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

**Feb 26, 2018 thru Mar 30, 2018**

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

Page 2

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 02/26/2018															
Quantum Lunch 4-8	Total														
Turkey & Gravy w Mash 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
Pizza, Nardone Bros.	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	810	3.00	2.16	300.0	400	0.0	3	32.0	32.0	16.5	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, Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	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
Chix, Strips & Onion Rings	SVG	418	26	568	4.97	2.87	119.0	0	2.38	6	18.97	38.73	20.92	4.49	0.00
.....	...	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	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
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, Grape	.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
Apple, 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
Apple, 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

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# Escondido Union School District

Feb 26, 2018 thru Mar 30, 2018

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 <sup>1</sup> (g)
Mon - 02/26/2018															
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		598	59	999	3.81	*3.27	*647.1	*2485	*13.48	*31	27.25	58.06	29.28	8.55	*0.55
% of Calories										*21.0%	18.2%	38.8%	44.1%	12.9%	*0.8%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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

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**Escondido Union School District**

**Feb 26, 2018 thru Mar 30, 2018**

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 <sup>1</sup> (g)
Tue - 02/27/2018															
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
Wrapped Pup	1 EACH	292	20	697	3.00	0.73	0.0	101	0.0	4	13.09	30.01	13.15	4.05	*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	605	83	1115	7.33	5.88	602.4	11457	50.87	*4	26.94	36.8	37.75	17.71	*18.79
FP: Parfait,Yog,Cinn Bitz,Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	11.63	2.50	*0.00
Chix, Strips & Onion Rings	SVG	418	26	568	4.97	2.87	119.0	0	2.38	6	18.97	38.73	20.92	4.49	0.00
.....	...	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	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
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, Grape	.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	160	2.00	0.72	20.0	0	0.0	3	7.0	8.0	15.0	2.00	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, 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
Fruit, Mix,Festival of Fruit	SERVING	42	0	4	0.85	0.55	8.7	364	68.26	6	0.7	9.91	0.02	0.00	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, 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

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**Escondido Union School District**

**Feb 26, 2018 thru Mar 30, 2018**

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 <sup>1</sup> (g)
Tue - 02/27/2018															
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
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	49	2670	7.95	*7.48	*530.9	*5384	*121.11	*29	35.86	96.10	29.25	6.35	*0.38
% of Calories										*15.3%	19.0%	50.9%	34.9%	7.6%	*0.4%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Feb 26, 2018 thru Mar 30, 2018

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 <sup>1</sup> (g)
Wed - 02/28/2018															
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.	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	578	0	800	10.68	5.43	207.6	5234	128.91	*9	14.36	69.81	29.32	4.94	*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, Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	11.63	2.50	*0.00
PK, Pizza Sticks	1 EACH	225	7	555	3.00	1.62	225.0	150	0.0	*N/A*	10.5	25.5	9.0	3.00	*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	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
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, Grape	.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*
A to Z Salad Bar 1	1 CUP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pinappl Tidbt, Draind	.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
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, 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

Feb 26, 2018 thru Mar 30, 2018

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 <sup>1</sup> (g)
Wed - 02/28/2018															
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		*754	*63	*1187	*7.58	*5.99	*494.2	*3707	*17.98	*36	*31.40	*77.65	*35.68	*10.13	*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

Feb 26, 2018 thru Mar 30, 2018

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 <sup>1</sup> (g)
Thu - 03/01/2018															
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, PZA Guy, LUNCH	SLICE	347	36	384	4.16	2.43	411.3	825	5.08	2	20.4	38.98	12.69	6.48	0.00
Pizza, Pepp, PZA Guy, LUNCH	SLICE	359	42	490	4.16	2.89	417.9	819	2.08	2	21.75	21.75	15.59	7.50	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,Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	11.63	2.50	*0.00
Cheese, String 2/Cracker 1	SVG	340	30	790	3.00	2.70	440.0	700	6.0	5	18.0	32.0	17.0	8.00	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	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
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, Grape	.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	160	2.00	0.72	20.0	0	0.0	3	7.0	8.0	15.0	2.00	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	117	0	461	5.08	0.53	94.0	524	32.57	*3	4.44	19.71	2.89	0.27	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	.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
Pears, Fresh	1 EACH	65	0	1	3.52	0.20	10.2	28	4.88	11	0.41	17.27	0.16	0.02	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, 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

