14	4.0	41.0	7.0	0.50	0.00
Brkfst, Egg, Bacon, Tots Taco	1 EACH	10	259	195	546	3.05	1.77	121.9	354	1.35	1	10.75	21.38	13.75	4.87	0.00
.....	...	1	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	20	72	0	8	1.40	0.40	7.6	132	2.4	*N/A*	0.6	18.8	0.0	0.00	*N/A*
	, 3.5 oz															
Strawberries, Raw	SERVING	30	28	0	1	1.72	0.35	13.8	10	50.68	4	0.58	6.62	0.26	0.13	0.00
	, 3 oz															
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	5	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING	0	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
	4.95															
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz. Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk, 1%, Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc, NF, 90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	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			405	31	419	4.00	3.91	382.6	847	21.47	*34	13.69	71.61	8.44	2.96	*0.00
% of Calories											*33.2%	13.5%	70.7%	18.8%	6.6%	*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

<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.

**Escondido Union School District**

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/10/2017																
Quantum Breakfast 4-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	20	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	5	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	20	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	20	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	20	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Pancake Sausage Sandwich	1 EACH	5	254	29	360	2.11	1.63	13.7	44	0.0	13	9.73	37.68	7.51	1.87	*0.00
Burrito, MS,bacon,egg,chs&tots	1 EACH	10	349	195	716	5.05	2.49	161.9	354	1.35	1	12.75	35.38	16.25	5.87	0.00
HomeRun Breakfast-Elem	SVG	1	527	299	1425	5.02	1.58	66.4	435	7.37	*2	21.01	50.06	26.81	6.43	*0.00
.....	...	1	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	20	94	0	0	1.34	0.48	26.8	0	12.07	19	1.01	22.8	0.0	0.00	0.00
Bananas , Whole,	EACH	30	147	0	2	4.28	0.43	8.2	105	14.33	20	1.8	37.62	0.54	0.18	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	5	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	0	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	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			460	35	460	4.96	4.08	388.1	856	12.57	*42	14.83	83.44	9.07	3.21	*0.00
% of Calories											*36.6%	12.9%	72.5%	17.7%	6.3%	*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  
<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.**



**Escondido Union School District**

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/11/2017																
Quantum Breakfast 4-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	20	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	5	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	20	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	20	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	20	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Pancakes,Mini, Maple	1 EACH	5	230	0	150	3.00	0.72	40.0	0	0.0	14	4.0	41.0	7.0	0.50	0.00
Brkfst-Egg,Cheese,Sau, Biscuit	each	10	346	142	751	2.10	2.22	203.8	416	0.01	*6	16.21	30.1	17.65	6.71	*0.00
.....	...	1	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	20	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
Kiwi, Wedges	4.90 OZ.	30	81	0	0	4.03	0.73	40.3	201	132.87	12	2.01	20.13	0.0	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	5	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	0	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	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			429	26	440	4.52	3.99	397.2	944	45.76	*40	14.54	76.18	8.75	3.11	*0.00
% of Calories											*37.0%	13.6%	71.0%	18.4%	6.5%	*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

<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.**

**Escondido Union School District**

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

Page 10

Generated on: 5/3/2017 3:32:13 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/12/2017																
Quantum Breakfast 4-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	20	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	5	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	20	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	20	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	20	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Bk,Pancakes & Sausage(1)	EACH	10	214	29	345	2.10	1.60	12.0	44	0.0	4	9.73	27.82	7.5	1.87	0.00
Burrito, MS ham,egg,chs&tots	EACH	5	405	150	835	5.05	2.51	320.9	448	1.55	*1	17.3	35.9	20.39	9.60	*9.40
Bk.Egg Scr,Tots,Muffin	Each	1	338	238	634	4.50	1.46	37.3	360	4.1	*7	10.39	38.75	15.19	3.60	*0.00
.....	...	1	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	20	74	0	12	2.46	0.00	0.0	74	0.0	15	0.0	17.24	0.0	0.00	0.00
Blueberries, Frozen	2.8 OZ	60	41	0	1	2.04	0.00	0.0	0	0.0	7	0.0	9.16	1.02	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	5	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	0	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	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			429	24	441	4.97	3.81	380.4	827	5.77	*39	14.06	75.58	9.17	3.11	*0.47
% of Calories											*36.6%	13.1%	70.5%	19.2%	6.5%	*1.0%
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

