

Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

Page 1

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Portion Size	Reimb Qty	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 ¹ (g)
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**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

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

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Quantum Lunch 4-8

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/01/2017																
Quantum Lunch 4-8	Total	100														
Beef, Burger, Smokie Grill	1 EACH	55	390	70	660	3.00	3.24	120.0	0	0.0	*3	24.0	32.0	19.0	7.00	*1.00
FP: Travelin' Taco -	4.0 serving	30	177	15	316	6.31	2.13	163.7	333	2.76	*1	9.83	21.33	5.93	3.30	*0.00
Sand: Cheese, Grilled, WG	1 EACH	5	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	5	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP: Sand: Turkey, Sub	SANDWIC	2	390	75	820	3.00	2.16	300.0	400	0.0	*3	31.0	33.0	16.0	7.50	0.00
FP: Salad: Chicken Caesar	1 EACH	2	468	75	815	5.93	3.19	290.0	9929	27.22	4	28.79	32.64	25.44	6.48	0.00
FP,Parfait,Yog,Cinn Bitz,Peach	EACH	1	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FP: SB, Kale/Romaine	2.2 OZ.	7	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrots, Raw, Baby: 3.2 oz	3.2 oz. svg.	20	32	0	71	3.24	9.72	0.8	12509	2.43	5	0.0	8.1	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	3	12	0	30	0.63	0.33	3.6	165	11.3	*N/A*	0.82	2.25	0.13	0.02	0.00
SB, Peppers, Bell Green	.5 CUP	2	8	0	1	0.78	0.14	3.9	136	31.34	1	0.39	1.95	0.0	0.00	0.00
Sugar Snap Peas	SERVING	1	1417	0	1984	85.06	30.62	567.0	42524	340.19	85	85.06	255.15	0.0	0.00	0.00
SB, Corn: Frozen, yellow	, 2.4 OZ SERVING	1	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	2	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	1	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
SB, CND, Applesauce Cinnamon	.5 CUP	20	43	0	1	0.77	0.08	2.0	4	1.08	9	0.1	11.17	0.11	0.02	0.00
Tangerines/Whole	EACH	1	50	0	0	2.00	0.00	40.0	300	27.0	9	1.0	2.0	0.0	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	10	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	10	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Orange Smiles	SERVING	0	84	0	0	6.01	1.07	93.5	334	94.8	11	1.74	20.7	0.4	0.05	0.00
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	94	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Barbeque Sauce	1 OZ	1	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	TBS.	20	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	5	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	1 OZ 1.35 OZ. SVG.	5	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	5	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	1	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	5	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

Page 3

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/01/2017																
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	80	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 % of Calories			640	61	1027	6.65	*5.31	*706.9	*4302	*20.86	*33 *20.9%	29.12 18.2%	67.03 41.9%	28.64 40.3%	8.08 11.4%	*0.55 *0.8%
Nutrient Guideline			600-650		1230									<=30.0	<10.00	

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

Page 4

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/02/2017																
Quantum Lunch 4-8	Total	100														
Brunch 4 Lunch, Fr. Toast Ssg	SERVING	35	372	44	550	4.20	3.60	244.0	478	7.5	8	19.8	38.0	16.0	3.90	0.00
Chix: Oven / Goldfish Cracker	1 EACH	15	292	76	646	2.01	1.45	40.3	0	0.0	0	19.2	20.08	14.64	3.53	0.00
FP: Nacho Sauce with Chips	3 oz	40	1533	151	2276	18.70	11.47	5744.6	2779	4.6	*3	53.08	120.84	92.12	43.54	*0.00
Sand: PBJ, Grape, WG	EACH	5	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP: Sand: Ham, Sub	1 EACH	2	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	2	608	83	1110	7.35	4.67	604.7	14050	67.14	*4	26.87	37.33	37.82	17.71	18.79
FP,Parfait,Yog,Cinn Bitz,Peach	EACH	1	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FP: SB, Kale/Romaine	2.2 OZ.	7	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrots, Raw, Baby: 3.2 oz	3.2 oz. svg.	20	32	0	71	3.24	9.72	0.8	12509	2.43	5	0.0	8.1	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	3	12	0	30	0.63	0.33	3.6	165	11.3	*N/A*	0.82	2.25	0.13	0.02	0.00
SB, Peppers, Bell Green	SERVING	1	16	0	2	1.56	0.28	7.8	273	62.68	2	0.78	3.9	0.0	0.00	0.00
Sugar Snap Peas	SERVING	3	1417	0	1984	85.06	30.62	567.0	42524	340.19	85	85.06	255.15	0.0	0.00	0.00
SB, Peas, thawed	SERVING	1	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	0	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	1	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	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	10	31	0	4	0.44	0.32	8.9	133	94.19	8	0.44	7.54	0.0	0.00	0.00
Strawberries, Raw	SERVING	30	28	0	1	1.72	0.35	13.8	10	50.68	4	0.58	6.62	0.26	0.13	0.00
Apples, Red, 138 ct, #9203	EACH	10	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	10	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Apple, Sliced, Bags	EACH	0	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc,NF,90 ea./Hollandia	1 EACH	94	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Barbeque Sauce	1 OZ	1	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	TBS.	20	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	5	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	1 OZ															
CD, Mayonnaise, Lite	1.35 OZ. SVG.	5	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
	1 OZ	5	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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Quantum Lunch 4-8

Portion Values - Detailed

Page 5

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/02/2017																
CD, Mustard	1 tsp	1	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	5	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, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	80	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			1178	104	1790	14.32	*9.65	*2771.4	*6398	*56.23	*37	44.91	111.65	60.83	22.51	*0.38
% of Calories											*12.5%	15.3%	37.9%	46.5%	17.2%	*0.3%
Nutrient Guideline			600-650		1230									<=30.0	<10.00	

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Wed - 05/03/2017																
Quantum Lunch 4-8	Total	100														
Pizza,Nardone Bros.**NEW**	EACH	45	360	40	610	3.00	2.70	299.9	500	11.99	7	21.99	29.99	16.99	8.00	0.00
FP: Taco, Beef Dip/ Nacho Chip	25	25	603	64	1237	9.93	5.26	283.0	785	7.0	2	23.93	48.9	32.53	12.46	0.00
	erving															
Sand: Cheese, Grilled, WG	1 EACH	20	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	5	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP: Sand: Italian Combo Sub	SANDWIC	2	395	84	1162	3.00	3.14	390.3	560	3.28	*3	30.18	35.04	16.91	7.20	*0.00
FP: Salad: Chef, Gourmet	1 EACH	2	340	72	725	3.97	2.45	268.8	737	5.36	*4	26.15	30.7	14.62	7.34	*0.00
FP,Parfait,Yog,Cinn Bitz,Peach	EACH	1	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
Pizza, Stix, Stuffed Crust - E	1 EACH	1	300	10	740	4.00	2.16	300.0	200	0.0	*N/A*	14.0	34.0	12.0	4.00	*N/A*
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FP: SB, Kale/Romaine	2.2 OZ.	3	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrots, Raw, Baby: 3.2 oz	3.2 oz. svg.	20	32	0	71	3.24	9.72	0.8	12509	2.43	5	0.0	8.1	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	7	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	3	12	0	30	0.63	0.33	3.6	165	11.3	*N/A*	0.82	2.25	0.13	0.02	0.00
SB, Peppers, Bell Green	.5 CUP	2	8	0	1	0.78	0.14	3.9	136	31.34	1	0.39	1.95	0.0	0.00	0.00
SB, Corn: Frozen, yellow	SERVING	1	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
	, 3 oz															
SB, Edamame	.5 CUP	1	50	0	15	2.00	0.72	20.0	250	3.0	0	4.0	4.5	1.5	0.00	0.00
SB, Pasta Salad	1/2 Cup	1	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*0.00
SB: Sauce, Pizza, Bosco	1 EACH	1	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	9.0	0.0	0.00	0.00
.....	...	0	0	0	0	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	10	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	30	147	0	2	4.28	0.43	8.2	105	14.33	20	1.8	37.62	0.54	0.18	0.00
Apples, Red, 138 ct, #9203	EACH	10	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	10	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Apple, Sliced, Bags	EACH	0	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	94	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Barbeque Sauce	1 OZ	1	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	TBS.	20	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	5	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
	1 OZ															
CD, Jalapenos,	1.35 OZ.	5	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
	SVG.															
CD, Mayonnaise, Lite	1 OZ	5	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	1	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	5	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	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 ¹ (g)
Wed - 05/03/2017																
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	80	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 % of Calories			752	57	1234	7.66	*5.47	*1495.3	*3898	*18.13	*40 *21.3%	31.38 16.7%	81.25 43.2%	33.75 40.4%	10.89 13.0%	*0.00 *0.0%
Nutrient Guideline			600-650		1230									<=30.0	<10.00	