Feb 26, 2018 thru Mar 30, 2018

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 <sup>1</sup> (g)
Thu - 03/01/2018															
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	11	461	2.67	*1.33	*348.2	*2188	*14.23	*30	11.35	39.40	16.02	3.07	*0.00
% of Calories										*34.6%	13.2%	45.9%	42.0%	8.1%	*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**

**Feb 26, 2018 thru Mar 30, 2018**

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 <sup>1</sup> (g)
Fri - 03/02/2018															
Quantum Lunch 4-8	Total														
Beef, West. Bac. Ch.Burger	1 EACH	634	90	1519	4.79	3.88	254.6	200	1.43	*6	34.29	50.2	33.27	12.14	*1.00
Chix: Nuggets, Goldfish & Tots	SERVING, 6 pcs	438	47	937	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
Tamale, Chicken, Green Sauce	1 EACH	340	40	800	3.00	2.70	80.0	300	21.0	1	19.0	32.0	18.0	2.00	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, Chix.	1 EACH	635	126	1152	7.47	2.30	264.5	673	53.02	*7	29.0	49.08	36.23	10.91	*0.00
FP: Parfait,Yog,Cinn Bitz,Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	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	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
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, Grape	.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	117	0	461	5.08	0.53	94.0	524	32.57	*3	4.44	19.71	2.89	0.27	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pears	.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
Halo, Mandarin Oranges	1 EACH	50	0	0	2.00	0.00	40.0	300	27.0	9	1.0	13.0	0.0	0.00	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, 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**

**Feb 26, 2018 thru Mar 30, 2018**

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 <sup>1</sup> (g)
Fri - 03/02/2018															
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		728	44	1156	8.12	*4.17	*406.6	*2465	*31.31	*34	30.10	83.47	31.22	4.94	*0.05
% of Calories										*18.7%	16.5%	45.8%	38.6%	6.1%	*0.1%
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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Escondido Union School District

Feb 26, 2018 thru Mar 30, 2018

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 <sup>1</sup> (g)
Mon - 03/05/2018															
Quantum Lunch 4-8	Total														
Salisbury Steak	SVG.	255	33	1116	3.34	2.40	45.1	8	1.2	2	16.19	25.09	10.51	3.98	*0.00
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
Burrito, Salsa Verde Chicken	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	810	3.00	2.16	300.0	400	0.0	3	32.0	32.0	16.5	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,Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	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
Roll, WG, - on Salad Bar	1 EACH	140	0	260	3.00	1.80	60.0	0	0.0	3	7.0	28.0	2.0	0.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	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	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
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, Grape	.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	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	-2.5 oz 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
Apple, 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
Apple, 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	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	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

Feb 26, 2018 thru Mar 30, 2018

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 <sup>1</sup> (g)
Mon - 03/05/2018															
	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		612	56	907	4.95	*3.73	*1525.9	*2540	*17.72	*33	29.42	70.41	24.16	6.41	*0.00
% of Calories										*21.4%	19.2%	46.0%	35.5%	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**

**Feb 26, 2018 thru Mar 30, 2018**

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 <sup>1</sup> (g)
Tue - 03/06/2018															
Quantum Lunch 4-8	Total														
Chix: Orange w Brwn 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
Wrapped Pup	1 EACH	292	20	697	3.00	0.73	0.0	101	0.0	4	13.09	30.01	13.15	4.05	*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	605	83	1115	7.33	5.88	602.4	11457	50.87	*4	26.94	36.8	37.75	17.71	*18.79
FP: Parfait,Yog,Cinn Bitz,Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	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	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
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, Grape	.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	160	2.00	0.72	20.0	0	0.0	3	7.0	8.0	15.0	2.00	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, 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
Kumquats, Whole	EACH	36	0	5	3.25	0.43	31.0	145	21.95	5	0.94	7.95	0.43	0.05	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, 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

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

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**Escondido Union School District**

**Feb 26, 2018 thru Mar 30, 2018**

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 <sup>1</sup> (g)
Tue - 03/06/2018															
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		510	41	684	3.47	*2.45	*324.5	*2528	*30.52	*32	22.72	57.46	21.64	4.16	*0.38
% of Calories										*25.1%	17.8%	45.1%	38.2%	7.3%	*0.7%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Escondido Union School District