<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.**

**Escondido Union School District**

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 05/15/2017																
Quantum Breakfast 4-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	20	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	5	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	20	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	20	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	20	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Coffee Cake WG	1 EACH	5	251	34	241	1.93	1.39	57.9	0	0.0	18	4.83	37.65	8.69	0.97	0.00
Burrito, MS,bacon,egg,chs&tots	1 EACH	10	349	195	716	5.05	2.49	161.9	354	1.35	1	12.75	35.38	16.25	5.87	0.00
.....	...	1	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	20	87	0	3	1.54	0.16	4.1	8	2.17	19	0.21	22.33	0.22	0.04	0.00
	, 4.5 oz															
Tangerines/Whole	1 EACH	30	50	0	0	2.00	0.00	40.0	300	27.0	9	1.0	2.0	0.0	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	5	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING	0	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
	4.95															
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	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			425	33	439	4.26	3.86	394.6	909	14.32	*39	13.98	72.16	8.74	3.05	*0.00
% of Calories											*36.8%	13.2%	68.0%	18.5%	6.5%	*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

<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.**

**Escondido Union School District**

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/16/2017																
Quantum Breakfast 4-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	20	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	5	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	20	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	20	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	20	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Pancakes, Mini, Maple	1 EACH	5	230	0	150	3.00	0.72	40.0	0	0.0	14	4.0	41.0	7.0	0.50	0.00
Brkfst, Egg, Bacon, Tots Taco	1 EACH	10	259	195	546	3.05	1.77	121.9	354	1.35	1	10.75	21.38	13.75	4.87	0.00
.....	...	1	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	20	72	0	8	1.40	0.40	7.6	132	2.4	*N/A*	0.6	18.8	0.0	0.00	*N/A*
	, 3.5 oz															
Strawberries, Raw	SERVING	30	28	0	1	1.72	0.35	13.8	10	50.68	4	0.58	6.62	0.26	0.13	0.00
	, 3 oz															
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	5	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING	0	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
	4.95															
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz. Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk, 1%, Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc, NF, 90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	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			405	31	419	4.00	3.91	382.6	847	21.47	*34	13.69	71.61	8.44	2.96	*0.00
% of Calories											*33.2%	13.5%	70.7%	18.8%	6.6%	*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  
<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.**

**Escondido Union School District**

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Wed - 05/17/2017</b>																
Quantum Breakfast 4-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	20	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	5	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	20	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	20	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	20	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Pancake Sausage Sandwich	1 EACH	5	254	29	360	2.11	1.63	13.7	44	0.0	13	9.73	37.68	7.51	1.87	*0.00
Burrito, MS,bacon,egg,chs&tots	1 EACH	10	349	195	716	5.05	2.49	161.9	354	1.35	1	12.75	35.38	16.25	5.87	0.00
HomeRun Breakfast-Elem	SVG	1	527	299	1425	5.02	1.58	66.4	435	7.37	*2	21.01	50.06	26.81	6.43	*0.00
.....	...	1	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	20	94	0	0	1.34	0.48	26.8	0	12.07	19	1.01	22.8	0.0	0.00	0.00
Bananas , Whole,	1 EACH	30	147	0	2	4.28	0.43	8.2	105	14.33	20	1.8	37.62	0.54	0.18	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	5	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING	0	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	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			460	35	460	4.96	4.08	388.1	856	12.57	*42	14.83	83.44	9.07	3.21	*0.00
% of Calories											*36.6%	12.9%	72.5%	17.7%	6.3%	*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

