

Escondido Union School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

Page 1

Generated on: 2/5/2018 7:08:34 AM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Thu - 02/01/2018 | | | | | | | | | | | | | | | |
| Quantum Breakfast 4-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Bar, Breakfast, Oatmeal CC | 1 EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Cinnamon Roll, WG, IW | 1 EACH | 300 | 5 | 310 | 3.00 | 1.80 | 20.0 | 300 | 1.2 | 22 | 5.0 | 51.01 | 11.0 | 6.00 | 0.00 |
| Mexican Sweetbread | 1 EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| Pizza, Breakfast Sausage | 1 EACH | 185 | 16 | 355 | 1.87 | 0.83 | 191.0 | 245 | 7.5 | 2 | 9.95 | 18.47 | 8.66 | 4.18 | 0.00 |
| Brkfst-Egg,Cheese,Sau, Biscuit | 1 each | 345 | 150 | 716 | 2.00 | 2.18 | 191.8 | 389 | 0.01 | *5 | 15.81 | 29.6 | 18.15 | 6.51 | *0.00 |
| Bagel,Whole Grain & Cr. Cheese | 1 EACH | 264 | 30 | 273 | 3.30 | 1.80 | 33.3 | 202 | 0.0 | *3 | 7.93 | 35.53 | 9.72 | 6.13 | *0.00 |
| Pancakes,Mini, Maple | 1 EACH | 230 | 0 | 150 | 3.00 | 0.72 | 40.0 | 0 | 0.0 | 14 | 4.0 | 41.0 | 7.0 | 0.50 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Peaches, Sliced | SERVING, 4.5 oz | 70 | 0 | 10 | 1.00 | 0.00 | 0.0 | 300 | 1.2 | 16 | 0.0 | 17.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Apples, Green, 138ct, #2649 | EACH 1.9 | 32 | 0 | 1 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 6 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 1 EACH | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 130 | 0.0 | 13 | 0.0 | 13.5 | 0.0 | 0.00 | 0.00 |
| Juice, Apple 4 oz. | 1 EACH | 55 | 0 | 12 | 0.00 | 0.36 | 0.0 | 63 | 0.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk,Choc,Pouch,90/ea.8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Sauce, Tapatio | 1 OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| Weighted Daily Average | | 395 | 23 | 427 | 3.19 | 4.45 | 342.6 | 875 | 3.50 | *33 | 14.19 | 67.32 | 8.97 | 3.29 | *0.00 |
| % of Calories | | | | | | | | | | *33.9% | 14.4% | 68.2% | 20.4% | 7.5% | *0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | <=30.0 | <10.00 | |

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

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Escondido Union School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 02/02/2018 | | | | | | | | | | | | | | | |
| Quantum Breakfast 4-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Bar, Breakfast, Oatmeal CC | 1 EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Cinnamon Roll, WG, IW | 1 EACH | 300 | 5 | 310 | 3.00 | 1.80 | 20.0 | 300 | 1.2 | 22 | 5.0 | 51.01 | 11.0 | 6.00 | 0.00 |
| Mexican Sweetbread | 1 EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| Bk, Fr.Tst. Sausage | SERVING | 227 | 22 | 324 | 2.75 | 2.26 | 157.8 | 308 | 4.97 | 6 | 11.04 | 25.03 | 9.47 | 2.19 | 0.00 |
| Burrito, Ham,Egg,chs&tots | 1 EACH | 405 | 150 | 835 | 5.05 | 2.51 | 320.9 | 448 | 1.55 | *1 | 17.3 | 35.9 | 20.39 | 9.60 | *9.40 |
| Pizza, Breakfast Sausage | 1 EACH | 185 | 16 | 355 | 1.87 | 0.83 | 191.0 | 245 | 7.5 | 2 | 9.95 | 18.47 | 8.66 | 4.18 | 0.00 |
| Bagel,Whole Grain & Cr. Cheese | 1 EACH | 264 | 30 | 273 | 3.30 | 1.80 | 33.3 | 202 | 0.0 | *3 | 7.93 | 35.53 | 9.72 | 6.13 | *0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Pears | SERVING, 3.5 oz | 74 | 0 | 12 | 2.46 | 0.00 | 0.0 | 74 | 0.0 | 15 | 0.0 | 17.24 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Apples, Green, 138ct, #2649 | EACH 1.9 | 32 | 0 | 1 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 6 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 1 EACH | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 130 | 0.0 | 13 | 0.0 | 13.5 | 0.0 | 0.00 | 0.00 |
| Juice, Apple 4 oz. | 1 EACH | 55 | 0 | 12 | 0.00 | 0.36 | 0.0 | 63 | 0.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk,Choc,Pouch,90/ea.8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Sauce, Tapatio | 1 OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| Weighted Daily Average | | 395 | 17 | 414 | 3.70 | 4.54 | 347.3 | 835 | 3.54 | *33 | 14.14 | 67.56 | 8.70 | 3.16 | *0.47 |
| % of Calories | | | | | | | | | | *33.5% | 14.3% | 68.5% | 19.9% | 7.2% | *1.1% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | <=30.0 | <10.00 | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 02/05/2018 | | | | | | | | | | | | | | | |
| Quantum Breakfast 4-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Bar, Breakfast, Oatmeal CC | 1 EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Cinnamon Roll, WG, IW | 1 EACH | 300 | 5 | 310 | 3.00 | 1.80 | 20.0 | 300 | 1.2 | 22 | 5.0 | 51.01 | 11.0 | 6.00 | 0.00 |
| Mexican Sweetbread | 1 EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| Breakfast "Jax" Sandwich | 1 EACH | 385 | 150 | 911 | 0.00 | 0.92 | 91.8 | 364 | 0.61 | *0 | 19.31 | 33.1 | 20.4 | 7.76 | *0.00 |
| Burrito,Bacon,Egg,chs&tots | 1 EACH | 349 | 195 | 716 | 5.05 | 2.49 | 161.9 | 354 | 1.35 | 1 | 12.75 | 35.38 | 16.25 | 5.87 | 0.00 |
| Pizza, Breakfast Sausage | 1 EACH | 185 | 16 | 355 | 1.87 | 0.83 | 191.0 | 245 | 7.5 | 2 | 9.95 | 18.47 | 8.66 | 4.18 | 0.00 |
| Brkfst-Egg,Cheese,Sau, Biscuit | 1 each | 345 | 150 | 716 | 2.00 | 2.18 | 191.8 | 389 | 0.01 | *5 | 15.81 | 29.6 | 18.15 | 6.51 | *0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Applesauce Cinnamon | SERVING, 4.5 oz | 87 | 0 | 3 | 1.54 | 0.16 | 4.1 | 8 | 2.17 | 19 | 0.21 | 22.33 | 0.22 | 0.04 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Apples, Green, 138ct, #2649 | EACH 1.9 | 32 | 0 | 1 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 6 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 1 EACH | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 130 | 0.0 | 13 | 0.0 | 13.5 | 0.0 | 0.00 | 0.00 |
| Juice, Apple 4 oz. | 1 EACH | 55 | 0 | 12 | 0.00 | 0.36 | 0.0 | 63 | 0.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk,Choc,Pouch,90/ea.8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Sauce, Tapatio | 1 OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| Weighted Daily Average | | 409 | 36 | 460 | 3.48 | 4.52 | 338.6 | 824 | 3.56 | *33 | 14.53 | 69.41 | 9.51 | 3.45 | *0.00 |
| % of Calories | | | | | | | | | | *32.6% | 14.2% | 67.9% | 20.9% | 7.6% | *0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | <=30.0 | <10.00 | |