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/04/2017																
Quantum Lunch 4-8	Total	100														
Hot Dog w/Tots-Eisenburg	SVG.	35	460	40	1040	5.80	2.57	87.1	25	3.6	3	16.0	47.0	24.0	7.00	1.00
Sand: Chix, Spicy Patty	SANDWIC	20	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*0.00
Cheesy Bread	1 EACH	35	399	30	501	3.00	2.80	424.0	108	4.5	3	22.85	37.96	17.26	6.81	0.00
Sand: PBJ, Grape, WG	1 EACH	5	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP: Sand: Ham&Trky Club -DW	1 EACH	2	375	78	980	3.00	2.52	350.0	300	0.6	*3	31.5	34.0	14.25	6.50	0.00
FP: Salad: Chef, Gourmet	1 EACH	2	340	72	725	3.97	2.45	268.8	737	5.36	*4	26.15	30.7	14.62	7.34	*0.00
FP,Parfait,Yog,Cinn Bitz,Peach	EACH	1	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FP: SB, Kale/Romaine	2.2 OZ.	7	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrots, Raw, Baby: 3.2 oz	3.2 oz. svg.	20	32	0	71	3.24	9.72	0.8	12509	2.43	5	0.0	8.1	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	2	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	3	12	0	30	0.63	0.33	3.6	165	11.3	*N/A*	0.82	2.25	0.13	0.02	0.00
SB, Peppers, Bell Green	SERVING	1	16	0	2	1.56	0.28	7.8	273	62.68	2	0.78	3.9	0.0	0.00	0.00
Sugar Snap Peas	, 2.75oz SERVING	3	1417	0	1984	85.06	30.62	567.0	42524	340.19	85	85.06	255.15	0.0	0.00	0.00
SB, Corn: Frozen, yellow	, 2.4 OZ .5 CUP	1	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	1	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
SB, Pasta Salad	, 3.5 oz 1/2 Cup	1	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	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	10	35	0	5	0.50	0.00	0.0	150	0.6	8	0.0	8.5	0.0	0.00	0.00
Kiwi, Wedges	4.90 OZ.	30	81	0	0	4.03	0.73	40.3	201	132.87	12	2.01	20.13	0.0	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	10	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	10	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Apple, Sliced, Bags	EACH	0	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	94	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Barbeque Sauce	1 OZ	1	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	TBS.	20	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	5	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	1 OZ 1.35 OZ.	5	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
CD, Mayonnaise, Lite	SVG.															
CD, Mustard	1 OZ	5	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Pickles, Dill	1 tsp	1	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	5	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	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 ¹ (g)
Thu - 05/04/2017																
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	80	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 % of Calories			777	50	1285	9.97	*6.05	*584.8	*4990	*68.63	*38 *19.7%	33.46 17.2%	90.42 46.5%	32.08 37.1%	7.99 9.2%	*0.35 *0.4%
Nutrient Guideline			600-650		1230									<=30.0	<10.00	

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/05/2017																
Quantum Lunch 4-8	Total	100														
Sand: Fish Fillet	1 EACH	5	330	55	600	6.00	3.24	160.0	0	0.0	*4	26.0	50.0	5.0	0.00	*0.00
Beef, West. Bac. Ch.Burger	1 EACH	45	634	90	1519	4.79	3.88	254.6	200	1.43	*6	34.29	50.2	33.27	12.14	*1.00
Burrito, Bean & Cheese	1 EACH	40	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	5	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP: Sand: Tuna Sub - Middle	SANDWIC	2	288	32	568	3.03	2.00	117.5	445	0.42	4	25.52	34.25	7.53	0.52	0.00
FP:Salad:SouthWestern Chic.	1 EACH	2	520	95	989	7.45	2.20	62.0	169	56.08	*6	22.15	48.14	27.14	4.84	*0.00
FP,Parfait,Yog,Cinn Bitz,Peach	EACH	1	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FP: SB, Kale/Romaine	2.2 OZ.	7	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrots, Raw, Baby: 3.2 oz	3.2 oz. svg.	20	32	0	71	3.24	9.72	0.8	12509	2.43	5	0.0	8.1	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	3	12	0	30	0.63	0.33	3.6	165	11.3	*N/A*	0.82	2.25	0.13	0.02	0.00
SB, Corn: Frozen, yellow	SERVING	1	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
	, 3 oz															
SB, Zucchini	.5 CUP	3	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	2	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
	, 3 oz															
SB, Peas, thawed	SERVING	1	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
	, 3.5 oz															
SB, Pasta Salad	1/2 Cup	1	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	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	10	37	0	6	1.23	0.00	0.0	37	0.0	7	0.0	8.62	0.0	0.00	0.00
Watermelon, with Rind	SERVING	60	46	0	2	0.00	0.28	15.3	842	11.94	9	1.53	12.25	0.0	0.00	0.00
	, 5.4 oz															
Apples, Red, 138 ct, #9203	EACH	10	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	10	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Apple, Sliced, Bags	EACH	0	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	94	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Barbeque Sauce	1 OZ	1	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	TBS.	20	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	5	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
	1 OZ															
CD, Jalapenos,	1.35 OZ.	5	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
	SVG.															
CD, Mayonnaise, Lite	1 OZ	5	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	1	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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

Page 11

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	Portion Size	Reimb Qty	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 ¹ (g)
Fri - 05/05/2017																
CD, Pickles, Dill	.125 CUP	5	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, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	80	151	9	227	0.00	0.00	0.0	0	0.0	1	0.0	0.94	16.06	2.83	0.00
FAMILY LUNCH DAY MENU	1 EACH	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
ASIAN FOOD	1 EA	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chix: Gen Tso Sauce & Rice	SVG	1	5387	4311	17290	1.33	41.54	4126.1	1902	82.12	*41	620.23	130.36	216.17	42.42	*0.00
Chicken, Tangerine	1 Each	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			866	109	1598	6.97	*7.12	*577.7	*4209	*24.96	*40	40.44	89.96	38.77	8.68	*0.45
% of Calories											*18.4%	18.7%	41.5%	40.3%	9.0%	*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

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/08/2017																
Quantum Lunch 4-8	Total	100														
Cheeseburger Mini	1 EACH	55	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
Taquitos, Chicken	SERVING	10	456	50	462	4.00	1.63	202.5	304	0.0	0	17.09	27.01	29.11	9.08	0.00
Sand: Cheese, Grilled, WG	1 EACH	25	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	5	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP: Sand: Turkey, Sub	SANDWIC	2	390	75	820	3.00	2.16	300.0	400	0.0	*3	31.0	33.0	16.0	7.50	0.00
FP: Salad: Chicken Caesar	1 EACH	2	468	75	815	5.93	3.19	290.0	9929	27.22	4	28.79	32.64	25.44	6.48	0.00
FP,Parfait,Yog,Cinn Bitz,Peach	EACH	1	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FP: SB, Kale/Romaine	2.2 OZ.	7	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrots, Raw, Baby: 3.2 oz	3.2 oz. svg.	20	32	0	71	3.24	9.72	0.8	12509	2.43	5	0.0	8.1	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	3	12	0	30	0.63	0.33	3.6	165	11.3	*N/A*	0.82	2.25	0.13	0.02	0.00
SB, Peppers, Bell Green	.5 CUP	2	8	0	1	0.78	0.14	3.9	136	31.34	1	0.39	1.95	0.0	0.00	0.00
Sugar Snap Peas	SERVING	1	1417	0	1984	85.06	30.62	567.0	42524	340.19	85	85.06	255.15	0.0	0.00	0.00
SB, Corn: Frozen, yellow	, 2.4 OZ SERVING	1	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	2	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	1	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*0.00
SB, CND, Applesauce Cinnamon	.5 CUP	20	43	0	1	0.77	0.08	2.0	4	1.08	9	0.1	11.17	0.11	0.02	0.00
.....	...	30	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Tangerines/Whole	EACH	30	50	0	0	2.00	0.00	40.0	300	27.0	9	1.0	2.0	0.0	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	10	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	10	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Apple, Sliced, Bags	EACH	0	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	94	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Barbeque Sauce	1 OZ	1	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	TBS.	20	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	5	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	1 OZ 1.35 OZ. SVG.	5	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	5	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	1	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	5	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, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/08/2017																
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	80	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 % of Calories			638	55	926	6.12	*4.92	*1598.8	*4479	*27.86	*37 *23.3%	29.52 18.5%	69.71 43.7%	25.60 36.1%	6.85 9.7%	*0.00 *0.0%
Nutrient Guideline			600-650		1230									<=30.0	<10.00	