<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.**

**Escondido Union School District**

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/18/2017																
Quantum Breakfast 4-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	20	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	5	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	20	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	20	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	20	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Pancakes,Mini, Maple	1 EACH	5	230	0	150	3.00	0.72	40.0	0	0.0	14	4.0	41.0	7.0	0.50	0.00
Brkfst-Egg,Cheese,Sau, Biscuit	each	10	346	142	751	2.10	2.22	203.8	416	0.01	*6	16.21	30.1	17.65	6.71	*0.00
.....	...	1	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	20	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
Kiwi, Wedges	4.90 OZ.	30	81	0	0	4.03	0.73	40.3	201	132.87	12	2.01	20.13	0.0	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	5	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	0	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	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			429	26	440	4.52	3.99	397.2	944	45.76	*40	14.54	76.18	8.75	3.11	*0.00
% of Calories											*37.0%	13.6%	71.0%	18.4%	6.5%	*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

<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.**

**Escondido Union School District**

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

Page 15

Generated on: 5/3/2017 3:32:13 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/19/2017																
Quantum Breakfast 4-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	20	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	5	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	20	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	20	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	20	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Bk,Pancakes & Sausage(1)	EACH	10	214	29	345	2.10	1.60	12.0	44	0.0	4	9.73	27.82	7.5	1.87	0.00
Burrito, MS ham,egg,chs&tots	EACH	5	405	150	835	5.05	2.51	320.9	448	1.55	*1	17.3	35.9	20.39	9.60	*9.40
Bk.Egg Scr,Tots,Muffin	Each	1	338	238	634	4.50	1.46	37.3	360	4.1	*7	10.39	38.75	15.19	3.60	*0.00
.....	...	1	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	20	74	0	12	2.46	0.00	0.0	74	0.0	15	0.0	17.24	0.0	0.00	0.00
Blueberries, Frozen	2.8 OZ	60	41	0	1	2.04	0.00	0.0	0	0.0	7	0.0	9.16	1.02	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	5	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	0	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	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			429	24	441	4.97	3.81	380.4	827	5.77	*39	14.06	75.58	9.17	3.11	*0.47
% of Calories											*36.6%	13.1%	70.5%	19.2%	6.5%	*1.0%
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

<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.**

**Escondido Union School District**

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

Page 16

Generated on: 5/3/2017 3:32:13 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 05/22/2017</b>																
Quantum Breakfast 4-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	20	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	5	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	20	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	20	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	20	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Coffee Cake WG	1 EACH	5	251	34	241	1.93	1.39	57.9	0	0.0	18	4.83	37.65	8.69	0.97	0.00
Burrito, MS,bacon,egg,chs&tots	1 EACH	10	349	195	716	5.05	2.49	161.9	354	1.35	1	12.75	35.38	16.25	5.87	0.00
.....	...	1	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	20	87	0	3	1.54	0.16	4.1	8	2.17	19	0.21	22.33	0.22	0.04	0.00
	, 4.5 oz															
Pears, Fresh	EACH	30	65	0	1	3.52	0.20	10.2	28	4.88	11	0.41	17.27	0.16	0.02	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	5	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING	0	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
	4.95															
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	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			429	33	440	4.71	3.92	385.7	828	7.68	*40	13.80	76.74	8.79	3.06	*0.00
% of Calories											*37.0%	12.9%	71.5%	18.4%	6.4%	*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

<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.**



**Escondido Union School District**

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/23/2017																
Quantum Breakfast 4-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	20	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	5	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	20	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	20	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	20	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Pancakes, Mini, Maple	1 EACH	5	230	0	150	3.00	0.72	40.0	0	0.0	14	4.0	41.0	7.0	0.50	0.00
Brkfst, Egg, Bacon, Tots Taco	1 EACH	10	259	195	546	3.05	1.77	121.9	354	1.35	1	10.75	21.38	13.75	4.87	0.00
.....	...	1	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	20	72	0	8	1.40	0.40	7.6	132	2.4	*N/A*	0.6	18.8	0.0	0.00	*N/A*
	, 3.5 oz															
Fruit, Fresh Tues 1	1 EACH	30	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	5	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING	0	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
	4.95															
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk, 1%, Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc, NF, 90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	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	31	419	3.48	3.81	378.4	844	6.27	*32	13.51	69.62	8.36	2.92	*0.00
% of Calories											*32.7%	13.6%	70.2%	19.0%	6.6%	*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