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Quantum Breakfast 4-8

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|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Tue - 02/06/2018 | | | | | | | | | | | | | | | |
| Quantum Breakfast 4-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Bar, Breakfast, Oatmeal CC | 1 EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Cinnamon Roll, WG, IW | 1 EACH | 300 | 5 | 310 | 3.00 | 1.80 | 20.0 | 300 | 1.2 | 22 | 5.0 | 51.01 | 11.0 | 6.00 | 0.00 |
| Mexican Sweetbread | 1 EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| Brkfst, Egg, Bacon, Tots Taco | 1 EACH | 259 | 195 | 546 | 3.05 | 1.77 | 121.9 | 354 | 1.35 | 1 | 10.75 | 21.38 | 13.75 | 4.87 | 0.00 |
| HomeRun Breakfast-Elem | SVG | 591 | 296 | 1515 | 2.00 | 3.14 | 86.6 | 427 | 7.37 | *6 | 23.35 | 62.38 | 27.81 | 6.10 | *0.00 |
| Bk, Fr.Tst. Sausage | SERVING | 227 | 22 | 324 | 2.75 | 2.26 | 157.8 | 308 | 4.97 | 6 | 11.04 | 25.03 | 9.47 | 2.19 | 0.00 |
| Brkfst,Burrito, Egg & Chorizo | 1 EACH | 200 | 40 | 370 | 3.00 | 2.70 | 150.0 | 500 | 1.2 | 0 | 9.0 | 22.0 | 9.0 | 3.50 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Fruit Mixed, Lt Syrup | SERVING, 3.5 oz | 72 | 0 | 8 | 1.40 | 0.40 | 7.6 | 132 | 2.4 | *N/A* | 0.6 | 18.8 | 0.0 | 0.00 | *N/A* |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Apples, Green, 138ct, #2649 | EACH 1.9 | 32 | 0 | 1 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 6 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 1 EACH | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 130 | 0.0 | 13 | 0.0 | 13.5 | 0.0 | 0.00 | 0.00 |
| Juice, Apple 4 oz. | 1 EACH | 55 | 0 | 12 | 0.00 | 0.36 | 0.0 | 63 | 0.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
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| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Sauce, Tapatio | 1 OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| Weighted Daily Average | | 383 | 30 | 410 | 3.29 | 4.50 | 330.8 | 836 | 3.64 | *30 | 13.62 | 66.27 | 8.39 | 2.97 | *0.00 |
| % of Calories | | | | | | | | | | *31.0% | 14.2% | 69.2% | 19.7% | 7.0% | *0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | <=30.0 | <10.00 | |

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Wed - 02/07/2018 | | | | | | | | | | | | | | | |
| Quantum Breakfast 4-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Bar, Breakfast, Oatmeal CC | 1 EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Cinnamon Roll, WG, IW | 1 EACH | 300 | 5 | 310 | 3.00 | 1.80 | 20.0 | 300 | 1.2 | 22 | 5.0 | 51.01 | 11.0 | 6.00 | 0.00 |
| Mexican Sweetbread | 1 EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| PK-Pizza,Bk.Turkey Sausage | 1 Each | 182 | 19 | 373 | 2.49 | 1.76 | 181.0 | 49 | 375.0 | 3 | 11.0 | 22.0 | 5.47 | 2.36 | 0.00 |
| Burrito,Bacon,Egg,chs&tots | 1 EACH | 349 | 195 | 716 | 5.05 | 2.49 | 161.9 | 354 | 1.35 | 1 | 12.75 | 35.38 | 16.25 | 5.87 | 0.00 |
| Bagel, Pizza , Breakfast | 1 EACH | 192 | 15 | 363 | 1.80 | 1.59 | 217.0 | 73 | 3.8 | 4 | 11.65 | 23.16 | 5.71 | 3.01 | 0.00 |
| Brkfst-Egg,Cheese,Sau, Biscuit | 1 each | 345 | 150 | 716 | 2.00 | 2.18 | 191.8 | 389 | 0.01 | *5 | 15.81 | 29.6 | 18.15 | 6.51 | *0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Pinappl Tidbt, Draind | SERVING, 4.0 oz | 94 | 0 | 0 | 1.34 | 0.48 | 26.8 | 0 | 12.07 | 19 | 1.01 | 22.8 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Apples, Green, 138ct, #2649 | EACH 1.9 | 32 | 0 | 1 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 6 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 1 EACH | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 130 | 0.0 | 13 | 0.0 | 13.5 | 0.0 | 0.00 | 0.00 |
| Juice, Apple 4 oz. | 1 EACH | 55 | 0 | 12 | 0.00 | 0.36 | 0.0 | 63 | 0.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk,Choc,Pouch,90/ea.8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Sauce, Tapatio | 1 OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| Weighted Daily Average | | 401 | 29 | 432 | 3.57 | 4.64 | 347.9 | 805 | 24.22 | *34 | 14.29 | 69.00 | 8.69 | 3.16 | *0.00 |
| % of Calories | | | | | | | | | | *33.5% | 14.3% | 68.9% | 19.5% | 7.1% | *0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | <=30.0 | <10.00 | |