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/09/2017																
Quantum Lunch 4-8	Total	100														
Sand: Fltbrd, Chicken/Cheese	1 EACH	15	354	67	613	2.53	0.96	224.0	304	0.07	2	21.69	27.01	17.31	8.68	0.00
Chix: Tang./ Brown Rice-Elem.	1 EACH	35	343	90	290	1.33	1.92	20.0	0	1.2	9	21.67	35.66	12.67	2.50	0.00
Bean & Cheese Pupusa	EACH 5.5o	40	290	15	480	4.00	1.44	249.9	200	1.2	1	12.99	34.98	10.99	3.50	0.00
Sand: PBJ, Grape, WG	EACH	5	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP: Sand: Ham, Sub	1 EACH	2	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	2	608	83	1110	7.35	4.67	604.7	14050	67.14	*4	26.87	37.33	37.82	17.71	18.79
FP,Parfait,Yog,Cinn Bitz,Peach	EACH	1	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FP: SB, Kale/Romaine	2.2 OZ.	7	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrots, Raw, Baby: 3.2 oz	3.2 oz. svg.	20	32	0	71	3.24	9.72	0.8	12509	2.43	5	0.0	8.1	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	3	12	0	30	0.63	0.33	3.6	165	11.3	*N/A*	0.82	2.25	0.13	0.02	0.00
SB, Peppers, Bell Green	SERVING	1	16	0	2	1.56	0.28	7.8	273	62.68	2	0.78	3.9	0.0	0.00	0.00
Sugar Snap Peas	, 2.75oz SERVING	3	1417	0	1984	85.06	30.62	567.0	42524	340.19	85	85.06	255.15	0.0	0.00	0.00
SB, Peas, thawed	, 2.4 OZ SERVING	1	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	, 3.5 oz .5 CUP	0	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	1	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	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	10	31	0	4	0.44	0.32	8.9	133	94.19	8	0.44	7.54	0.0	0.00	0.00
Strawberries, Raw	4 oz SERVING	30	28	0	1	1.72	0.35	13.8	10	50.68	4	0.58	6.62	0.26	0.13	0.00
.....	, 3 oz ...	30	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	10	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	10	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Apple, Sliced, Bags	EACH	0	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	94	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Barbeque Sauce	1 OZ	1	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	TBS.	20	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	5	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	1 OZ 1.35 OZ. SVG.	5	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	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 ¹ (g)
Tue - 05/09/2017																
CD, Mayonnaise, Lite	1 OZ	5	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	1	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	5	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, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	80	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			680	65	976	7.51	*4.98	*522.7	*5245	*52.68	*37	29.90	77.53	27.61	6.78	*0.38
% of Calories											*21.6%	17.6%	45.6%	36.6%	9.0%	*0.5%
Nutrient Guideline			600-650		1230									<=30.0	<10.00	

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

Page 16

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/10/2017																
Quantum Lunch 4-8	Total	100														
Pizza,Nardone Bros.**NEW**	EACH	60	360	40	610	3.00	2.70	299.9	500	11.99	7	21.99	29.99	16.99	8.00	0.00
Ravioli, Cheese & Garlic Bread	SERVING	20	382	60	1111	4.96	2.73	311.6	729	3.87	12	24.62	48.51	10.25	4.27	0.00
Sand: Cheese, Grilled, WG	1 EACH	10	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	5	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP: Sand: Italian Combo Sub	SANDWIC	2	395	84	1162	3.00	3.14	390.3	560	3.28	*3	30.18	35.04	16.91	7.20	*0.00
FP: Salad: Chef, Gourmet	1 EACH	2	340	72	725	3.97	2.45	268.8	737	5.36	*4	26.15	30.7	14.62	7.34	*0.00
FP,Parfait,Yog,Cinn Bitz,Peach	EACH	1	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
Pizza, Stix, Stuffed Crust - E	1 EACH	1	300	10	740	4.00	2.16	300.0	200	0.0	*N/A*	14.0	34.0	12.0	4.00	*N/A*
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
A to Z Wasabi Pea	SVG	1	392	3	431	13.97	*N/A*	*N/A*	*N/A*	*N/A*	14	17.96	53.89	7.98	0.00	0.00
FP: SB, Kale/Romaine	2.2 OZ.	3	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrots, Raw, Baby: 3.2 oz	3.2 oz. svg.	20	32	0	71	3.24	9.72	0.8	12509	2.43	5	0.0	8.1	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	7	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	3	12	0	30	0.63	0.33	3.6	165	11.3	*N/A*	0.82	2.25	0.13	0.02	0.00
SB, Peppers, Bell Green	.5 CUP	2	8	0	1	0.78	0.14	3.9	136	31.34	1	0.39	1.95	0.0	0.00	0.00
SB, Corn: Frozen, yellow	SERVING	1	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
	, 3 oz															
SB, Edamame	.5 CUP	1	50	0	15	2.00	0.72	20.0	250	3.0	0	4.0	4.5	1.5	0.00	0.00
SB, Pasta Salad	1/2 Cup	1	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*0.00
SB: Sauce, Pizza, Bosco	1 EACH	1	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	9.0	0.0	0.00	0.00
.....	...	0	0	0	0	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	10	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	30	147	0	2	4.28	0.43	8.2	105	14.33	20	1.8	37.62	0.54	0.18	0.00
Apples, Red, 138 ct, #9203	EACH	10	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	10	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Apple, Sliced, Bags	EACH	0	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	94	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Barbeque Sauce	1 OZ	1	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	TBS.	20	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	5	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
	1 OZ															
CD, Jalapenos,	1.35 OZ.	5	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
	SVG.															
CD, Mayonnaise, Lite	1 OZ	5	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	1	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	5	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	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 ¹ (g)
Wed - 05/10/2017																
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	80	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 % of Calories			708	56	1185	6.46	*4.94	*1066.9	*3871	*18.95	*43 *24.1%	31.94 18.0%	80.67 45.6%	29.31 37.3%	9.27 11.8%	*0.00 *0.0%
Nutrient Guideline			600-650		1230									<=30.0	<10.00	