Feb 26, 2018 thru Mar 30, 2018

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 <sup>1</sup> (g)
Wed - 03/07/2018															
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.	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	*6.27	*2.16	*162.9	*337	*2.64	*1	*9.83	*21.29	*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	380	75	1070	3.00	3.24	350.0	200	2.4	5	26.0	34.0	18.0	6.00	*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	578	0	800	10.68	5.43	207.6	5234	128.91	*9	14.36	69.81	29.32	4.94	*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,Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	11.63	2.50	*0.00
PK, Pizza Sticks	1 EACH	225	7	555	3.00	1.62	225.0	150	0.0	*N/A*	10.5	25.5	9.0	3.00	*N/A*
.....	0	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	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	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
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, Grape	.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*
A to Z Salad Bar 1	1 CUP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	0	0	0	0	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
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, 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	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	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

Feb 26, 2018 thru Mar 30, 2018

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 <sup>1</sup> (g)
Wed - 03/07/2018															
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		*632	*40	*923	*6.36	*5.25	*512.6	*3655	*18.96	*37	*27.15	*69.55	*28.14	*8.62	*0.00
% of Calories										*23.4%	*17.2%	*44.0%	*40.1%	*12.3%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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**Escondido Union School District**

**Feb 26, 2018 thru Mar 30, 2018**

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 <sup>1</sup> (g)
Thu - 03/08/2018															
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, PZA Guy, LUNCH	SLICE	347	36	384	4.16	2.43	411.3	825	5.08	2	20.4	38.98	12.69	6.48	0.00
Pizza, Pepp, PZA Guy, LUNCH	SLICE	359	42	490	4.16	2.89	417.9	819	2.08	2	21.75	21.75	15.59	7.50	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,Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	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	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
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, Grape	.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	160	2.00	0.72	20.0	0	0.0	3	7.0	8.0	15.0	2.00	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	117	0	461	5.08	0.53	94.0	524	32.57	*3	4.44	19.71	2.89	0.27	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	.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
Pears, Fresh	EACH	65	0	1	3.52	0.20	10.2	28	4.88	11	0.41	17.27	0.16	0.02	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, 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**

**Feb 26, 2018 thru Mar 30, 2018**

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 <sup>1</sup> (g)
Thu - 03/08/2018															
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		421	25	584	4.36	*1.92	*325.3	*2176	*14.17	*31	14.14	49.27	18.55	3.81	*0.00
% of Calories										*29.7%	13.4%	46.8%	39.6%	8.2%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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**Feb 26, 2018 thru Mar 30, 2018**

Base Menu Spreadsheet

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Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 03/09/2018															
Quantum Lunch 4-8															
	Total														
	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
	Shrimp Poppers w Goldfish														
	5 OZ SVG.	*472	*46	*995	*6.22	*3.86	*507.6	*834	*1.25	*1	*18.43	*41.58	*25.86	*10.70	*0.00
	FP: Nacho Sauce with Chips														
	SERVING, 6 pcs	438	47	937	5.80	1.36	40.0	178	3.6	1	24.0	46.0	17.5	3.00	0.00
	Chix: Nuggets, Goldfish & Tots														
	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
	Burrito, Bean & Cheese														
	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
	Sand: PBJ, Grape, WG														
	SVG	339	*51	1798	2.60	1.96	235.6	*1109	*10.7	*2	22.48	25.74	14.23	*3.62	*0.00
	FP: Sriracha Tuna														
	1 EACH	635	126	1152	7.47	2.30	264.5	673	53.02	*7	29.0	49.08	36.23	10.91	*0.00
	FP: Salad, SouthWestern, Chix.														
	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	11.63	2.50	*0.00
	FP: Parfait,Yog,Cinn Bitz,Pch														
	.....	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	MEXICAN CONDIMENT														
	1 EACH	114	17	100	2.27	0.39	115.7	269	3.94	*0	4.67	3.78	9.3	3.99	*0.00
	CD, Avocado,Sliced														
	SVG.	45	0	2	1.88	0.15	3.4	6	2.8	*N/A*	0.56	2.39	4.1	0.59	*N/A*
	CD, Lettuce, Shredded														
	SVG	3	0	3	0.40	0.14	5.4	94	1.11	*N/A*	0.29	0.59	0.05	0.01	*N/A*
	CD, Pico de Gallo														
	2 OZ. SVG	15	0	1171	0.63	0.22	5.0	386	9.27	*0	0.48	3.83	0.21	0.02	*0.00
	CD, Sour Cream														
	SVG	28	7	7	0.00	0.00	9.4	94	0.57	0	0.47	0.94	2.36	1.42	0.00
	CD, Shredded Cheese														
	SVG	58	15	91	0.00	0.10	101.2	152	0.0	0	3.54	0.51	4.56	3.04	0.00
	.....	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	SB, Salad, Garden Fresh														
	1 CUP	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
	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, Grape														
	.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	117	0	461	5.08	0.53	94.0	524	32.57	*3	4.44	19.71	2.89	0.27	*0.00
	.....	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	SB, CND, Pears														
	.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
	Halo, Mandarin Oranges														
	EACH	50	0	0	2.00	0.00	40.0	300	27.0	9	1.0	13.0	0.0	0.00	0.00
	Apple, Red, 138 ct.														
	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
	Apple, 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