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

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Thu - 02/08/2018 | | | | | | | | | | | | | | | |
| Quantum Breakfast 4-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Bar, Breakfast, Oatmeal CC | 1 EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Cinnamon Roll, WG, IW | 1 EACH | 300 | 5 | 310 | 3.00 | 1.80 | 20.0 | 300 | 1.2 | 22 | 5.0 | 51.01 | 11.0 | 6.00 | 0.00 |
| Mexican Sweetbread | 1 EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| Pizza, Breakfast Sausage | 1 EACH | 185 | 16 | 355 | 1.87 | 0.83 | 191.0 | 245 | 7.5 | 2 | 9.95 | 18.47 | 8.66 | 4.18 | 0.00 |
| Brkfst-Egg,Cheese,Sau, Biscuit | 1 each | 345 | 150 | 716 | 2.00 | 2.18 | 191.8 | 389 | 0.01 | *5 | 15.81 | 29.6 | 18.15 | 6.51 | *0.00 |
| Bagel,Whole Grain & Cr. Cheese | 1 EACH | 264 | 30 | 273 | 3.30 | 1.80 | 33.3 | 202 | 0.0 | *3 | 7.93 | 35.53 | 9.72 | 6.13 | *0.00 |
| Pancakes,Mini, Maple | 1 EACH | 230 | 0 | 150 | 3.00 | 0.72 | 40.0 | 0 | 0.0 | 14 | 4.0 | 41.0 | 7.0 | 0.50 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Peaches, Sliced | SERVING, 4.5 oz | 70 | 0 | 10 | 1.00 | 0.00 | 0.0 | 300 | 1.2 | 16 | 0.0 | 17.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Apples, Green, 138ct, #2649 | EACH 1.9 | 32 | 0 | 1 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 6 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 1 EACH | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 130 | 0.0 | 13 | 0.0 | 13.5 | 0.0 | 0.00 | 0.00 |
| Juice, Apple 4 oz. | 1 EACH | 55 | 0 | 12 | 0.00 | 0.36 | 0.0 | 63 | 0.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk,Choc,Pouch,90/ea.8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Sauce, Tapatio | 1 OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| Weighted Daily Average | | 395 | 23 | 427 | 3.19 | 4.45 | 342.6 | 875 | 3.50 | *33 | 14.19 | 67.32 | 8.97 | 3.29 | *0.00 |
| % of Calories | | | | | | | | | | *33.9% | 14.4% | 68.2% | 20.4% | 7.5% | *0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | <=30.0 | <10.00 | |

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

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

Page 7

Generated on: 2/5/2018 7:08:34 AM

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 02/09/2018 | | | | | | | | | | | | | | | |
| Quantum Breakfast 4-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Bar, Breakfast, Oatmeal CC | 1 EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Cinnamon Roll, WG, IW | 1 EACH | 300 | 5 | 310 | 3.00 | 1.80 | 20.0 | 300 | 1.2 | 22 | 5.0 | 51.01 | 11.0 | 6.00 | 0.00 |
| Mexican Sweetbread | 1 EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| Bk, Fr.Tst. Sausage | SERVING | 227 | 22 | 324 | 2.75 | 2.26 | 157.8 | 308 | 4.97 | 6 | 11.04 | 25.03 | 9.47 | 2.19 | 0.00 |
| Burrito, Ham,Egg,chs&tots | 1 EACH | 405 | 150 | 835 | 5.05 | 2.51 | 320.9 | 448 | 1.55 | *1 | 17.3 | 35.9 | 20.39 | 9.60 | *9.40 |
| Pizza, Breakfast Sausage | 1 EACH | 185 | 16 | 355 | 1.87 | 0.83 | 191.0 | 245 | 7.5 | 2 | 9.95 | 18.47 | 8.66 | 4.18 | 0.00 |
| Bagel,Whole Grain & Cr. Cheese | 1 EACH | 264 | 30 | 273 | 3.30 | 1.80 | 33.3 | 202 | 0.0 | *3 | 7.93 | 35.53 | 9.72 | 6.13 | *0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Pears | SERVING, 3.5 oz | 74 | 0 | 12 | 2.46 | 0.00 | 0.0 | 74 | 0.0 | 15 | 0.0 | 17.24 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Apples, Green, 138ct, #2649 | EACH 1.9 | 32 | 0 | 1 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 6 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 1 EACH | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 130 | 0.0 | 13 | 0.0 | 13.5 | 0.0 | 0.00 | 0.00 |
| Juice, Apple 4 oz. | 1 EACH | 55 | 0 | 12 | 0.00 | 0.36 | 0.0 | 63 | 0.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk,Choc,Pouch,90/ea.8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Sauce, Tapatio | 1 OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| Weighted Daily Average | | 395 | 17 | 414 | 3.70 | 4.54 | 347.3 | 835 | 3.54 | *33 | 14.14 | 67.56 | 8.70 | 3.16 | *0.47 |
| % of Calories | | | | | | | | | | *33.5% | 14.3% | 68.5% | 19.9% | 7.2% | *1.1% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | <=30.0 | <10.00 | |

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

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Escondido Union School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 02/12/2018 | | | | | | | | | | | | | | | |
| Quantum Breakfast 4-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Bar, Breakfast, Oatmeal CC | 1 EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Cinnamon Roll, WG, IW | 1 EACH | 300 | 5 | 310 | 3.00 | 1.80 | 20.0 | 300 | 1.2 | 22 | 5.0 | 51.01 | 11.0 | 6.00 | 0.00 |
| Mexican Sweetbread | 1 EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| Breakfast "Jax" Sandwich | 1 EACH | 385 | 150 | 911 | 0.00 | 0.92 | 91.8 | 364 | 0.61 | *0 | 19.31 | 33.1 | 20.4 | 7.76 | *0.00 |
| Burrito,Bacon,Egg,chs&tots | 1 EACH | 349 | 195 | 716 | 5.05 | 2.49 | 161.9 | 354 | 1.35 | 1 | 12.75 | 35.38 | 16.25 | 5.87 | 0.00 |
| Pizza, Breakfast Sausage | 1 EACH | 185 | 16 | 355 | 1.87 | 0.83 | 191.0 | 245 | 7.5 | 2 | 9.95 | 18.47 | 8.66 | 4.18 | 0.00 |
| Brkfst-Egg,Cheese,Sau, Biscuit | 1 each | 345 | 150 | 716 | 2.00 | 2.18 | 191.8 | 389 | 0.01 | *5 | 15.81 | 29.6 | 18.15 | 6.51 | *0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Applesauce Cinnamon | SERVING, 4.5 oz | 87 | 0 | 3 | 1.54 | 0.16 | 4.1 | 8 | 2.17 | 19 | 0.21 | 22.33 | 0.22 | 0.04 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Apples, Green, 138ct, #2649 | EACH 1.9 | 32 | 0 | 1 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 6 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 1 EACH | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 130 | 0.0 | 13 | 0.0 | 13.5 | 0.0 | 0.00 | 0.00 |
| Juice, Apple 4 oz. | 1 EACH | 55 | 0 | 12 | 0.00 | 0.36 | 0.0 | 63 | 0.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk,Choc,Pouch,90/ea.8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Sauce, Tapatio | 1 OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| Weighted Daily Average | | 409 | 36 | 460 | 3.48 | 4.52 | 338.6 | 824 | 3.56 | *33 | 14.53 | 69.41 | 9.51 | 3.45 | *0.00 |
| % of Calories | | | | | | | | | | *32.6% | 14.2% | 67.9% | 20.9% | 7.6% | *0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | <=30.0 | <10.00 | |