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/11/2017																
Quantum Lunch 4-8	Total	100														
Corn Dog	1 EACH	35	240	40	390	5.00	1.80	80.0	0	0.0	5	9.0	30.0	8.0	2.50	0.00
Sand: Chix, Spicy, Parmesan	1 EACH	10	444	53	969	6.00	3.31	230.6	516	2.22	*4	32.22	53.41	13.55	3.12	*0.00
Cheesy Bread	1 EACH	45	399	30	501	3.00	2.80	424.0	108	4.5	3	22.85	37.96	17.26	6.81	0.00
Sand: PBJ, Grape, WG	1 EACH	5	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP: Sand: Ham&Trky Club -DW	1 EACH	2	375	78	980	3.00	2.52	350.0	300	0.6	*3	31.5	34.0	14.25	6.50	0.00
FP: Salad: Chef, Gourmet	1 EACH	2	340	72	725	3.97	2.45	268.8	737	5.36	*4	26.15	30.7	14.62	7.34	*0.00
FP,Parfait,Yog,Cinn Bitz,Peach	EACH	1	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FP: SB, Kale/Romaine	2.2 OZ.	7	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrots, Raw, Baby: 3.2 oz	3.2 oz. svg.	20	32	0	71	3.24	9.72	0.8	12509	2.43	5	0.0	8.1	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	2	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	3	12	0	30	0.63	0.33	3.6	165	11.3	*N/A*	0.82	2.25	0.13	0.02	0.00
SB, Peppers, Bell Green	SERVING	1	16	0	2	1.56	0.28	7.8	273	62.68	2	0.78	3.9	0.0	0.00	0.00
Sugar Snap Peas	, 2.75oz SERVING	3	1417	0	1984	85.06	30.62	567.0	42524	340.19	85	85.06	255.15	0.0	0.00	0.00
SB, Corn: Frozen, yellow	, 2.4 OZ .5 CUP	1	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	1	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
SB, Pasta Salad	, 3.5 oz 1/2 Cup	1	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	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	10	35	0	5	0.50	0.00	0.0	150	0.6	8	0.0	8.5	0.0	0.00	0.00
Kiwi, Wedges	4.90 OZ.	30	81	0	0	4.03	0.73	40.3	201	132.87	12	2.01	20.13	0.0	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	10	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	10	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Apple, Sliced, Bags	EACH	0	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	94	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Barbeque Sauce	1 OZ	1	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	TBS.	20	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	5	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	1 OZ 1.35 OZ.	5	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
CD, Mayonnaise, Lite	SVG.															
CD, Mustard	1 OZ	5	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Pickles, Dill	1 tsp	1	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	5	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	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 ¹ (g)
Thu - 05/11/2017																
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	80	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 % of Calories			710	50	1040	9.39	*5.83	*624.2	*5009	*68.04	*39 *21.9%	30.91 17.4%	84.00 47.4%	27.56 35.0%	7.21 9.1%	*0.00 *0.0%
Nutrient Guideline			600-650		1230									<=30.0	<10.00	

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/12/2017																
Quantum Lunch 4-8	Total	100														
Shrimp Poppers w Goldfish	1 EACH	10	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	40	438	47	1026	5.80	1.36	40.0	178	3.6	1	24.0	46.0	17.5	3.00	0.00
	, 6 pcs															
Burrito, Bean & Cheese	1 EACH	40	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	5	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP: Sand: Tuna Sub - Middle	SANDWIC	2	288	32	568	3.03	2.00	117.5	445	0.42	4	25.52	34.25	7.53	0.52	0.00
FP:Salad:SouthWestern Chic.	1 EACH	2	520	95	989	7.45	2.20	62.0	169	56.08	*6	22.15	48.14	27.14	4.84	*0.00
FP,Parfait,Yog,Cinn Bitz,Peach	EACH	1	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FP: SB, Kale/Romaine	2.2 OZ.	7	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrots, Raw, Baby: 3.2 oz	3.2 oz. svg.	20	32	0	71	3.24	9.72	0.8	12509	2.43	5	0.0	8.1	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	3	12	0	30	0.63	0.33	3.6	165	11.3	*N/A*	0.82	2.25	0.13	0.02	0.00
SB, Corn: Frozen, yellow	SERVING	1	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
	, 3 oz															
SB, Zucchini	.5 CUP	3	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	2	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
	, 3 oz															
SB, Peas, thawed	SERVING	1	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
	, 3.5 oz															
SB, Pasta Salad	1/2 Cup	1	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	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	10	37	0	6	1.23	0.00	0.0	37	0.0	7	0.0	8.62	0.0	0.00	0.00
Watermelon, with Rind	SERVING	60	46	0	2	0.00	0.28	15.3	842	11.94	9	1.53	12.25	0.0	0.00	0.00
	, 5.4 oz															
Apples, Red, 138 ct, #9203	EACH	10	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	10	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Apple, Sliced, Bags	EACH	0	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	94	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Barbeque Sauce	1 OZ	1	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	TBS.	20	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	5	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
	1 OZ															
CD, Jalapenos,	1.35 OZ.	5	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
	SVG.															
CD, Mayonnaise, Lite	1 OZ	5	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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

Page 21

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	Portion Size	Reimb Qty	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 ¹ (g)
Fri - 05/12/2017																
CD, Mustard	1 tsp	1	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	5	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, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	80	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			727	45	1181	7.31	*5.44	*433.1	*4172	*24.93	*37	29.32	86.94	29.88	4.21	*0.00
% of Calories											*20.2%	16.1%	47.8%	37.0%	5.2%	*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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/15/2017																
Quantum Lunch 4-8	Total	100														
Beef, Burger, Smokie Grill	1 EACH	55	390	70	660	3.00	3.24	120.0	0	0.0	*3	24.0	32.0	19.0	7.00	*1.00
Quesadilla Chicken	SERVING	20	300	45	560	3.00	2.70	250.0	200	0.0	1	19.0	31.0	11.0	4.50	0.00
Sand: Cheese, Grilled, WG	1 EACH	15	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	5	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP: Sand: Turkey, Sub	SANDWIC	2	390	75	820	3.00	2.16	300.0	400	0.0	*3	31.0	33.0	16.0	7.50	0.00
FP: Salad: Chicken Caesar	1 EACH	2	468	75	815	5.93	3.19	290.0	9929	27.22	4	28.79	32.64	25.44	6.48	0.00
FP,Parfait,Yog,Cinn Bitz,Peach	EACH	1	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FP: SB, Kale/Romaine	2.2 OZ.	7	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrots, Raw, Baby: 3.2 oz	3.2 oz. svg.	20	32	0	71	3.24	9.72	0.8	12509	2.43	5	0.0	8.1	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	3	12	0	30	0.63	0.33	3.6	165	11.3	*N/A*	0.82	2.25	0.13	0.02	0.00
SB, Peppers, Bell Green	.5 CUP	2	8	0	1	0.78	0.14	3.9	136	31.34	1	0.39	1.95	0.0	0.00	0.00
Sugar Snap Peas	SERVING	1	1417	0	1984	85.06	30.62	567.0	42524	340.19	85	85.06	255.15	0.0	0.00	0.00
SB, Corn: Frozen, yellow	, 2.4 OZ SERVING	1	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	2	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	1	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*0.00
SB, CND, Applesauce Cinnamon	.5 CUP	20	43	0	1	0.77	0.08	2.0	4	1.08	9	0.1	11.17	0.11	0.02	0.00
.....	...	30	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Tangerines/Whole	EACH	30	50	0	0	2.00	0.00	40.0	300	27.0	9	1.0	2.0	0.0	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	10	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	10	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Apple, Sliced, Bags	EACH	0	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	94	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Barbeque Sauce	1 OZ	1	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	TBS.	20	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	5	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	1 OZ 1.35 OZ. SVG.	5	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	5	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	1	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	5	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, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/15/2017																
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	80	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 % of Calories			689	69	1102	6.24	*5.38	*1184.4	*4381	*27.86	*37 *21.2%	32.12 18.6%	70.50 40.9%	30.05 39.2%	8.55 11.2%	*0.55 *0.7%
Nutrient Guideline			600-650		1230									<=30.0	<10.00	

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/16/2017																
Quantum Lunch 4-8	Total	100														
Brunch 4 Lunch, Fr. Toast Ssg	SERVING	40	372	44	550	4.20	3.60	244.0	478	7.5	8	19.8	38.0	16.0	3.90	0.00
Chix: Oven / Goldfish Cracker	1 EACH	10	292	76	646	2.01	1.45	40.3	0	0.0	0	19.2	20.08	14.64	3.53	0.00
FP: Nacho Sauce with Chips	3 oz	40	1533	151	2276	18.70	11.47	5744.6	2779	4.6	*3	53.08	120.84	92.12	43.54	*0.00
Sand: PBJ, Grape, WG	EACH	5	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP: Sand: Ham, Sub	1 EACH	2	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	2	608	83	1110	7.35	4.67	604.7	14050	67.14	*4	26.87	37.33	37.82	17.71	18.79
FP,Parfait,Yog,Cinn Bitz,Peach	EACH	1	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FP: SB, Kale/Romaine	2.2 OZ.	7	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrots, Raw, Baby: 3.2 oz	3.2 oz. svg.	20	32	0	71	3.24	9.72	0.8	12509	2.43	5	0.0	8.1	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	3	12	0	30	0.63	0.33	3.6	165	11.3	*N/A*	0.82	2.25	0.13	0.02	0.00
SB, Peppers, Bell Green	SERVING	1	16	0	2	1.56	0.28	7.8	273	62.68	2	0.78	3.9	0.0	0.00	0.00
Sugar Snap Peas	SERVING	3	1417	0	1984	85.06	30.62	567.0	42524	340.19	85	85.06	255.15	0.0	0.00	0.00
SB, Peas, thawed	SERVING	1	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	0	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	1	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	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	10	31	0	4	0.44	0.32	8.9	133	94.19	8	0.44	7.54	0.0	0.00	0.00
Strawberries, Raw	SERVING	30	28	0	1	1.72	0.35	13.8	10	50.68	4	0.58	6.62	0.26	0.13	0.00
Apples, Red, 138 ct, #9203	EACH	10	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	10	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Apple, Sliced, Bags	EACH	0	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc,NF,90 ea./Hollandia	1 EACH	94	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Barbeque Sauce	1 OZ	1	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	TBS.	20	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	5	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	1 OZ															
CD, Mayonnaise, Lite	1.35 OZ. SVG.	5	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
	1 OZ	5	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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/16/2017																
CD, Mustard	1 tsp	1	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	5	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, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	80	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			1182	103	1785	14.43	*9.76	*2781.6	*6422	*56.61	*37	44.94	112.55	60.89	22.53	*0.38
% of Calories											*12.6%	15.2%	38.1%	46.4%	17.2%	*0.3%
Nutrient Guideline			600-650		1230									<=30.0	<10.00	