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

**Feb 26, 2018 thru Mar 30, 2018**

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 <sup>1</sup> (g)
Fri - 03/09/2018															
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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

Feb 26, 2018 thru Mar 30, 2018

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 <sup>1</sup> (g)
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
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
.....	...	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	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
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, Grape	.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	117	0	461	5.08	0.53	94.0	524	32.57	*3	4.44	19.71	2.89	0.27	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pears	.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
Halo, Mandarin Oranges	EACH	50	0	0	2.00	0.00	40.0	300	27.0	9	1.0	13.0	0.0	0.00	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, 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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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
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		*1023	*51	*1529	*10.40	*4.98	*704.4	*4770	*59.47	*64	*38.98	*120.56	*43.86	*7.01	*0.00
% of Calories										*25.0%	*15.2%	*47.1%	*38.6%	*6.2%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Escondido Union School District

Feb 26, 2018 thru Mar 30, 2018

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 <sup>1</sup> (g)
Mon - 03/12/2018															
Quantum Lunch 4-8	Total														
Turkey & Gravy w Mash 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
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
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
Pizza, Nardone Bros.	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
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	810	3.00	2.16	300.0	400	0.0	3	32.0	32.0	16.5	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,Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	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
Roll, WG, - on Salad Bar	1 EACH	140	0	260	3.00	1.80	60.0	0	0.0	3	7.0	28.0	2.0	0.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	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	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
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, Grape	.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	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	-2.5 oz 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
Apple, 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
Apple, 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	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

Feb 26, 2018 thru Mar 30, 2018

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 <sup>1</sup> (g)
Mon - 03/12/2018	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		672	71	1135	4.16	*3.59	*1180.9	*2597	*13.50	*32	32.24	63.29	32.87	10.25	*0.55
% of Calories										*19.1%	19.2%	37.7%	44.0%	13.7%	*0.7%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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**Escondido Union School District**

**Feb 26, 2018 thru Mar 30, 2018**

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 <sup>1</sup> (g)
Tue - 03/13/2018															
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
Chix, Oven, & Waffle	1 EACH	257	73	656	2.51	1.63	50.3	0	0.0	2	18.2	17.57	12.89	2.78	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
Wrapped Pup	1 EACH	292	20	697	3.00	0.73	0.0	101	0.0	4	13.09	30.01	13.15	4.05	*0.00
Baked Zita/Garlic Bread	1 EA	437	25	588	6.83	3.47	368.4	488	2.69	7	24.38	58.95	13.37	6.19	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	605	83	1115	7.33	5.88	602.4	11457	50.87	*4	26.94	36.8	37.75	17.71	*18.79
FP: Parfait,Yog,Cinn Bitz,Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	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	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
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, Grape	.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	160	2.00	0.72	20.0	0	0.0	3	7.0	8.0	15.0	2.00	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, 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
Kumquats, Whole	EACH	36	0	5	3.25	0.43	31.0	145	21.95	5	0.94	7.95	0.43	0.05	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, 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

\*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**

**Feb 26, 2018 thru Mar 30, 2018**

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 <sup>1</sup> (g)
Tue - 03/13/2018															
	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		618	45	887	5.99	*3.58	*476.9	*2706	*31.17	*31	29.51	67.52	26.99	6.74	*0.38
% of Calories										*20.2%	19.1%	43.7%	39.3%	9.8%	*0.5%
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  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**Escondido Union School District**