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

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Tue - 02/13/2018 | | | | | | | | | | | | | | | |
| Quantum Breakfast 4-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Bar, Breakfast, Oatmeal CC | 1 EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Cinnamon Roll, WG, IW | 1 EACH | 300 | 5 | 310 | 3.00 | 1.80 | 20.0 | 300 | 1.2 | 22 | 5.0 | 51.01 | 11.0 | 6.00 | 0.00 |
| Mexican Sweetbread | 1 EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| Brkfst, Egg, Bacon, Tots Taco | 1 EACH | 259 | 195 | 546 | 3.05 | 1.77 | 121.9 | 354 | 1.35 | 1 | 10.75 | 21.38 | 13.75 | 4.87 | 0.00 |
| HomeRun Breakfast-Elem | SVG | 591 | 296 | 1515 | 2.00 | 3.14 | 86.6 | 427 | 7.37 | *6 | 23.35 | 62.38 | 27.81 | 6.10 | *0.00 |
| Bk, Fr.Tst. Sausage | SERVING | 227 | 22 | 324 | 2.75 | 2.26 | 157.8 | 308 | 4.97 | 6 | 11.04 | 25.03 | 9.47 | 2.19 | 0.00 |
| Brkfst,Burrito, Egg & Chorizo | 1 EACH | 200 | 40 | 370 | 3.00 | 2.70 | 150.0 | 500 | 1.2 | 0 | 9.0 | 22.0 | 9.0 | 3.50 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Fruit Mixed, Lt Syrup | SERVING, 3.5 oz | 72 | 0 | 8 | 1.40 | 0.40 | 7.6 | 132 | 2.4 | *N/A* | 0.6 | 18.8 | 0.0 | 0.00 | *N/A* |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Apples, Green, 138ct, #2649 | EACH 1.9 | 32 | 0 | 1 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 6 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 1 EACH | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 130 | 0.0 | 13 | 0.0 | 13.5 | 0.0 | 0.00 | 0.00 |
| Juice, Apple 4 oz. | 1 EACH | 55 | 0 | 12 | 0.00 | 0.36 | 0.0 | 63 | 0.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk,Choc,Pouch,90/ea.8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Sauce, Tapatio | 1 OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| Weighted Daily Average | | 383 | 30 | 410 | 3.29 | 4.50 | 330.8 | 836 | 3.64 | *30 | 13.62 | 66.27 | 8.39 | 2.97 | *0.00 |
| % of Calories | | | | | | | | | | *31.0% | 14.2% | 69.2% | 19.7% | 7.0% | *0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | <=30.0 | <10.00 | |

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

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Escondido Union School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Wed - 02/14/2018 | | | | | | | | | | | | | | | |
| Quantum Breakfast 4-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Bar, Breakfast, Oatmeal CC | 1 EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Cinnamon Roll, WG, IW | 1 EACH | 300 | 5 | 310 | 3.00 | 1.80 | 20.0 | 300 | 1.2 | 22 | 5.0 | 51.01 | 11.0 | 6.00 | 0.00 |
| Mexican Sweetbread | 1 EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| PK-Pizza,Bk.Turkey Sausage | 1 Each | 182 | 19 | 373 | 2.49 | 1.76 | 181.0 | 49 | 375.0 | 3 | 11.0 | 22.0 | 5.47 | 2.36 | 0.00 |
| Burrito,Bacon,Egg,chs&tots | 1 EACH | 349 | 195 | 716 | 5.05 | 2.49 | 161.9 | 354 | 1.35 | 1 | 12.75 | 35.38 | 16.25 | 5.87 | 0.00 |
| Bagel, Pizza , Breakfast | 1 EACH | 192 | 15 | 363 | 1.80 | 1.59 | 217.0 | 73 | 3.8 | 4 | 11.65 | 23.16 | 5.71 | 3.01 | 0.00 |
| Brkfst-Egg,Cheese,Sau, Biscuit | 1 each | 345 | 150 | 716 | 2.00 | 2.18 | 191.8 | 389 | 0.01 | *5 | 15.81 | 29.6 | 18.15 | 6.51 | *0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Pinappl Tidbt, Draind | SERVING, 4.0 oz | 94 | 0 | 0 | 1.34 | 0.48 | 26.8 | 0 | 12.07 | 19 | 1.01 | 22.8 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Apples, Green, 138ct, #2649 | EACH 1.9 | 32 | 0 | 1 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 6 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 1 EACH | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 130 | 0.0 | 13 | 0.0 | 13.5 | 0.0 | 0.00 | 0.00 |
| Juice, Apple 4 oz. | 1 EACH | 55 | 0 | 12 | 0.00 | 0.36 | 0.0 | 63 | 0.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk,Choc,Pouch,90/ea.8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Sauce, Tapatio | 1 OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| Weighted Daily Average | | 401 | 29 | 432 | 3.57 | 4.64 | 347.9 | 805 | 24.22 | *34 | 14.29 | 69.00 | 8.69 | 3.16 | *0.00 |
| % of Calories | | | | | | | | | | *33.5% | 14.3% | 68.9% | 19.5% | 7.1% | *0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | <=30.0 | <10.00 | |