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/17/2017																
Quantum Lunch 4-8	Total	100														
Pizza,Nardone Bros.**NEW**	EACH	45	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	25	393	86	769	4.00	2.36	38.0	167	0.0	0	21.0	31.0	20.5	4.00	0.00
FP: Macaroni & Cheese	SERVING	20	140	0	260	3.00	1.80	60.0	0	0.0	*3	7.0	28.0	2.0	0.50	*0.00
	, 9 oz															
Sand: PBJ, Grape, WG	1 EACH	5	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP: Sand: Italian Combo Sub	SANDWIC	2	395	84	1162	3.00	3.14	390.3	560	3.28	*3	30.18	35.04	16.91	7.20	*0.00
FP: Salad: Chef, Gourmet	1 EACH	2	340	72	725	3.97	2.45	268.8	737	5.36	*4	26.15	30.7	14.62	7.34	*0.00
FP,Parfait,Yog,Cinn Bitz,Peach	EACH	1	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
Pizza, Stix, Stuffed Crust - E	1 EACH	1	300	10	740	4.00	2.16	300.0	200	0.0	*N/A*	14.0	34.0	12.0	4.00	*N/A*
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
A to Z Xigua	.5 CUP	1	24	0	1	0.32	0.19	5.6	455	6.48	5	0.49	6.04	0.12	0.01	0.00
FP: SB, Kale/Romaine	2.2 OZ.	3	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrots, Raw, Baby: 3.2 oz	3.2 oz. svg.	20	32	0	71	3.24	9.72	0.8	12509	2.43	5	0.0	8.1	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	7	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	3	12	0	30	0.63	0.33	3.6	165	11.3	*N/A*	0.82	2.25	0.13	0.02	0.00
SB, Peppers, Bell Green	.5 CUP	2	8	0	1	0.78	0.14	3.9	136	31.34	1	0.39	1.95	0.0	0.00	0.00
SB, Corn: Frozen, yellow	SERVING	1	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
	, 3 oz															
SB, Edamame	.5 CUP	1	50	0	15	2.00	0.72	20.0	250	3.0	0	4.0	4.5	1.5	0.00	0.00
SB, Pasta Salad	1/2 Cup	1	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*0.00
SB: Sauce, Pizza, Bosco	1 EACH	1	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	9.0	0.0	0.00	0.00
.....	...	0	0	0	0	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	10	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,	1 EACH	30	147	0	2	4.28	0.43	8.2	105	14.33	20	1.8	37.62	0.54	0.18	0.00
Apples, Red, 138 ct, #9203	EACH	10	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	10	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Apple, Sliced, Bags	EACH	0	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	94	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Barbeque Sauce	1 OZ	1	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	TBS.	20	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	5	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
	1 OZ															
CD, Jalapenos,	1.35 OZ.	5	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
	SVG.															
CD, Mayonnaise, Lite	1 OZ	5	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	1	0	0	60	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/17/2017																
CD, Pickles, Dill	.125 CUP	5	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, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	80	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	57	1053	6.18	*4.78	*516.1	*3644	*16.45	*39	28.34	76.24	29.16	7.76	*0.00
% of Calories											*23.3%	16.9%	45.4%	39.0%	10.4%	*0.0%
Nutrient Guideline			600-650		1230									<=30.0	<10.00	

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

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/18/2017																
Quantum Lunch 4-8	Total	100														
Corn Dog	1 EACH	35	240	40	390	5.00	1.80	80.0	0	0.0	5	9.0	30.0	8.0	2.50	0.00
Sand: Chix, Spicy, Parmesan	1 EACH	10	444	53	969	6.00	3.31	230.6	516	2.22	*4	32.22	53.41	13.55	3.12	*0.00
Cheesy Bread	1 EACH	45	399	30	501	3.00	2.80	424.0	108	4.5	3	22.85	37.96	17.26	6.81	0.00
Sand: PBJ, Grape, WG	1 EACH	5	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP: Sand: Ham&Trky Club -DW	1 EACH	2	375	78	980	3.00	2.52	350.0	300	0.6	*3	31.5	34.0	14.25	6.50	0.00
FP: Salad: Chef, Gourmet	1 EACH	2	340	72	725	3.97	2.45	268.8	737	5.36	*4	26.15	30.7	14.62	7.34	*0.00
FP,Parfait,Yog,Cinn Bitz,Peach	EACH	1	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FP: SB, Kale/Romaine	2.2 OZ.	7	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrots, Raw, Baby: 3.2 oz	3.2 oz. svg.	20	32	0	71	3.24	9.72	0.8	12509	2.43	5	0.0	8.1	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	2	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	3	12	0	30	0.63	0.33	3.6	165	11.3	*N/A*	0.82	2.25	0.13	0.02	0.00
SB, Peppers, Bell Green	SERVING	1	16	0	2	1.56	0.28	7.8	273	62.68	2	0.78	3.9	0.0	0.00	0.00
Sugar Snap Peas	, 2.75oz SERVING	3	1417	0	1984	85.06	30.62	567.0	42524	340.19	85	85.06	255.15	0.0	0.00	0.00
SB, Corn: Frozen, yellow	, 2.4 OZ .5 CUP	1	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	1	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
SB, Pasta Salad	, 3.5 oz 1/2 Cup	1	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	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	10	35	0	5	0.50	0.00	0.0	150	0.6	8	0.0	8.5	0.0	0.00	0.00
Kiwi, Wedges	4.90 OZ.	30	81	0	0	4.03	0.73	40.3	201	132.87	12	2.01	20.13	0.0	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	10	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	10	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Apple, Sliced, Bags	EACH	0	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	94	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Barbeque Sauce	1 OZ	1	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	TBS.	20	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	5	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	1 OZ 1.35 OZ. SVG.	5	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	5	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	1	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	5	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	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 ¹ (g)
Thu - 05/18/2017																
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	80	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 % of Calories			710	50	1040	9.39	*5.83	*624.2	*5009	*68.04	*39 *21.9%	30.91 17.4%	84.00 47.4%	27.56 35.0%	7.21 9.1%	*0.00 *0.0%
Nutrient Guideline			600-650		1230									<=30.0	<10.00	