<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.**

**Escondido Union School District**

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

Page 18

Generated on: 5/3/2017 3:32:14 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/24/2017																
Quantum Breakfast 4-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	20	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	5	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	20	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	20	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	20	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Pancake Sausage Sandwich	1 EACH	5	254	29	360	2.11	1.63	13.7	44	0.0	13	9.73	37.68	7.51	1.87	*0.00
Burrito, MS,bacon,egg,chs&tots	1 EACH	10	349	195	716	5.05	2.49	161.9	354	1.35	1	12.75	35.38	16.25	5.87	0.00
HomeRun Breakfast-Elem	SVG	1	527	299	1425	5.02	1.58	66.4	435	7.37	*2	21.01	50.06	26.81	6.43	*0.00
.....	...	1	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	20	94	0	0	1.34	0.48	26.8	0	12.07	19	1.01	22.8	0.0	0.00	0.00
	, 4.0 oz															
Fruit, Fresh Wed 1	1 EACH	30	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	5	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING	0	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
	4.95															
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	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			416	35	459	3.68	3.96	385.6	824	8.28	*36	14.29	72.16	8.90	3.16	*0.00
% of Calories											*34.7%	13.7%	69.3%	19.2%	6.8%	*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

<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.**

**Escondido Union School District**

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

Page 19

Generated on: 5/3/2017 3:32:14 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/25/2017																
Quantum Breakfast 4-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	20	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	5	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	20	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	20	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	20	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Pancakes,Mini, Maple	1 EACH	5	230	0	150	3.00	0.72	40.0	0	0.0	14	4.0	41.0	7.0	0.50	0.00
Brkfst-Egg,Cheese,Sau, Biscuit	each	10	346	142	751	2.10	2.22	203.8	416	0.01	*6	16.21	30.1	17.65	6.71	*0.00
.....	...	1	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	20	70	0	10	1.00	0.00	0.0	300	1.2	16	0.0	17.0	0.0	0.00	0.00
	, 4.5 oz															
Fruit, Fresh Thurs 1	1 EACH	30	4	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	5	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING	0	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
	4.95															
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	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			406	*26	*440	*3.31	*3.77	*385.1	*884	*5.89	*36	*13.94	*70.14	*8.75	*3.11	*0.00
% of Calories											*35.5%	*13.7%	*69.1%	*19.4%	*6.9%	*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  
<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.**

**Escondido Union School District**

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

Page 20

Generated on: 5/3/2017 3:32:14 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/26/2017																
Quantum Breakfast 4-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	20	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	5	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	20	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	20	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	20	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Bk,Pancakes & Sausage(1)	EACH	10	214	29	345	2.10	1.60	12.0	44	0.0	4	9.73	27.82	7.5	1.87	0.00
Burrito, MS ham,egg,chs&tots	EACH	5	405	150	835	5.05	2.51	320.9	448	1.55	*1	17.3	35.9	20.39	9.60	*9.40
Bk.Egg Scr,Tots,Muffin	Each	1	338	238	634	4.50	1.46	37.3	360	4.1	*7	10.39	38.75	15.19	3.60	*0.00
.....	...	1	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	20	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	60	4	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	5	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	0	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	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			407	*24	*440	*3.75	*3.81	*380.4	*827	*5.77	*35	*14.06	*70.09	*8.56	*3.11	*0.47
% of Calories											*34.4%	*13.8%	*68.9%	*18.9%	*6.9%	*1.0%
Nutrient Guideline			400-500		540									<=30.0	<10.00	