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

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Escondido Union School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 02/15/2018 | | | | | | | | | | | | | | | |
| Quantum Breakfast 4-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Bar, Breakfast, Oatmeal CC | 1 EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Cinnamon Roll, WG, IW | 1 EACH | 300 | 5 | 310 | 3.00 | 1.80 | 20.0 | 300 | 1.2 | 22 | 5.0 | 51.01 | 11.0 | 6.00 | 0.00 |
| Mexican Sweetbread | 1 EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| Pizza, Breakfast Sausage | 1 EACH | 185 | 16 | 355 | 1.87 | 0.83 | 191.0 | 245 | 7.5 | 2 | 9.95 | 18.47 | 8.66 | 4.18 | 0.00 |
| Brkfst-Egg,Cheese,Sau, Biscuit | 1 each | 345 | 150 | 716 | 2.00 | 2.18 | 191.8 | 389 | 0.01 | *5 | 15.81 | 29.6 | 18.15 | 6.51 | *0.00 |
| Bagel,Whole Grain & Cr. Cheese | 1 EACH | 264 | 30 | 273 | 3.30 | 1.80 | 33.3 | 202 | 0.0 | *3 | 7.93 | 35.53 | 9.72 | 6.13 | *0.00 |
| Pancakes,Mini, Maple | 1 EACH | 230 | 0 | 150 | 3.00 | 0.72 | 40.0 | 0 | 0.0 | 14 | 4.0 | 41.0 | 7.0 | 0.50 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Peaches, Sliced | SERVING, 4.5 oz | 70 | 0 | 10 | 1.00 | 0.00 | 0.0 | 300 | 1.2 | 16 | 0.0 | 17.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Apples, Green, 138ct, #2649 | EACH 1.9 | 32 | 0 | 1 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 6 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 1 EACH | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 130 | 0.0 | 13 | 0.0 | 13.5 | 0.0 | 0.00 | 0.00 |
| Juice, Apple 4 oz. | 1 EACH | 55 | 0 | 12 | 0.00 | 0.36 | 0.0 | 63 | 0.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk,Choc,Pouch,90/ea.8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Sauce, Tapatio | 1 OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| Weighted Daily Average | | 395 | 23 | 427 | 3.19 | 4.45 | 342.6 | 875 | 3.50 | *33 | 14.19 | 67.32 | 8.97 | 3.29 | *0.00 |
| % of Calories | | | | | | | | | | *33.9% | 14.4% | 68.2% | 20.4% | 7.5% | *0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | |
|-----------------------|---------|---|---|---|------|------|-----|---|-----|---|-----|-----|-----|------|------|
| Fri - 02/16/2018 | | | | | | | | | | | | | | | |
| Quantum Breakfast 4-8 | Total | | | | | | | | | | | | | | |
| HOLIDAY | SERVING | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |

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Escondido Union School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|--------------|--------------|--------------|--------------|-------------------------|
| Weighted Daily Average % of Calories | | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.00 | 0 0.0% | 0.00 0.0% | 0.00 0.0% | 0.00 0.0% | 0.00 0.0% | 0.00 0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | |
|--------------------------------------|---------------|---------|---|-----|------|------|-----|---|------|-----------|--------------|--------------|--------------|--------------|--------------|
| Mon - 02/19/2018 | | | | | | | | | | | | | | | |
| Quantum Breakfast 4-8 HOLIDAY | Total SERVING | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 0.0% | 0.0 0.0% | 0.0 0.0% | 0.0 0.0% | 0.00 0.0% | 0.00 0.0% |
| Weighted Daily Average % of Calories | | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.00 | 0 0.0% | 0.00 0.0% | 0.00 0.0% | 0.00 0.0% | 0.00 0.0% | 0.00 0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | <=30.0 | <10.00 | |

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** - denotes combined nutrient totals with either missing or incomplete nutrient data*
1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Escondido Union School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Tue - 02/20/2018 | | | | | | | | | | | | | | | |
| Quantum Breakfast 4-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Bar, Breakfast, Oatmeal CC | 1 EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Cinnamon Roll, WG, IW | 1 EACH | 300 | 5 | 310 | 3.00 | 1.80 | 20.0 | 300 | 1.2 | 22 | 5.0 | 51.01 | 11.0 | 6.00 | 0.00 |
| Mexican Sweetbread | 1 EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| Brkfst, Egg, Bacon, Tots Taco | 1 EACH | 259 | 195 | 546 | 3.05 | 1.77 | 121.9 | 354 | 1.35 | 1 | 10.75 | 21.38 | 13.75 | 4.87 | 0.00 |
| HomeRun Breakfast-Elem | SVG | 591 | 296 | 1515 | 2.00 | 3.14 | 86.6 | 427 | 7.37 | *6 | 23.35 | 62.38 | 27.81 | 6.10 | *0.00 |
| Bk, Fr.Tst. Sausage | SERVING | 227 | 22 | 324 | 2.75 | 2.26 | 157.8 | 308 | 4.97 | 6 | 11.04 | 25.03 | 9.47 | 2.19 | 0.00 |
| Brkfst,Burrito, Egg & Chorizo | 1 EACH | 200 | 40 | 370 | 3.00 | 2.70 | 150.0 | 500 | 1.2 | 0 | 9.0 | 22.0 | 9.0 | 3.50 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Fruit Mixed, Lt Syrup | SERVING, 3.5 oz | 72 | 0 | 8 | 1.40 | 0.40 | 7.6 | 132 | 2.4 | *N/A* | 0.6 | 18.8 | 0.0 | 0.00 | *N/A* |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Apples, Green, 138ct, #2649 | EACH 1.9 | 32 | 0 | 1 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 6 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 1 EACH | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 130 | 0.0 | 13 | 0.0 | 13.5 | 0.0 | 0.00 | 0.00 |
| Juice, Apple 4 oz. | 1 EACH | 55 | 0 | 12 | 0.00 | 0.36 | 0.0 | 63 | 0.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk,Choc,Pouch,90/ea.8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Sauce, Tapatio | 1 OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| Weighted Daily Average | | 383 | 30 | 410 | 3.29 | 4.50 | 330.8 | 836 | 3.64 | *30 | 13.62 | 66.27 | 8.39 | 2.97 | *0.00 |
| % of Calories | | | | | | | | | | *31.0% | 14.2% | 69.2% | 19.7% | 7.0% | *0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | <=30.0 | <10.00 | |