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/19/2017																
Quantum Lunch 4-8	Total	100														
Shrimp Poppers w Goldfish	1 EACH	10	416	39	587	4.83	1.05	32.8	0	0.0	*0	22.14	49.72	14.98	2.28	*0.00
Beef, West. Bac. Ch.Burger	1 EACH	40	634	90	1519	4.79	3.88	254.6	200	1.43	*6	34.29	50.2	33.27	12.14	*1.00
Burrito, Bean & Cheese	1 EACH	40	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	5	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP: Sand: Tuna Sub - Middle	SANDWIC	2	288	32	568	3.03	2.00	117.5	445	0.42	4	25.52	34.25	7.53	0.52	0.00
FP:Salad:SouthWestern Chic.	1 EACH	2	520	95	989	7.45	2.20	62.0	169	56.08	*6	22.15	48.14	27.14	4.84	*0.00
FP,Parfait,Yog,Cinn Bitz,Peach	EACH	1	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FP: SB, Kale/Romaine	2.2 OZ.	7	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrots, Raw, Baby: 3.2 oz	3.2 oz. svg.	20	32	0	71	3.24	9.72	0.8	12509	2.43	5	0.0	8.1	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	3	12	0	30	0.63	0.33	3.6	165	11.3	*N/A*	0.82	2.25	0.13	0.02	0.00
SB, Corn: Frozen, yellow	SERVING	1	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
	, 3 oz															
SB, Zucchini	.5 CUP	3	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	2	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
	, 3 oz															
SB, Peas, thawed	SERVING	1	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
	, 3.5 oz															
SB, Pasta Salad	1/2 Cup	1	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	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	10	37	0	6	1.23	0.00	0.0	37	0.0	7	0.0	8.62	0.0	0.00	0.00
Watermelon, with Rind	SERVING	60	46	0	2	0.00	0.28	15.3	842	11.94	9	1.53	12.25	0.0	0.00	0.00
	, 5.4 oz															
Apples, Red, 138 ct, #9203	EACH	10	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	10	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Apple, Sliced, Bags	EACH	0	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	94	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Barbeque Sauce	1 OZ	1	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	TBS.	20	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	5	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
	1 OZ															
CD, Jalapenos,	1.35 OZ.	5	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
	SVG.															
CD, Mayonnaise, Lite	1 OZ	5	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	1	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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

Page 31

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/19/2017																
CD, Pickles, Dill	.125 CUP	5	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, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	80	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			806	62	1378	6.90	*6.45	*519.0	*4180	*24.06	*39	33.43	88.62	36.19	7.87	*0.40
% of Calories											*19.4%	16.6%	44.0%	40.4%	8.8%	*0.4%
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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/22/2017																
Quantum Lunch 4-8	Total	100														
Cheeseburger Mini	1 EACH	45	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
FP: Taco, Beef Dip/ Nacho Chip	5.75 oz/serving	25	603	64	1237	9.93	5.26	283.0	785	7.0	2	23.93	48.9	32.53	12.46	0.00
Sand: Cheese, Grilled, WG	1 EACH	20	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	5	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP: Sand: Turkey, Sub	SANDWIC	2	390	75	820	3.00	2.16	300.0	400	0.0	*3	31.0	33.0	16.0	7.50	0.00
FP: Salad: Chicken Caesar	1 EACH	2	468	75	815	5.93	3.19	290.0	9929	27.22	4	28.79	32.64	25.44	6.48	0.00
FP,Parfait,Yog,Cinn Bitz,Peach	EACH	1	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FP: SB, Kale/Romaine	2.2 OZ.	7	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrots, Raw, Baby: 3.2 oz	3.2 oz. svg.	20	32	0	71	3.24	9.72	0.8	12509	2.43	5	0.0	8.1	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	3	12	0	30	0.63	0.33	3.6	165	11.3	*N/A*	0.82	2.25	0.13	0.02	0.00
SB, Peppers, Bell Green	.5 CUP	2	8	0	1	0.78	0.14	3.9	136	31.34	1	0.39	1.95	0.0	0.00	0.00
Sugar Snap Peas	SERVING , 2.4 OZ	1	1417	0	1984	85.06	30.62	567.0	42524	340.19	85	85.06	255.15	0.0	0.00	0.00
SB, Corn: Frozen, yellow	SERVING , 3 oz	1	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	2	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	1	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*0.00
SB, CND, Applesauce Cinnamon	.5 CUP	20	43	0	1	0.77	0.08	2.0	4	1.08	9	0.1	11.17	0.11	0.02	0.00
.....	...	30	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Fruit, Fresh Mon 1	1 EACH	30	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	10	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	10	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Apple, Sliced, Bags	EACH	0	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	94	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Barbeque Sauce	1 OZ	1	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	TBS.	20	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	5	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	1.35 OZ. SVG.	5	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
CD, Mayonnaise, Lite	1 OZ	5	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	1	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	5	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/22/2017																
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	80	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 % of Calories			687	59	1125	7.19	*5.71	*1396.6	*4519	*21.51	*34 *19.9%	30.60 17.8%	73.96 43.1%	29.54 38.7%	8.49 11.1%	*0.00 *0.0%
Nutrient Guideline			600-650		1230									<=30.0	<10.00	

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/23/2017																
Quantum Lunch 4-8	Total	100														
Sand: Fltbrd, Chicken/Cheese	1 EACH	10	354	67	613	2.53	0.96	224.0	304	0.07	2	21.69	27.01	17.31	8.68	0.00
Chix: Tang./ Brown Rice-Elem.	1 EACH	35	343	90	290	1.33	1.92	20.0	0	1.2	9	21.67	35.66	12.67	2.50	0.00
Bean & Cheese Pupusa	EACH 5.5o	45	290	15	480	4.00	1.44	249.9	200	1.2	1	12.99	34.98	10.99	3.50	0.00
Sand: PBJ, Grape, WG	EACH	5	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP: Sand: Ham, Sub	1 EACH	2	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	2	608	83	1110	7.35	4.67	604.7	14050	67.14	*4	26.87	37.33	37.82	17.71	18.79
FP,Parfait,Yog,Cinn Bitz,Peach	EACH	1	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FP: SB, Kale/Romaine	2.2 OZ.	7	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrots, Raw, Baby: 3.2 oz	3.2 oz. svg.	20	32	0	71	3.24	9.72	0.8	12509	2.43	5	0.0	8.1	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	3	12	0	30	0.63	0.33	3.6	165	11.3	*N/A*	0.82	2.25	0.13	0.02	0.00
SB, Peppers, Bell Green	SERVING	1	16	0	2	1.56	0.28	7.8	273	62.68	2	0.78	3.9	0.0	0.00	0.00
Sugar Snap Peas	, 2.75oz SERVING	3	1417	0	1984	85.06	30.62	567.0	42524	340.19	85	85.06	255.15	0.0	0.00	0.00
SB, Peas, thawed	, 2.4 OZ SERVING	1	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	, 3.5 oz .5 CUP	0	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	1	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	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	10	31	0	4	0.44	0.32	8.9	133	94.19	8	0.44	7.54	0.0	0.00	0.00
Fruit, Fresh Tues 1	4 oz 1 EACH	30	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	30	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	10	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	10	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Apple, Sliced, Bags	EACH	0	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	94	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Barbeque Sauce	1 OZ	1	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	TBS.	20	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	5	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	1 OZ 1.35 OZ.	5	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
CD, Mayonnaise, Lite	SVG. 1 OZ	5	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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

Page 35

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/23/2017																
CD, Mustard	1 tsp	1	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	5	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, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	80	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			668	62	969	7.07	*4.90	*519.8	*5236	*37.53	*35	29.30	75.94	27.22	6.48	*0.38
% of Calories											*21.2%	17.5%	45.5%	36.7%	8.7%	*0.5%
Nutrient Guideline			600-650		1230									<=30.0	<10.00	

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/24/2017																
Quantum Lunch 4-8	Total	100														
Pizza,Nardone Bros.**NEW**	EACH	60	360	40	610	3.00	2.70	299.9	500	11.99	7	21.99	29.99	16.99	8.00	0.00
FP: Spaghetti / Garlic Toast	2/3 Cup	20	220	25	397	1.91	1.85	163.3	149	6.02	*5	13.51	18.49	10.2	4.12	*0.00
Sand: Cheese, Grilled, WG	1 EACH	10	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	5	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP: Sand: Italian Combo Sub	SANDWIC	2	395	84	1162	3.00	3.14	390.3	560	3.28	*3	30.18	35.04	16.91	7.20	*0.00
FP: Salad: Chef, Gourmet	1 EACH	2	340	72	725	3.97	2.45	268.8	737	5.36	*4	26.15	30.7	14.62	7.34	*0.00
FP,Parfait,Yog,Cinn Bitz,Peach	EACH	1	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
Pizza, Stix, Stuffed Crust - E	1 EACH	1	300	10	740	4.00	2.16	300.0	200	0.0	*N/A*	14.0	34.0	12.0	4.00	*N/A*
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FP: SB, Kale/Romaine	2.2 OZ.	3	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrots, Raw, Baby: 3.2 oz	3.2 oz. svg.	20	32	0	71	3.24	9.72	0.8	12509	2.43	5	0.0	8.1	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	7	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	3	12	0	30	0.63	0.33	3.6	165	11.3	*N/A*	0.82	2.25	0.13	0.02	0.00
SB, Peppers, Bell Green	.5 CUP	2	8	0	1	0.78	0.14	3.9	136	31.34	1	0.39	1.95	0.0	0.00	0.00
SB, Corn: Frozen, yellow	SERVING	1	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
	, 3 oz															
SB, Edamame	.5 CUP	1	50	0	15	2.00	0.72	20.0	250	3.0	0	4.0	4.5	1.5	0.00	0.00
SB, Pasta Salad	1/2 Cup	1	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*0.00
SB: Sauce, Pizza, Bosco	1 EACH	1	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	9.0	0.0	0.00	0.00
.....	...	0	0	0	0	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	10	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	30	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	10	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	10	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Apple, Sliced, Bags	EACH	0	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	94	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Barbeque Sauce	1 OZ	1	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	TBS.	20	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	5	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
	1 OZ															
CD, Jalapenos,	1.35 OZ.	5	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
	SVG.															
CD, Mayonnaise, Lite	1 OZ	5	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	1	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	5	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, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00

