

# Base Menu Spreadsheet

## Portion Values

May 25, 2021 thru May 28, 2021

**Menu Name:** EUHSD Lunch Menu (9-12) All sites

**Include Cost:** Yes

**Site:**

**Report Style:** Detailed

### Tuesday - 05/25/2021

### Reimbursable Meal Total 2000

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000263 EU Pizza, Pepperoni Slice	slice	500	330	6.67	257	2	12.65	0.28	36	33.91	3.66	21.02	779	436.2	5.09	2.21	\$1.125
990170 EU, Sandwich Spicy Chicken	EACH	500	374	1.00	830	5	9.97	0.00	45	46.57	5.96	24.93	174	111.7	0.00	2.97	\$0.980
000116 EU Burrito, Bean & Cheese	Burrito	500	717	10.05	1227	5	34.81	0.00	29	80.41	11.60	19.66	439	333.0	6.54	4.82	\$0.903
000146 EU Yogurt Parfait	Parfait	500	497	2.49	291	47	9.46	0.00	10	89.73	5.98	12.97	100	289.7	43.19	1.79	\$0.900
000601 EU Cucumber, Raw	1/2 cup	1000	8	0.02	1	1	0.06	0.00	0	1.89	0.26	0.34	55	8.3	1.46	0.15	\$0.103
990190 EU Salad Cup	1/2 Cup	1000	83	1.00	275	*1	7.00	0.00	5	4.40	1.35	1.68	3351	*21.2	15.60	*0.04	\$0.368
000769 EU Canned Fruit Assorted	1/2 cup	1000	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
990159 EU Cranberries PKG 1.16 oz	PKG	1000	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
000205 EU Milk, 1% White, 8 oz	8 fl oz carton	1000	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
Weighted Daily Average			726	6.31	934	*50	21.52	0.07	42	105.74	9.85	30.25	*2606	*610.5	*25.21	*3.46	\$1.475
% of Calories				7.82%		*27.5%	26.7%	0.1%		58.3%		16.7%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

### Wednesday - 05/26/2021

### Reimbursable Meal Total 2000

# Base Menu Spreadsheet

Escondido Union High School District

## Portion Values

May 25, 2021 thru May 28, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990214 EU Bosco Breadsticks	serving	500	456	6.12	561	8	13.05	*0.00	31	55.71	5.28	25.00	861	419.1	1.42	3.43	\$1.091
990170 EU, Sandwich Spicy Chicken	EACH	500	374	1.00	830	5	9.97	0.00	45	46.57	5.96	24.93	174	111.7	0.00	2.97	\$0.980
000116 EU Burrito, Bean & Cheese	Burrito	500	717	10.05	1227	5	34.81	0.00	29	80.41	11.60	19.66	439	333.0	6.54	4.82	\$0.903
000146 EU Yogurt Parfait	Parfait	500	497	2.49	291	47	9.46	0.00	10	89.73	5.98	12.97	100	289.7	43.19	1.79	\$0.900
000601 EU Cucumber, Raw	1/2 cup	1000	8	0.02	1	1	0.06	0.00	0	1.89	0.26	0.34	55	8.3	1.46	0.15	\$0.103
990190 EU Salad Cup	1/2 Cup	1000	83	1.00	275	*1	7.00	0.00	5	4.40	1.35	1.68	3351	*21.2	15.60	*0.04	\$0.368
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
990159 EU Cranberries PKG 1.16 oz	PKG	100	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
000694 EU Juice, Apple Berry 4 oz	4 oz Carton	1500	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00	0	0.0	0.00	0.00	\$0.145
000205 EU Milk, 1% White, 8 oz	8 fl oz carton	500	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	1500	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
Weighted Daily Average			731	5.80	1016	*48	20.99	*0.00	39	105.75	8.53	30.44	*2611	*579.7	*22.80	*3.91	\$1.556
% of Calories				7.14%		*26.3%	25.8%	*0.0%		57.9%		16.7%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Thursday - 05/27/2021

Reimbursable Meal Total 2000

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990214 EU Bosco Breadsticks	serving	500	456	6.12	561	8	13.05	*0.00	31	55.71	5.28	25.00	861	419.1	1.42	3.43	\$1.091