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

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Escondido Union School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Wed - 02/21/2018 | | | | | | | | | | | | | | | |
| Quantum Breakfast 4-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Bar, Breakfast, Oatmeal CC | 1 EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Cinnamon Roll, WG, IW | 1 EACH | 300 | 5 | 310 | 3.00 | 1.80 | 20.0 | 300 | 1.2 | 22 | 5.0 | 51.01 | 11.0 | 6.00 | 0.00 |
| Mexican Sweetbread | 1 EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| PK-Pizza,Bk.Turkey Sausage | 1 Each | 182 | 19 | 373 | 2.49 | 1.76 | 181.0 | 49 | 375.0 | 3 | 11.0 | 22.0 | 5.47 | 2.36 | 0.00 |
| Burrito,Bacon,Egg,chs&tots | 1 EACH | 349 | 195 | 716 | 5.05 | 2.49 | 161.9 | 354 | 1.35 | 1 | 12.75 | 35.38 | 16.25 | 5.87 | 0.00 |
| Bagel, Pizza , Breakfast | 1 EACH | 192 | 15 | 363 | 1.80 | 1.59 | 217.0 | 73 | 3.8 | 4 | 11.65 | 23.16 | 5.71 | 3.01 | 0.00 |
| Brkfst-Egg,Cheese,Sau, Biscuit | 1 each | 345 | 150 | 716 | 2.00 | 2.18 | 191.8 | 389 | 0.01 | *5 | 15.81 | 29.6 | 18.15 | 6.51 | *0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Pinappl Tidbt, Draind | SERVING, 4.0 oz | 94 | 0 | 0 | 1.34 | 0.48 | 26.8 | 0 | 12.07 | 19 | 1.01 | 22.8 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Apples, Green, 138ct, #2649 | EACH 1.9 | 32 | 0 | 1 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 6 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 1 EACH | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 130 | 0.0 | 13 | 0.0 | 13.5 | 0.0 | 0.00 | 0.00 |
| Juice, Apple 4 oz. | 1 EACH | 55 | 0 | 12 | 0.00 | 0.36 | 0.0 | 63 | 0.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk,Choc,Pouch,90/ea.8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Sauce, Tapatio | 1 OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| Weighted Daily Average | | 401 | 29 | 432 | 3.57 | 4.64 | 347.9 | 805 | 24.22 | *34 | 14.29 | 69.00 | 8.69 | 3.16 | *0.00 |
| % of Calories | | | | | | | | | | *33.5% | 14.3% | 68.9% | 19.5% | 7.1% | *0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | <=30.0 | <10.00 | |

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

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Escondido Union School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Thu - 02/22/2018 | | | | | | | | | | | | | | | |
| Quantum Breakfast 4-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Bar, Breakfast, Oatmeal CC | 1 EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Cinnamon Roll, WG, IW | 1 EACH | 300 | 5 | 310 | 3.00 | 1.80 | 20.0 | 300 | 1.2 | 22 | 5.0 | 51.01 | 11.0 | 6.00 | 0.00 |
| Mexican Sweetbread | 1 EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| Pizza, Breakfast Sausage | 1 EACH | 185 | 16 | 355 | 1.87 | 0.83 | 191.0 | 245 | 7.5 | 2 | 9.95 | 18.47 | 8.66 | 4.18 | 0.00 |
| Brkfst-Egg,Cheese,Sau, Biscuit | 1 each | 345 | 150 | 716 | 2.00 | 2.18 | 191.8 | 389 | 0.01 | *5 | 15.81 | 29.6 | 18.15 | 6.51 | *0.00 |
| Bagel,Whole Grain & Cr. Cheese | 1 EACH | 264 | 30 | 273 | 3.30 | 1.80 | 33.3 | 202 | 0.0 | *3 | 7.93 | 35.53 | 9.72 | 6.13 | *0.00 |
| Pancakes,Mini, Maple | 1 EACH | 230 | 0 | 150 | 3.00 | 0.72 | 40.0 | 0 | 0.0 | 14 | 4.0 | 41.0 | 7.0 | 0.50 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Peaches, Sliced | SERVING, 4.5 oz | 70 | 0 | 10 | 1.00 | 0.00 | 0.0 | 300 | 1.2 | 16 | 0.0 | 17.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Apples, Green, 138ct, #2649 | EACH 1.9 | 32 | 0 | 1 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 6 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 1 EACH | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 130 | 0.0 | 13 | 0.0 | 13.5 | 0.0 | 0.00 | 0.00 |
| Juice, Apple 4 oz. | 1 EACH | 55 | 0 | 12 | 0.00 | 0.36 | 0.0 | 63 | 0.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk,Choc,Pouch,90/ea.8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Sauce, Tapatio | 1 OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| Weighted Daily Average | | 395 | 23 | 427 | 3.19 | 4.45 | 342.6 | 875 | 3.50 | *33 | 14.19 | 67.32 | 8.97 | 3.29 | *0.00 |
| % of Calories | | | | | | | | | | *33.9% | 14.4% | 68.2% | 20.4% | 7.5% | *0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | <=30.0 | <10.00 | |

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

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Escondido Union School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 02/23/2018 | | | | | | | | | | | | | | | |
| Quantum Breakfast 4-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Bar, Breakfast, Oatmeal CC | 1 EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Cinnamon Roll, WG, IW | 1 EACH | 300 | 5 | 310 | 3.00 | 1.80 | 20.0 | 300 | 1.2 | 22 | 5.0 | 51.01 | 11.0 | 6.00 | 0.00 |
| Mexican Sweetbread | 1 EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| Bk, Fr.Tst. Sausage | SERVING | 227 | 22 | 324 | 2.75 | 2.26 | 157.8 | 308 | 4.97 | 6 | 11.04 | 25.03 | 9.47 | 2.19 | 0.00 |
| Burrito, Ham,Egg,chs&tots | 1 EACH | 405 | 150 | 835 | 5.05 | 2.51 | 320.9 | 448 | 1.55 | *1 | 17.3 | 35.9 | 20.39 | 9.60 | *9.40 |
| Pizza, Breakfast Sausage | 1 EACH | 185 | 16 | 355 | 1.87 | 0.83 | 191.0 | 245 | 7.5 | 2 | 9.95 | 18.47 | 8.66 | 4.18 | 0.00 |
| Bagel,Whole Grain & Cr. Cheese | 1 EACH | 264 | 30 | 273 | 3.30 | 1.80 | 33.3 | 202 | 0.0 | *3 | 7.93 | 35.53 | 9.72 | 6.13 | *0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Pears | SERVING, 3.5 oz | 74 | 0 | 12 | 2.46 | 0.00 | 0.0 | 74 | 0.0 | 15 | 0.0 | 17.24 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Apples, Green, 138ct, #2649 | EACH 1.9 | 32 | 0 | 1 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 6 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 1 EACH | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 130 | 0.0 | 13 | 0.0 | 13.5 | 0.0 | 0.00 | 0.00 |
| Juice, Apple 4 oz. | 1 EACH | 55 | 0 | 12 | 0.00 | 0.36 | 0.0 | 63 | 0.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk,Choc,Pouch,90/ea.8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Sauce, Tapatio | 1 OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| Weighted Daily Average | | 395 | 17 | 414 | 3.70 | 4.54 | 347.3 | 835 | 3.54 | *33 | 14.14 | 67.56 | 8.70 | 3.16 | *0.47 |
| % of Calories | | | | | | | | | | *33.5% | 14.3% | 68.5% | 19.9% | 7.2% | *1.1% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | <=30.0 | <10.00 | |