Mon - 05/29/2017																
Quantum Breakfast 4-8	Total	1														
HOLIDAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			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  
<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.**

**Escondido Union School District**

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

Page 21

Generated on: 5/3/2017 3:32:14 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Tue - 05/30/2017</b>																
Quantum Breakfast 4-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	20	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	5	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	20	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	20	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	20	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Pancakes, Mini, Maple	1 EACH	5	230	0	150	3.00	0.72	40.0	0	0.0	14	4.0	41.0	7.0	0.50	0.00
Brkfst, Egg, Bacon, Tots Taco	1 EACH	10	259	195	546	3.05	1.77	121.9	354	1.35	1	10.75	21.38	13.75	4.87	0.00
.....	...	1	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	20	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	30	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	5	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING 4.95	0	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz. Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk, 1%, Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk, Choc, NF, 90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	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 % of Calories			397	31	419	3.48	3.81	378.4	844	6.27	*32 *32.7%	13.51 13.6%	69.62 70.2%	8.36 19.0%	2.92 6.6%	*0.00 *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  
<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.**

**Escondido Union School District**

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

Page 22

Generated on: 5/3/2017 3:32:14 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Wed - 05/31/2017</b>																
Quantum Breakfast 4-8	Total	100														
Cereal: Cinnamon Toast Crunch	1 EACH	20	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	5	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	20	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	20	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	20	200	5	90	2.00	1.80	40.0	0	0.0	8	5.0	34.0	6.0	1.50	0.00
Pancake Sausage Sandwich	1 EACH	5	254	29	360	2.11	1.63	13.7	44	0.0	13	9.73	37.68	7.51	1.87	*0.00
Burrito, MS,bacon,egg,chs&tots	1 EACH	10	349	195	716	5.05	2.49	161.9	354	1.35	1	12.75	35.38	16.25	5.87	0.00
HomeRun Breakfast-Elem	SVG	1	527	299	1425	5.02	1.58	66.4	435	7.37	*2	21.01	50.06	26.81	6.43	*0.00
.....	...	1	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	20	94	0	0	1.34	0.48	26.8	0	12.07	19	1.01	22.8	0.0	0.00	0.00
	, 4.0 oz															
Fruit, Fresh Wed 1	1 EACH	30	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	5	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	5	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING	0	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
	4.95															
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Juice, Orange 4 oz.Hollandia	1 EACH	1	55	0	14	0.00	0.00	10.0	100	30.0	14	1.0	14.0	0.0	0.00	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	90	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	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			416	35	459	3.68	3.96	385.6	824	8.28	*36	14.29	72.16	8.90	3.16	*0.00
% of Calories											*34.7%	13.7%	69.3%	19.2%	6.8%	*0.0%
Nutrient Guideline			400-500		540									<=30.0	<10.00	
Weighted Average			423	*30	*440	*4.28	*3.91	*386.7	*865	*15.82	*38	*14.12	*74.43	*8.78	*3.08	*0.09
											*80.1%	*13.3%	*70.3%	*18.7%	*6.5%	*0.2%

\*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.**

**Escondido Union School District**

**May 1, 2017 thru May 31, 2017**

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	423		400 - 500	100%													
Cholesterol (mg)	30				Missing												
Sodium (mg)	440		540		Missing												
Fiber (g)	4.28				Missing												
Iron (mg)	3.91				Missing												
Calcium (mg)	386.7				Missing												
Vitamin A (IU)	865				Missing												
Sugars (g)	38	35.61%			Missing												
Vitamin C (mg)	15.82				Missing												
Protein (g)	14.12	13.34%			Missing												
Carbohydrate (g)	74.43	70.33%			Missing												
Total Fat (g)	8.78	18.66%		<=30.00%	Missing												
Saturated Fat (g)	3.08	6.55%		<10.00%	Missing												
Trans Fat <sup>1</sup> (g)	0.09	0.18%			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.