**Feb 26, 2018 thru Mar 30, 2018**

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 <sup>1</sup> (g)
Wed - 03/14/2018															
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: 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	380	75	1070	3.00	3.24	350.0	200	2.4	5	26.0	34.0	18.0	6.00	*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	578	0	800	10.68	5.43	207.6	5234	128.91	*9	14.36	69.81	29.32	4.94	*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,Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	11.63	2.50	*0.00
PK, Pizza Sticks	1 EACH	225	7	555	3.00	1.62	225.0	150	0.0	*N/A*	10.5	25.5	9.0	3.00	*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	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
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, Grape	.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*
A to Z Salad Bar 1	1 CUP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pinappl Tidbt, Drained	.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
Fruit, Fresh Wed 1	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, 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

Feb 26, 2018 thru Mar 30, 2018

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 <sup>1</sup> (g)
Wed - 03/14/2018															
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		427	23	691	3.46	*3.74	*326.0	*3297	*6.93	*27	18.17	47.54	19.00	3.35	*0.00
% of Calories										*25.7%	17.0%	44.6%	40.1%	7.1%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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**Escondido Union School District**

**Feb 26, 2018 thru Mar 30, 2018**

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 <sup>1</sup> (g)
Thu - 03/15/2018															
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
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, PZA Guy, LUNCH	SLICE	347	36	384	4.16	2.43	411.3	825	5.08	2	20.4	38.98	12.69	6.48	0.00
Pizza, Pepp, PZA Guy, LUNCH	SLICE	359	42	490	4.16	2.89	417.9	819	2.08	2	21.75	21.75	15.59	7.50	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,Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	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	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
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, Grape	.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	160	2.00	0.72	20.0	0	0.0	3	7.0	8.0	15.0	2.00	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	117	0	461	5.08	0.53	94.0	524	32.57	*3	4.44	19.71	2.89	0.27	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	.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*
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, 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**

**Feb 26, 2018 thru Mar 30, 2018**

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 <sup>1</sup> (g)
Thu - 03/15/2018															
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		321	*11	*451	*1.60	*1.25	*295.1	*2168	*12.71	*26	*10.95	*33.89	*15.78	*2.96	*0.00
% of Calories										*32.7%	*13.6%	*42.2%	*44.2%	*8.3%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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**Escondido Union School District**

**Feb 26, 2018 thru Mar 30, 2018**

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 <sup>1</sup> (g)
Fri - 03/16/2018															
Quantum Lunch 4-8	Total														
Beef, West. Bac. Ch.Burger	1 EACH	634	90	1519	4.79	3.88	254.6	200	1.43	*6	34.29	50.2	33.27	12.14	*1.00
Chix: Nuggets, Goldfish & Tots	SERVING, 6 pcs	438	47	937	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
Tamale, Chicken, Green Sauce	1 EACH	340	40	800	3.00	2.70	80.0	300	21.0	1	19.0	32.0	18.0	2.00	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, Chix.	1 EACH	635	126	1152	7.47	2.30	264.5	673	53.02	*7	29.0	49.08	36.23	10.91	*0.00
FP: Parfait,Yog,Cinn Bitz,Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	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	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
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, Grape	.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	117	0	461	5.08	0.53	94.0	524	32.57	*3	4.44	19.71	2.89	0.27	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pears	.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*
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, 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**

**Feb 26, 2018 thru Mar 30, 2018**

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 <sup>1</sup> (g)
Fri - 03/16/2018															
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		679	*42	*1118	*6.72	*3.81	*366.9	*2281	*15.23	*28	*28.62	*73.71	*30.07	*4.61	*0.01
% of Calories										*16.7%	*16.9%	*43.4%	*39.8%	*6.1%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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**Escondido Union School District**

**Feb 26, 2018 thru Mar 30, 2018**

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

Page 34

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 03/19/2018															
Quantum Lunch 4-8	Total														
Salisbury Steak	SVG.	255	33	1116	3.34	2.40	45.1	8	1.2	2	16.19	25.09	10.51	3.98	*0.00
Burrito, Salsa Verde Chicken	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	810	3.00	2.16	300.0	400	0.0	3	32.0	32.0	16.5	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, Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	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
Roll, WG, - on Salad Bar	1 EACH	140	0	260	3.00	1.80	60.0	0	0.0	3	7.0	28.0	2.0	0.50	0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	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	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
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, Grape	.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
Apple, 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
Apple, 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