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

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 02/26/2018 | | | | | | | | | | | | | | | |
| Quantum Breakfast 4-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Bar, Breakfast, Oatmeal CC | 1 EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Cinnamon Roll, WG, IW | 1 EACH | 300 | 5 | 310 | 3.00 | 1.80 | 20.0 | 300 | 1.2 | 22 | 5.0 | 51.01 | 11.0 | 6.00 | 0.00 |
| Mexican Sweetbread | 1 EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| Breakfast "Jax" Sandwich | 1 EACH | 385 | 150 | 911 | 0.00 | 0.92 | 91.8 | 364 | 0.61 | *0 | 19.31 | 33.1 | 20.4 | 7.76 | *0.00 |
| Burrito,Bacon,Egg,chs&tots | 1 EACH | 349 | 195 | 716 | 5.05 | 2.49 | 161.9 | 354 | 1.35 | 1 | 12.75 | 35.38 | 16.25 | 5.87 | 0.00 |
| Pizza, Breakfast Sausage | 1 EACH | 185 | 16 | 355 | 1.87 | 0.83 | 191.0 | 245 | 7.5 | 2 | 9.95 | 18.47 | 8.66 | 4.18 | 0.00 |
| Brkfst-Egg,Cheese,Sau, Biscuit | 1 each | 345 | 150 | 716 | 2.00 | 2.18 | 191.8 | 389 | 0.01 | *5 | 15.81 | 29.6 | 18.15 | 6.51 | *0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Applesauce Cinnamon | SERVING, 4.5 oz | 87 | 0 | 3 | 1.54 | 0.16 | 4.1 | 8 | 2.17 | 19 | 0.21 | 22.33 | 0.22 | 0.04 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Apples, Green, 138ct, #2649 | EACH 1.9 | 32 | 0 | 1 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 6 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 1 EACH | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 130 | 0.0 | 13 | 0.0 | 13.5 | 0.0 | 0.00 | 0.00 |
| Juice, Apple 4 oz. | 1 EACH | 55 | 0 | 12 | 0.00 | 0.36 | 0.0 | 63 | 0.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk,Choc,Pouch,90/ea.8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Sauce, Tapatio | 1 OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| Weighted Daily Average | | 409 | 36 | 460 | 3.48 | 4.52 | 338.6 | 824 | 3.56 | *33 | 14.53 | 69.41 | 9.51 | 3.45 | *0.00 |
| % of Calories | | | | | | | | | | *32.6% | 14.2% | 67.9% | 20.9% | 7.6% | *0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | <=30.0 | <10.00 | |

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Escondido Union School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Tue - 02/27/2018 | | | | | | | | | | | | | | | |
| Quantum Breakfast 4-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Bar, Breakfast, Oatmeal CC | 1 EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Cinnamon Roll, WG, IW | 1 EACH | 300 | 5 | 310 | 3.00 | 1.80 | 20.0 | 300 | 1.2 | 22 | 5.0 | 51.01 | 11.0 | 6.00 | 0.00 |
| Mexican Sweetbread | 1 EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| Brkfst, Egg, Bacon, Tots Taco | 1 EACH | 259 | 195 | 546 | 3.05 | 1.77 | 121.9 | 354 | 1.35 | 1 | 10.75 | 21.38 | 13.75 | 4.87 | 0.00 |
| HomeRun Breakfast-Elem | SVG | 591 | 296 | 1515 | 2.00 | 3.14 | 86.6 | 427 | 7.37 | *6 | 23.35 | 62.38 | 27.81 | 6.10 | *0.00 |
| Bk, Fr.Tst. Sausage | SERVING | 227 | 22 | 324 | 2.75 | 2.26 | 157.8 | 308 | 4.97 | 6 | 11.04 | 25.03 | 9.47 | 2.19 | 0.00 |
| Brkfst,Burrito, Egg & Chorizo | 1 EACH | 200 | 40 | 370 | 3.00 | 2.70 | 150.0 | 500 | 1.2 | 0 | 9.0 | 22.0 | 9.0 | 3.50 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Fruit Mixed, Lt Syrup | SERVING, 3.5 oz | 72 | 0 | 8 | 1.40 | 0.40 | 7.6 | 132 | 2.4 | *N/A* | 0.6 | 18.8 | 0.0 | 0.00 | *N/A* |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Apples, Green, 138ct, #2649 | EACH 1.9 | 32 | 0 | 1 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 6 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 1 EACH | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 130 | 0.0 | 13 | 0.0 | 13.5 | 0.0 | 0.00 | 0.00 |
| Juice, Apple 4 oz. | 1 EACH | 55 | 0 | 12 | 0.00 | 0.36 | 0.0 | 63 | 0.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Milk, 1%, Pouch, 90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk, Choc, Pouch, 90/ea. 8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF, Carton. 70/ea. 8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Sauce, Tapatio | 1 OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| Weighted Daily Average | | 383 | 30 | 410 | 3.29 | 4.50 | 330.8 | 836 | 3.64 | *30 | 13.62 | 66.27 | 8.39 | 2.97 | *0.00 |
| % of Calories | | | | | | | | | | *31.0% | 14.2% | 69.2% | 19.7% | 7.0% | *0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | <=30.0 | <10.00 | |