# Base Menu Spreadsheet

Escondido Union High School District

## Portion Values

May 25, 2021 thru May 28, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000456 EU Chicken, Orange Bowl	Bowl	500	429	1.05	404	*14	5.98	*0.00	56	72.12	3.96	20.65	454	25.9	11.61	1.91	\$0.504
000359 EU Nachos w/beans, cheese	each	500	674	16.18	1284	9	41.44	0.00	82	50.34	5.79	23.96	890	557.4	3.21	2.17	\$1.169
990188 EU Sub Sandwich, Turkey	sandwich	500	289	3.79	765	5	8.59	0.00	38	32.12	3.30	19.38	*1787	96.3	*2.81	1.38	\$0.562
000600 EU Carrots, Raw	3 oz	2000	35	0.03	59	4	0.20	0.00	0	8.15	2.38	0.79	14298	28.1	5.02	0.26	\$0.298
000605 EU Grapes, Raw	1/2 cup	1000	31	0.05	1	7	0.16	0.00	0	7.89	0.41	0.29	46	6.4	1.84	0.13	\$0.141
000694 EU Juice, Apple Berry 4 oz	4 oz Carton	1500	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00	0	0.0	0.00	0.00	\$0.145
000205 EU Milk, 1% White, 8 oz	8 fl oz carton	500	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	1500	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
000621 EU Lettuce, Green Leaf, Raw	Outer Leaf	500	4	0.00	7	0	0.04	0.00	0	0.69	0.31	0.33	1777	8.6	2.21	0.21	\$0.040
000719 EU Tomato Slice	Tomato Slice	500	4	0.01	1	1	0.04	0.00	0	0.78	0.24	0.18	167	2.0	2.74	0.05	\$0.004
Weighted Daily Average			668	7.22	965	*44	18.19	*0.00	59	94.16	7.31	32.06	*16304	583.7	*12.54	3.15	\$1.550
% of Calories				9.73%		*26.3%	24.5%	*0.0%		56.4%		19.2%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

### Friday - 05/28/2021

### Reimbursable Meal Total 2000

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000263 EU Pizza, Pepperoni Slice	slice	1000	330	6.67	257	2	12.65	0.28	36	33.91	3.66	21.02	779	436.2	5.09	2.21	\$1.125
000456 EU Chicken, Orange Bowl	Bowl	500	429	1.05	404	*14	5.98	*0.00	56	72.12	3.96	20.65	454	25.9	11.61	1.91	\$0.504

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## Portion Values

May 25, 2021 thru May 28, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000359 EU Nachos w/beans, cheese	each	250	674	16.18	1284	9	41.44	0.00	82	50.34	5.79	23.96	890	557.4	3.21	2.17	\$1.169
990188 EU Sub Sandwich, Turkey	sandwich	250	289	3.79	765	5	8.59	0.00	38	32.12	3.30	19.38	*1787	96.3	*2.81	1.38	\$0.562
000600 EU Carrots, Raw	3 oz	2250	35	0.03	59	4	0.20	0.00	0	8.15	2.38	0.79	14298	28.1	5.02	0.26	\$0.298
000621 EU Lettuce, Green Leaf, Raw	Outer Leaf	250	4	0.00	7	0	0.04	0.00	0	0.69	0.31	0.33	1777	8.6	2.21	0.21	\$0.040
000719 EU Tomato Slice	Tomato Slice	250	4	0.01	1	1	0.04	0.00	0	0.78	0.24	0.18	167	2.0	2.74	0.05	\$0.004
000605 EU Grapes, Raw	1/2 cup	1250	31	0.05	1	7	0.16	0.00	0	7.89	0.41	0.29	46	6.4	1.84	0.13	\$0.141
000769 EU Canned Fruit Assorted	1/2 cup	800	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
990159 EU Cranberries PKG 1.16 oz	PKG	200	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
000205 EU Milk, 1% White, 8 oz	8 fl oz carton	500	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	1750	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
Weighted Daily Average			614	6.54	710	*43	15.05	*0.14	55	90.22	7.86	32.05	*17781	*651.9	*15.64	*3.10	\$1.614
% of Calories				9.59%		*28.0%	22.1%	*0.2%		58.8%		20.9%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages	685	6	906	*46	18.94	*0.05	49	98.97	8.39	31.20	*9826	*606.4	*19.05	*3.40	\$1.549
% of Calories		8.50%		*26.9%	24.9%	*0.1%		57.8%		18.2%					

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	685		750-850	91%	65.00			Correction Required - Calories are Low
Saturated Fat	6.47 g	8.50%	<10.000%					

# Base Menu Spreadsheet

## Portion Values

May 25, 2021 thru May 28, 2021

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Sodium	906 mg		1420.000	64%				
Sugars	*46 g	*26.9%					Missing Data	
Total Fat	18.94 g	24.9%						
Trans Fat	*0.05 g	*0.1%					Missing Data	
Cholesterol	49 mg							
Carbohydrate	98.97 g	57.8%						
Fiber	8.39 g							
Protein	31.20 g	18.2%						
Vitamin A	*9826 IU						Missing Data	
Calcium	*606.4 mg						Missing Data	
Vitamin C	*19.05 mg						Missing Data	
Iron	*3.40 mg						Missing Data	

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

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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - 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.