

EGUSD Food and Nutrition Services

Dec 1, 2021 thru Dec 21, 2021

Planned Menu Spreadsheet

2 Lunch Choice

Portion Values - Detailed

001 - CENTRAL KITCHEN

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 12/01/2021				
2 Lunch Choice	Total			
MACARONI & CHEESE RACK	each	392	4.00	50.0
Tamale, Chicken rack	1 each	290	32.00	26.0
CHEESBURGER MINI 2/PKG ca	1 package	440	3.74	41.65
Condiments Offered	2 packets	18	0.00	4.53
CORN Whole Kernel 1/2 C rack	.5 cup (2.9 oz)	67	1.97	15.87
Green Salad 1/2 C. SVG rack	1 each	50	2.11	5.48
ORANGE WEDGES 1 rack	1 orange	45	2.30	11.28
Fruit Choice	each	47	1.78	11.94
Fruit Choice	each	47	1.78	11.94
Fruit Juice Choice	4 oz	59	0.00	15.34
Milk White 1% menu 2	1 8 OZ. CARTON	130	0.00	16.0
Milk Chocolate NF menu 2	each	120	0.00	21.0
Milk - Lactose Free White NF	8 oz. carton	90	0.00	13.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		621	18.68	86.54
% of Calories				55.8%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 12/02/2021				
2 Lunch Choice	Total			
Breadsticks, Rip n' Dip	1 each	322	4.00	39.0
CHICKEN NUGGETS WG 5/SVG RACK	5 Nuggets	209	2.61	13.06
TACO Soft Beef rack	1 EACH	319	6.27	29.49
Condiments Offered	2 packets	18	0.00	4.53
Green Salad 1/2 C. SVG rack	1 each	50	2.11	5.48
Beans Baked Vegetarian rack	.5 cup (5.0 oz)	252	9.52	40.99
Carrots Packs 100/case	1 packet	30	2.06	7.06
Condiment -veggie (ranch)	1packet	27	0.00	0.68
KIWI WEDGES 1 rack	1 each	52	2.55	12.47
Fruit Choice	each	47	1.78	11.94
Fruit Choice	each	47	1.78	11.94
Fruit Juice Choice	4 oz	59	0.00	15.34
Milk White 1% menu 2	1 8 OZ. CARTON	130	0.00	16.0
Milk Chocolate NF menu 2	1 each	120	0.00	21.0
Milk - Lactose Free White NF	8 oz. carton	90	0.00	13.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		606	11.35	86.66
% of Calories				57.2%
Nutrient Guideline		600-650		