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Escondido Union School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 02/28/2018 | | | | | | | | | | | | | | | |
| Quantum Breakfast 4-8 | Total | | | | | | | | | | | | | | |
| Cereal: Cinnamon Toast Crunch | 1 EACH | 230 | 0 | 330 | 3.00 | 8.10 | 200.0 | 1000 | 12.0 | 17 | 3.0 | 45.0 | 6.0 | 1.00 | 0.00 |
| Cereal: Frosted Mini Spooners | 1 EACH | 200 | 0 | 10 | 6.00 | 16.20 | 0.0 | 0 | 0.0 | 11 | 5.0 | 46.0 | 1.0 | 0.00 | 0.00 |
| Bar, Breakfast, Oatmeal CC | 1 EACH | 290 | 20 | 240 | 3.00 | 1.80 | 20.0 | 0 | 0.0 | *N/A* | 5.0 | 47.0 | 9.0 | 3.00 | 0.00 |
| Cinnamon Roll, WG, IW | 1 EACH | 300 | 5 | 310 | 3.00 | 1.80 | 20.0 | 300 | 1.2 | 22 | 5.0 | 51.01 | 11.0 | 6.00 | 0.00 |
| Mexican Sweetbread | 1 EACH | 200 | 5 | 90 | 2.00 | 1.80 | 40.0 | 0 | 0.0 | 8 | 5.0 | 34.0 | 6.0 | 1.50 | 0.00 |
| PK-Pizza,Bk.Turkey Sausage | 1 Each | 182 | 19 | 373 | 2.49 | 1.76 | 181.0 | 49 | 375.0 | 3 | 11.0 | 22.0 | 5.47 | 2.36 | 0.00 |
| Burrito,Bacon,Egg,chs&tots | 1 EACH | 349 | 195 | 716 | 5.05 | 2.49 | 161.9 | 354 | 1.35 | 1 | 12.75 | 35.38 | 16.25 | 5.87 | 0.00 |
| Bagel, Pizza , Breakfast | 1 EACH | 192 | 15 | 363 | 1.80 | 1.59 | 217.0 | 73 | 3.8 | 4 | 11.65 | 23.16 | 5.71 | 3.01 | 0.00 |
| Brkfst-Egg,Cheese,Sau, Biscuit | 1 each | 345 | 150 | 716 | 2.00 | 2.18 | 191.8 | 389 | 0.01 | *5 | 15.81 | 29.6 | 18.15 | 6.51 | *0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| SB, CND, Pinappl Tidbt, Draind | SERVING, 4.0 oz | 94 | 0 | 0 | 1.34 | 0.48 | 26.8 | 0 | 12.07 | 19 | 1.01 | 22.8 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Apples, Red, 138 ct. | 1 EACH | 76 | 0 | 2 | 2.37 | 0.00 | 0.0 | 0 | 0.0 | 14 | 0.0 | 18.97 | 0.0 | 0.00 | 0.00 |
| Apples, Green, 138ct, #2649 | EACH 1.9 | 32 | 0 | 1 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 6 | 0.0 | 8.0 | 0.0 | 0.00 | 0.00 |
| Orange Smiles | SERVING, 4.75oz | 84 | 0 | 0 | 6.01 | 1.07 | 93.5 | 334 | 94.8 | 11 | 1.74 | 20.7 | 0.4 | 0.05 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Juice, Apple-Berry 4 oz. | 1 EACH | 55 | 0 | 15 | 0.00 | 0.00 | 0.0 | 130 | 0.0 | 13 | 0.0 | 13.5 | 0.0 | 0.00 | 0.00 |
| Juice, Apple 4 oz. | 1 EACH | 55 | 0 | 12 | 0.00 | 0.36 | 0.0 | 63 | 0.0 | 12 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| Milk,1%,Pouch,90/ea. 8oz. | 1 EACH | 120 | 10 | 150 | 0.00 | 0.00 | 350.3 | 500 | 2.4 | 14 | 10.01 | 14.01 | 2.5 | 1.50 | 0.00 |
| Milk,Choc,Pouch,90/ea.8oz. | 1 EACH | 110 | 0 | 135 | 0.00 | 0.72 | 250.0 | 500 | 0.0 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Milk, FF,Carton.70/ea.8 oz. | 1 EACH | 90 | 5 | 120 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 9.0 | 12.0 | 0.0 | 0.00 | 0.00 |
| | ... | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| CD, Sauce, Tapatio | 1 OZ | 0 | 0 | 4 | 0.01 | 0.01 | 0.1 | 3 | 0.12 | *N/A* | 0.01 | 0.07 | 0.0 | 0.00 | *N/A* |
| CD, Syrup, Maple | 1 OZ | 79 | 0 | 29 | 0.03 | 0.05 | 3.4 | 0 | 0.0 | 19 | 0.0 | 19.71 | 0.03 | 0.01 | *N/A* |
| Weighted Daily Average | | 401 | 29 | 432 | 3.57 | 4.64 | 347.9 | 805 | 24.22 | *34 | 14.29 | 69.00 | 8.69 | 3.16 | *0.00 |
| % of Calories | | | | | | | | | | *33.5% | 14.3% | 68.9% | 19.5% | 7.1% | *0.0% |
| Nutrient Guideline | | 400-500 | | 540 | | | | | | | | | <=30.0 | <10.00 | |
| Weighted Average | | 396 | 27 | 428 | 3.43 | 4.53 | 341.3 | 835 | 8.15 | *33 | 14.13 | 67.85 | 8.82 | 3.19 | *0.08 |
| | | | | | | | | | | *74.0% | 14.3% | 68.6% | 20.1% | 7.3% | *0.2% |

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Escondido Union School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

Quantum Breakfast 4-8

Portion Values - Detailed

Page 20

Generated on: 2/5/2018 7:08:35 AM

| Nutrient | Menu AVG | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) | Error Messages (if any) |
|----------------------------|----------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|--|
| Calories | 396 | | 400 - 500 | | 99% | | | 4 | | | | | | | | | Correction Required - Calories are Low |
| Cholesterol (mg) | 27 | | | | | | | | | | | | | | | | |
| Sodium 1 (mg) | 428 | | | 540 | | | | | | | | | | | | | |
| Sodium 2 (mg) | 428 | | | 485 | | | | | | | | | | | | | |
| Fiber (g) | 3.43 | | | | | | | | | | | | | | | | |
| Iron (mg) | 4.53 | | | | | | | | | | | | | | | | |
| Calcium (mg) | 341.3 | | | | | | | | | | | | | | | | |
| Vitamin A (IU) | 835 | | | | | | | | | | | | | | | | |
| Sugars (g) | 33 | 32.88% | | | | Missing | | | | | | | | | | | |
| Vitamin C (mg) | 8.15 | | | | | | | | | | | | | | | | |
| Protein (g) | 14.13 | 14.28% | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 67.85 | 68.57% | | | | | | | | | | | | | | | |
| Total Fat (g) | 8.82 | 20.06% | | <=30.00% | | | | | | | | | | | | | |
| Saturated Fat (g) | 3.19 | 7.26% | | <10.00% | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.08 | 0.18% | | | | Missing | | | | | | | | | | | |

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