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**Escondido Union School District**

**Feb 26, 2018 thru Mar 30, 2018**

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 <sup>1</sup> (g)
Mon - 03/19/2018															
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	40	753	3.82	*3.01	*1272.3	*2495	*13.73	*32	24.19	58.71	21.68	5.53	*0.00
% of Calories										*24.4%	18.5%	45.0%	37.4%	9.5%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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**Feb 26, 2018 thru Mar 30, 2018**

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 <sup>1</sup> (g)
Tue - 03/20/2018															
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
Wrapped Pup	1 EACH	292	20	697	3.00	0.73	0.0	101	0.0	4	13.09	30.01	13.15	4.05	*0.00
Chix: Orange w Brwn 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	605	83	1115	7.33	5.88	602.4	11457	50.87	*4	26.94	36.8	37.75	17.71	*18.79
FP: Parfait,Yog,Cinn Bitz,Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	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	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
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, Grape	.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	160	2.00	0.72	20.0	0	0.0	3	7.0	8.0	15.0	2.00	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, 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
Kumquats, Whole	EACH	36	0	5	3.25	0.43	31.0	145	21.95	5	0.94	7.95	0.43	0.05	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, 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

Feb 26, 2018 thru Mar 30, 2018

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 <sup>1</sup> (g)
Tue - 03/20/2018															
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		436	27	587	3.08	*2.03	*324.5	*2450	*30.05	*31	16.87	52.01	18.13	3.58	*0.38
% of Calories										*28.6%	15.5%	47.7%	37.4%	7.4%	*0.8%
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

Feb 26, 2018 thru Mar 30, 2018

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 <sup>1</sup> (g)
Wed - 03/21/2018															
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
FP: Pasta w/Meatless Sce/GBr.	SVG	*500	*10	*1359	*10.98	*7.14	*331.2	*1733	*10.35	*8	*23.48	*71.62	*12.66	*3.20	*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: 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
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	578	0	800	10.68	5.43	207.6	5234	128.91	*9	14.36	69.81	29.32	4.94	*0.00
FP: Parfait,Yog,Cinn Bitz,Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	11.63	2.50	*0.00
PK, Pizza Sticks	1 EACH	225	7	555	3.00	1.62	225.0	150	0.0	*N/A*	10.5	25.5	9.0	3.00	*N/A*
.....	0	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	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	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
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, Grape	.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*
A to Z Salad Bar 1	1 CUP	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	0	0	0	0	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
Fruit, Fresh Wed 1	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, 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	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	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

Feb 26, 2018 thru Mar 30, 2018

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 <sup>1</sup> (g)
Wed - 03/21/2018															
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		*586	*42	*1037	*5.89	*4.92	*831.9	*3375	*5.78	*29	*29.88	*67.69	*23.25	*4.22	*0.00
% of Calories										*20.1%	*20.4%	*46.2%	*35.7%	*6.5%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Escondido Union School District

Feb 26, 2018 thru Mar 30, 2018

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 <sup>1</sup> (g)
Thu - 03/22/2018															
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, PZA Guy, LUNCH	SLICE	347	36	384	4.16	2.43	411.3	825	5.08	2	20.4	38.98	12.69	6.48	0.00
Pizza, Pepp, PZA Guy, LUNCH	SLICE	359	42	490	4.16	2.89	417.9	819	2.08	2	21.75	21.75	15.59	7.50	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, Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	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	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
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, Grape	.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	160	2.00	0.72	20.0	0	0.0	3	7.0	8.0	15.0	2.00	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	117	0	461	5.08	0.53	94.0	524	32.57	*3	4.44	19.71	2.89	0.27	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Peaches, Sliced	.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*
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, 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,	1.125 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

Feb 26, 2018 thru Mar 30, 2018

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 <sup>1</sup> (g)
Thu - 03/22/2018															
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		326	*12	*460	*1.62	*1.27	*341.1	*2175	*12.71	*26	*11.26	*34.21	*16.01	*3.03	*0.00
% of Calories										*32.3%	*13.8%	*42.0%	*44.2%	*8.4%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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**Escondido Union School District**