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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/24/2017																
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	80	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 % of Calories			628	49	1037	4.42	*4.64	*1034.7	*3723	*15.08	*35 *22.4%	29.00 18.5%	62.84 40.0%	29.05 41.7%	9.19 13.2%	*0.00 *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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/25/2017																
Quantum Lunch 4-8	Total	100														
Corn Dog	1 EACH	35	240	40	390	5.00	1.80	80.0	0	0.0	5	9.0	30.0	8.0	2.50	0.00
Sand: Chix, Spicy, Parmesan	1 EACH	10	444	53	969	6.00	3.31	230.6	516	2.22	*4	32.22	53.41	13.55	3.12	*0.00
Cheesy Bread	1 EACH	45	399	30	501	3.00	2.80	424.0	108	4.5	3	22.85	37.96	17.26	6.81	0.00
Sand: PBJ, Grape, WG	1 EACH	5	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP: Sand: Ham&Trky Club -DW	1 EACH	2	375	78	980	3.00	2.52	350.0	300	0.6	*3	31.5	34.0	14.25	6.50	0.00
FP: Salad: Chef, Gourmet	1 EACH	2	340	72	725	3.97	2.45	268.8	737	5.36	*4	26.15	30.7	14.62	7.34	*0.00
FP,Parfait,Yog,Cinn Bitz,Peach	EACH	1	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
.....	...	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FP: SB, Kale/Romaine	2.2 OZ.	7	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrots, Raw, Baby: 3.2 oz	3.2 oz. svq.	20	32	0	71	3.24	9.72	0.8	12509	2.43	5	0.0	8.1	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	2	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	3	12	0	30	0.63	0.33	3.6	165	11.3	*N/A*	0.82	2.25	0.13	0.02	0.00
SB, Peppers, Bell Green	SERVING	1	16	0	2	1.56	0.28	7.8	273	62.68	2	0.78	3.9	0.0	0.00	0.00
Sugar Snap Peas	, 2.75oz SERVING	3	1417	0	1984	85.06	30.62	567.0	42524	340.19	85	85.06	255.15	0.0	0.00	0.00
SB, Corn: Frozen, yellow	, 2.4 OZ .5 CUP	1	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	1	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
SB, Pasta Salad	, 3.5 oz 1/2 Cup	1	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	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	10	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	30	4	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Apples, Red, 138 ct, #9203	EACH	10	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	10	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Apple, Sliced, Bags	EACH	0	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	94	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Barbeque Sauce	1 OZ	1	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	TBS.	20	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	5	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	1 OZ 1.35 OZ.	5	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
CD, Mayonnaise, Lite	SVG.															
CD, Mustard	1 OZ	5	51	6	98	0.00	0.22	19.0	492	0.33	1	0.0	2.32	4.63	0.58	0.00
CD, Pickles, Dill	1 tsp	1	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	5	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/25/2017																
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	80	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 % of Calories			687	*50	*1040	*8.18	*5.62	*612.1	*4949	*28.18	*35 *20.5%	*30.31 *17.7%	*77.96 *45.4%	*27.56 *36.1%	*7.21 *9.4%	*0.00 *0.0%
Nutrient Guideline			600-650		1230									<=30.0	<10.00	

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/26/2017																
Quantum Lunch 4-8	Total	100														
Shrimp Poppers w Goldfish	1 EACH	10	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	40	438	47	1026	5.80	1.36	40.0	178	3.6	1	24.0	46.0	17.5	3.00	0.00
	, 6 pcs															
Burrito, Bean & Cheese	1 EACH	40	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	5	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP: Sand: Tuna Sub - Middle	SANDWIC	2	288	32	568	3.03	2.00	117.5	445	0.42	4	25.52	34.25	7.53	0.52	0.00
FP:Salad:SouthWestern Chic.	1 EACH	2	520	95	989	7.45	2.20	62.0	169	56.08	*6	22.15	48.14	27.14	4.84	*0.00
FP,Parfait,Yog,Cinn Bitz,Peach	EACH	1	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FP: SB, Kale/Romaine	2.2 OZ.	7	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrots, Raw, Baby: 3.2 oz	3.2 oz. svg.	20	32	0	71	3.24	9.72	0.8	12509	2.43	5	0.0	8.1	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	3	12	0	30	0.63	0.33	3.6	165	11.3	*N/A*	0.82	2.25	0.13	0.02	0.00
SB, Corn: Frozen, yellow	SERVING	1	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
	, 3 oz															
SB, Zucchini	.5 CUP	3	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	2	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
	, 3 oz															
SB, Peas, thawed	SERVING	1	74	0	69	5.25	1.50	22.7	2005	882.01	4	4.92	13.62	0.26	0.05	0.00
	, 3.5 oz															
SB, Pasta Salad	1/2 Cup	1	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	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	10	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	60	4	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Apples, Red, 138 ct, #9203	EACH	10	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	10	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Apple, Sliced, Bags	EACH	0	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	94	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Barbeque Sauce	1 OZ	1	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	TBS.	20	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	5	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
	1 OZ															
CD, Jalapenos,	1.35 OZ.	5	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
	SVG.															
CD, Mayonnaise, Lite	1 OZ	5	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	1	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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/26/2017																
CD, Pickles, Dill	.125 CUP	5	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, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	80	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 % of Calories			702	*45	*1180	*7.31	*5.27	*424.0	*3666	*17.77	*31	*28.40	*79.59	*29.88	*4.21	*0.00
Nutrient Guideline			600-650		1230						*17.8%	*16.2%	*45.3%	*38.3%	*5.4%	*0.0%

Mon - 05/29/2017																
Quantum Lunch 4-8 HOLIDAY	Total SERVING	1	0	0	0	0.00	0.00	0.0	0	0.00	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			600-650		1230						0.0%	0.0%	0.0%	0.0%	0.0%	0.0%

