

Base Menu Spreadsheet

Escondido Union High School District

Portion Values

May 24, 2021 thru May 24, 2021

Menu Name: EUHSD Breakfast Menu (9-12) All Sites

Include Cost: Yes

Site:

Report Style: Detailed

Monday - 05/24/2021

Reimbursable Meal Total 2250

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000765 EU Pan Dulce, 2.25 oz	2.25 oz	250	200	1.50	90	8	6.00	0.00	5	34.00	2.00	5.00	40	40.0	0.00	1.80	\$0.493
990073 EU Cinni Mini's, Pillsbury	pkg	250	240	2.00	300	15	8.00	0.00	0	40.00	2.00	5.00	*N/A*	*N/A*	4.00	4.00	\$0.427
000005 EU Muffin, Double Choc, Dave's	3.15 oz Muffin	250	218	0.86	119	18	5.71	0.00	29	38.10	2.95	3.62	45	3.3	0.19	0.95	\$0.418
000003 EU Benefit Bar, Oatmeal Choc Chip	Bar	250	290	3.00	240	22	9.00	0.00	20	47.00	3.00	5.00	110	20.0	0.00	1.80	\$0.426
000307 EU Bagel, Plain with CC	Bagel with CC	250	268	6.00	363	4	11.00	0.00	31	33.89	2.99	8.98	40	69.8	*0.00	2.15	\$0.576
000237 EU Cereal, Cinn Toast Crunch	CUP	250	233	1.01	334	17	6.07	0.00	0	44.55	3.04	3.04	1012	202.5	9.11	8.20	\$0.457
000238 EU Cereal, Honey Nut Cheerios	CUP	250	213	1.01	324	19	3.04	0.00	0	45.56	4.05	5.06	1012	202.5	12.15	9.11	\$0.457
000236 EU Cereal, Lucky Charms, GM	2.0	250	210	0.00	350	20	3.00	0.00	0	46.00	3.00	4.00	1000	150.0	12.00	9.00	\$0.457
990217 Cinnamon Roll, WG, IW	Roll	250	300	1.50	230	23	7.00	0.00	10	54.00	4.00	6.00	*N/A*	98.0	*N/A*	2.10	\$0.580
000205 EU Milk, 1% White, 8 oz	8 fl oz carton	1250	120	1.50	150	14	2.50	0.00	15	16.00	0.00	11.00	500	350.0	2.40	0.00	\$0.230
000204 EU Milk, NF Chocolate, 8 oz	8 fl oz carton	1000	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00	500	250.0	0.00	0.72	\$0.230
000607 EU Banana, Raw, Whole	Banana	1000	105	0.13	1	14	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31	\$0.114
000604 EU Apple, Raw with Skin	Apple	500	95	0.05	2	19	0.31	0.00	0	25.13	4.37	0.47	98	10.9	8.37	0.22	\$0.130
990159 EU Cranberries PKG 1.16 oz	PKG	250	110	0.00	0	24	0.00	0.00	0	28.00	3.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.013

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000769 EU Canned Fruit Assorted	1/2 cup	500	63	0.00	4	14	0.04	0.00	0	15.88	1.49	0.19	61	6.0	3.55	0.11	\$0.052
000443 Peanut Butter cup/pc	each	1000	200	4.00	150	5	17.00	0.00	0	9.00	2.00	6.00	0	*N/A*	0.00	*N/A*	\$0.031
Weighted Daily Average			540	4.56	473	51	15.73	0.00	21	88.55	6.89	18.13	*931	*399.3	*12.71	*4.87	\$0.813
% of Calories				7.60%		37.8%	26.2%	0.0%		65.6%		13.4%					
Weekly Nutrient Guideline			450 - 600	<10	640		<=0										

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages	540	5	473	51	15.73	0.00	21	88.55	6.89	18.13	*931	*399.3	*12.71	*4.87	\$0.813
% of Calories		7.60%		37.8%	26.2%	0.0%		65.6%		13.4%					

- *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 - denotes required nutrient values
- ² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.