**Feb 26, 2018 thru Mar 30, 2018**

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 <sup>1</sup> (g)
Fri - 03/23/2018															
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	937	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: Sriracha Tuna	SVG	339	*51	1798	2.60	1.96	235.6	*1109	*10.7	*2	22.48	25.74	14.23	*3.62	*0.00
FP: Salad, SouthWestern, Chix.	1 EACH	635	126	1152	7.47	2.30	264.5	673	53.02	*7	29.0	49.08	36.23	10.91	*0.00
FP: Parfait, Yog, Cinn Bitz, Pch	1 EACH	463	20	196	3.30	0.38	420.0	*840	*6.2	*38	15.5	79.39	11.63	2.50	*0.00
Beef, West. Bac. Ch.Burger	1 EACH	634	90	1519	4.79	3.88	254.6	200	1.43	*6	34.29	50.2	33.27	12.14	*1.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
MEXICAN CONDIMENT	1 EACH	114	17	100	2.27	0.39	115.7	269	3.94	*0	4.67	3.78	9.3	3.99	*0.00
CD, Avocado, Sliced	SVG.	45	0	2	1.88	0.15	3.4	6	2.8	*N/A*	0.56	2.39	4.1	0.59	*N/A*
CD, Lettuce, Shredded	SVG	3	0	3	0.40	0.14	5.4	94	1.11	*N/A*	0.29	0.59	0.05	0.01	*N/A*
CD, Pico de Gallo	2 OZ. SVG	15	0	1171	0.63	0.22	5.0	386	9.27	*0	0.48	3.83	0.21	0.02	*0.00
CD, Shredded Cheese	SVG	58	15	91	0.00	0.10	101.2	152	0.0	0	3.54	0.51	4.56	3.04	0.00
CD, Sour Cream	SVG	28	7	7	0.00	0.00	9.4	94	0.57	0	0.47	0.94	2.36	1.42	0.00
.....	...	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	13	0	15	1.42	2.15	31.4	4289	9.87	*0	1.05	2.47	0.11	0.00	*0.00
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, Grape	.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	117	0	461	5.08	0.53	94.0	524	32.57	*3	4.44	19.71	2.89	0.27	*0.00
.....	...	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Pears	.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*
Apple, Red, 138 ct.	1 EACH	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apple, 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

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**Escondido Union School District**

**Feb 26, 2018 thru Mar 30, 2018**

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 <sup>1</sup> (g)
Fri - 03/23/2018															
.....	...	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
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		695	*43	*1137	*6.94	*4.03	*377.6	*2288	*15.05	*28	*28.99	*75.96	*30.67	*4.67	*0.01
% of Calories										*16.3%	*16.7%	*43.7%	*39.7%	*6.0%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

Mon - 03/26/2018															
Quantum Lunch 4-8	Total														
HOLIDAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
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 - 03/27/2018															
Quantum Lunch 4-8	Total														
HOLIDAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
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 - 03/28/2018															
Quantum Lunch 4-8	Total														
HOLIDAY	SERVING	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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**Escondido Union School District**

**Feb 26, 2018 thru Mar 30, 2018**

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
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	

Thu - 03/29/2018															
Quantum Lunch 4-8	Total SERVING														
HOLIDAY		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	

Fri - 03/30/2018															
Quantum Lunch 4-8	Total SERVING														
HOLIDAY		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	

Weighted Average		*583	*40	*968	*5.15	*3.59	*580.6	*2887	*24.79	*32 *50.1%	*24.95 *17.1%	*64.82 *44.5%	*25.61 *39.5%	*5.60 *8.6%	*0.13 *0.2%
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# Escondido Union School District

Feb 26, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Error Messages (if any)
Calories	583		600 - 650		97%	Missing		17									Correction Required - Calories are Low
Cholesterol (mg)	40					Missing											
Sodium 1 (mg)	968		1230			Missing											
Sodium 2 (mg)	968		935			Missing			33								Correction Required - Sodium too High
Fiber (g)	5.15					Missing											
Iron (mg)	3.59					Missing											
Calcium (mg)	580.6					Missing											
Vitamin A (IU)	2887					Missing											
Sugars (g)	32	22.27%				Missing											
Vitamin C (mg)	24.79					Missing											
Protein (g)	24.95	17.12%				Missing											
Carbohydrate (g)	64.82	44.49%				Missing											
Total Fat (g)	25.61	39.55%		<=30.00%		Missing											Correction Required - Total Fat too High
Saturated Fat (g)	5.60	8.65%		<10.00%		Missing											
Trans Fat <sup>1</sup> (g)	0.13	0.21%				Missing											

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