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/30/2017																
Quantum Lunch 4-8	Total	100														
Brunch 4 Lunch, Fr. Toast Ssg	SERVING	40	372	44	550	4.20	3.60	244.0	478	7.5	8	19.8	38.0	16.0	3.90	0.00
Chix: Oven / Goldfish Cracker	1 EACH	10	292	76	646	2.01	1.45	40.3	0	0.0	0	19.2	20.08	14.64	3.53	0.00
FP: Nacho Sauce with Chips	3 oz	40	1533	151	2276	18.70	11.47	5744.6	2779	4.6	*3	53.08	120.84	92.12	43.54	*0.00
Sand: PBJ, Grape, WG	EACH	5	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP: Sand: Ham, Sub	1 EACH	2	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	2	608	83	1110	7.35	4.67	604.7	14050	67.14	*4	26.87	37.33	37.82	17.71	18.79
FP,Parfait,Yog,Cinn Bitz,Peach	EACH	1	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
Sand: Chix, Spicy Patty	SANDWIC	1	376	45	824	6.00	2.80	118.0	174	0.0	*4	28.0	48.0	10.0	1.00	*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
FP: SB, Kale/Romaine	2.2 OZ.	7	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrots, Raw, Baby: 3.2 oz	3.2 oz. svg.	20	32	0	71	3.24	9.72	0.8	12509	2.43	5	0.0	8.1	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	5	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	3	12	0	30	0.63	0.33	3.6	165	11.3	*N/A*	0.82	2.25	0.13	0.02	0.00
SB, Peppers, Bell Green	SERVING	1	16	0	2	1.56	0.28	7.8	273	62.68	2	0.78	3.9	0.0	0.00	0.00
Sugar Snap Peas	, 2.75oz SERVING	3	1417	0	1984	85.06	30.62	567.0	42524	340.19	85	85.06	255.15	0.0	0.00	0.00
SB, Peas, thawed	, 2.4 OZ SERVING	1	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	, 3.5 oz .5 CUP	0	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	1	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	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	10	31	0	4	0.44	0.32	8.9	133	94.19	8	0.44	7.54	0.0	0.00	0.00
Fruit, Fresh Tues 1	4 oz 1 EACH	30	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
.....	...	30	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	10	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	10	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Apple, Sliced, Bags	EACH	0	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	94	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Barbeque Sauce	1 OZ	1	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	TBS.	20	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	5	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
CD, Jalapenos,	1 OZ 1.35 OZ. SVG.	5	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/30/2017																
CD, Mayonnaise, Lite	1 OZ	5	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	1	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	5	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, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	80	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 % of Calories			1177	103	1793	13.97	*9.68	*2778.6	*6421	*41.40	*36 *12.3%	45.05 15.3%	111.04 37.7%	60.92 46.6%	22.50 17.2%	*0.38 *0.3%
Nutrient Guideline			600-650		1230									<=30.0	<10.00	

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/31/2017																
Quantum Lunch 4-8	Total	100														
Pizza,Nardone Bros.**NEW**	EACH	40	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 / Goldfsh	1 EACH	30	393	86	769	4.00	2.36	38.0	167	0.0	0	21.0	31.0	20.5	4.00	0.00
Sand: Cheese, Grilled, WG	1 EACH	20	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	5	610	0	620	7.00	1.80	80.0	125	0.0	25	20.0	69.0	31.0	4.50	0.00
FP: Sand: Italian Combo Sub	SANDWIC	2	395	84	1162	3.00	3.14	390.3	560	3.28	*3	30.18	35.04	16.91	7.20	*0.00
FP: Salad: Chef, Gourmet	1 EACH	2	340	72	725	3.97	2.45	268.8	737	5.36	*4	26.15	30.7	14.62	7.34	*0.00
FP,Parfait,Yog,Cinn Bitz,Peach	EACH	1	483	20	266	5.30	2.54	446.0	840	6.2	*44	15.5	85.39	11.63	2.50	*0.00
Pizza, Stix, Stuffed Crust - E	1 EACH	1	300	10	740	4.00	2.16	300.0	200	0.0	*N/A*	14.0	34.0	12.0	4.00	*N/A*
.....	...	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
A to Z- Zucchini Pasta	1 CUP	1	19	0	9	1.13	0.42	18.1	226	20.23	*N/A*	1.37	3.51	0.36	0.09	0.00
FP: SB, Kale/Romaine	2.2 OZ.	3	15	0	14	1.15	1.30	36.9	5388	24.61	*0	1.03	2.99	0.1	0.00	*0.00
SB, Carrots, Raw, Baby: 3.2 oz	3.2 oz. svg.	20	32	0	71	3.24	9.72	0.8	12509	2.43	5	0.0	8.1	0.0	0.00	0.00
SB, Cucumber, Sliced	.5 CUP	7	5	0	1	0.30	0.09	6.0	101	1.36	1	0.25	0.92	0.07	0.00	0.00
SB, Tomatoes, Cherry	.75 CUP	3	12	0	30	0.63	0.33	3.6	165	11.3	*N/A*	0.82	2.25	0.13	0.02	0.00
SB, Peppers, Bell Green	.5 CUP	2	8	0	1	0.78	0.14	3.9	136	31.34	1	0.39	1.95	0.0	0.00	0.00
SB, Corn: Frozen, yellow	SERVING	1	76	0	9	0.94	0.00	0.0	0	2.27	5	2.83	17.95	0.94	0.00	0.00
	, 3 oz															
SB, Edamame	.5 CUP	1	50	0	15	2.00	0.72	20.0	250	3.0	0	4.0	4.5	1.5	0.00	0.00
SB, Pasta Salad	1/2 Cup	1	209	0	395	2.85	13.42	814.1	480	24.32	*3	4.31	24.19	10.59	2.03	*0.00
SB: Sauce, Pizza, Bosco	1 EACH	1	40	0	270	1.00	0.36	0.0	400	6.0	5	1.0	9.0	0.0	0.00	0.00
.....	...	0	0	0	0	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	10	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	30	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Apples, Red, 138 ct, #9203	EACH	10	76	0	2	2.37	0.00	0.0	0	0.0	14	0.0	18.97	0.0	0.00	0.00
Apples, Green, 163 ct, #2645	EACH	10	31	0	1	0.98	0.00	0.0	0	0.0	6	0.0	7.83	0.0	0.00	0.00
Apple, Sliced, Bags	EACH	0	26	0	7	0.44	0.20	6.2	0	0.0	*N/A*	0.2	5.99	0.12	0.00	*N/A*
Milk,1%,Pouch 8oz. Hollandia	1 EACH	4	120	10	150	0.00	0.00	350.3	500	2.4	14	10.01	14.01	2.5	1.50	0.00
Milk,Choc, NF,90 ea./Hollandia	1 EACH	94	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, FF	1 EACH	6	90	5	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Milk, Lactaid, 20ea/8oz	1 EACH	1	160	35	125	0.00	0.00	300.0	300	0.0	12	8.0	13.0	8.0	5.00	0.00
CD, Barbeque Sauce	1 OZ	1	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	TBS.	20	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	5	36	0	178	0.00	0.00	0.0	45	0.0	9	0.0	9.0	0.0	0.00	0.00
	1 OZ															
CD, Jalapenos,	1.35 OZ.	5	7	0	697	1.37	0.98	27.3	410	3.28	0	0.0	1.37	0.0	0.00	0.00
	SVG.															
CD, Mayonnaise, Lite	1 OZ	5	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	1	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	5	0	0	3	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	0.0	0.0	0.0	0.00	0.00

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Escondido Union School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Quantum Lunch 4-8

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/31/2017																
CD, Pico de Gallo/Salsa	.25 CUP	5	24	0	185	1.61	0.01	29.1	363	16.92	*2	0.78	5.91	0.05	0.00	*0.00
CD, Sauce, Tapatio	TSP	5	0	0	4	0.01	0.01	0.1	3	0.12	*N/A*	0.01	0.07	0.0	0.00	*N/A*
CD, Syrup, Maple	1 OZ	5	79	0	29	0.03	0.05	3.4	0	0.0	19	0.0	19.71	0.03	0.01	*N/A*
CD, Ranch Dressing - dispenser	Svg 2 Tbsp	80	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			658	65	1124	4.95	*4.60	*1418.7	*3698	*11.68	*33	30.07	65.58	30.76	8.52	*0.00
% of Calories											*20.2%	18.3%	39.9%	42.1%	11.7%	*0.0%
Nutrient Guideline			600-650		1230									<=30.0	<10.00	

Weighted Average			770	*65	*1221	*8.12	*6.02	*1099.6	*4655	*33.97	*37	*32.88	*82.64	*34.22	*9.68	*0.19
											*43.1%	*17.1%	*42.9%	*40.0%	*11.3%	*0.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	770		600 - 650	118%			120	Correction Required - Calories too High
Cholesterol (mg)	65				Missing			
Sodium (mg)	1221		1230		Missing			
Fiber (g)	8.12				Missing			
Iron (mg)	6.02				Missing			
Calcium (mg)	1099.6				Missing			
Vitamin A (IU)	4655				Missing			
Sugars (g)	37	19.18%			Missing			
Vitamin C (mg)	33.97				Missing			
Protein (g)	32.88	17.08%			Missing			
Carbohydrate (g)	82.64	42.93%			Missing			
Total Fat (g)	34.22	39.99%	<=30.00%		Missing		Correction Required - Total Fat too High	
Saturated Fat (g)	9.68	11.32%	<10.00%		Missing		Correction Required - Sat. Fat too High	
Trans Fat ¹ (g)	0.19	0.22%			Missing			

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