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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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 12/03/2021				
2 Lunch Choice	Total			
RAVIOLI WITH MARINARA RACK	1 each	307	5.62	34.74
Chicken Drumstick, Brded WG ra	1 each	190	1.00	5.0
PIZZA, Nardone Pepp case	pizza	375	3.00	30.0
Carrots Packs 100/case	1 packet	30	2.06	7.06
Condiment -veggie (ranch)	1packet	27	0.00	0.68
POTATOES, MASHED/GRAVY. rack	1 EACH	129	0.99	25.31
Fruit Cup Strawberry Case	each	90	1.99	21.93
Fruit Choice	each	47	1.78	11.94
Fruit Choice	each	47	1.78	11.94
Fruit Juice Choice	4 oz	59	0.00	15.34
Cookie, Gingerbread	1 each	90	1.00	14.0
Milk White 1% menu 2	1 8 OZ. CARTON	130	0.00	16.0
Milk Chocolate NF menu 2	each	120	0.00	21.0
Milk - Lactose Free White NF	8 oz. carton	90	0.00	13.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average		626	7.08	86.55
% of Calories				55.3%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 12/06/2021				
2 Lunch Choice	Total			
BURRITO BEAN & CHEESE CASE	1 Burrito	310	9.00	40.0
Condiments Offered	2 packets	18	0.00	4.53
FISH STICKS RACK	4 STICKS	352	4.25	39.69
Condiments -Fish (Tartar/Ket)	2 packets	15	0.06	2.73
PASTA WITH MEATBALLS rack	each	357	7.21	52.03
Carrots Packs 100/case	1 packet	30	2.06	7.06
Condiment -veggie (ranch)	1packet	27	0.00	0.68
GREEN BEANS 12 oz bag	.5 cup	65	4.36	13.08
PEACHES DICED 1/2 C rack	.5 cup	87	1.09	20.74
Fruit Choice	each	47	1.78	11.94
Fruit Choice	each	47	1.78	11.94
Fruit Juice Choice	4 oz	59	0.00	15.34
Milk White 1% menu 2	1 8 OZ. CARTON	130	0.00	16.0
Milk Chocolate NF menu 2	each	120	0.00	21.0
Milk - Lactose Free White NF	8 oz. carton	90	0.00	13.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average		588	9.55	92.26
% of Calories				62.7%
Nutrient Guideline		600-650		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 12/07/2021				
2 Lunch Choice	Total			
PIZZA WG CHEESE CASE	1 EACH	336	3.02	30.21
Chili rack	5 oz serving	193	5.72	19.02
Muffin Corn 2.4 oz Rack	2.4 oz	290	1.10	46.64
TURKEY TACO NADA, case	1 each	264	3.80	31.0
Condiments Offered	2 packets	18	0.00	4.53
CHANA MASALA rack	1 each	373	8.12	75.88
Carrots Packs 100/case	1 packet	30	2.06	7.06
Condiment -veggie (ranch)	1packet	27	0.00	0.68
BROCCOLI Florets 1/2 C. rac	.5 cup	39	0.88	2.94
Fruit Cup Strawberry Case	each	90	1.99	21.93
Fruit Choice	1 each	47	1.78	11.94
Fruit Choice	each	47	1.78	11.94
Fruit Juice Choice	4 oz	59	0.00	15.34
Milk White 1% menu 2	1 8 OZ. CARTON	130	0.00	16.0
Milk Chocolate NF menu 2	each	120	0.00	21.0
Milk - Lactose Free White NF	8 oz. carton	90	0.00	13.0
ADD/SUB	0	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average		615	7.69	93.08
% of Calories				60.5%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 12/08/2021				
2 Lunch Choice	Total			
MACARONI & CHEESE RACK	each	392	4.00	50.0
Tamale, Chicken rack	1 each	290	32.00	26.0
CHEESBURGER MINI 2/PKG ca	1 package	440	3.74	41.65
Condiments Offered	2 packets	18	0.00	4.53
PEAS AND CORN rack	.5 CUP	64	3.20	13.62
Green Salad 1/2 C. SVG rack	1 each	50	2.11	5.48
ORANGE WEDGES 1 rack	1 orange	45	2.30	11.28
Fruit Choice	each	47	1.78	11.94
Fruit Choice	each	47	1.78	11.94
Fruit Juice Choice	4 oz	59	0.00	15.34
Milk White 1% menu 2	1 8 OZ. CARTON	130	0.00	16.0
Milk Chocolate NF menu 2	each	120	0.00	21.0
Milk - Lactose Free White NF	8 oz. carton	90	0.00	13.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average		620	19.04	85.86
% of Calories				55.4%
Nutrient Guideline		600-650		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 12/09/2021				
2 Lunch Choice	Total			
Breadsticks, Rip n' Dip	1 each	322	4.00	39.0
CHICKEN NUGGETS WG 5/SVG RACK	5 Nuggets	209	2.61	13.06
TACO Soft Beef rack	1 EACH	319	6.27	29.49
Condiments Offered	2 packets	18	0.00	4.53
Green Salad 1/2 C. SVG rack	1 each	50	2.11	5.48
Beans Baked Vegetarian rack	.5 cup (5.0 oz)	252	9.52	40.99
Carrots Packs 100/case	1 packet	30	2.06	7.06
Condiment -veggie (ranch)	1packet	27	0.00	0.68
KIWI WEDGES 1 rack	1 each	52	2.55	12.47
Fruit Choice	each	47	1.78	11.94
Fruit Choice	each	47	1.78	11.94
Fruit Juice Choice	4 oz	59	0.00	15.34
Milk White 1% menu 2	1 8 OZ. CARTON	130	0.00	16.0
Milk Chocolate NF menu 2	1 each	120	0.00	21.0
Milk - Lactose Free White NF	8 oz. carton	90	0.00	13.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		606	11.35	86.66
% of Calories				57.2%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 12/10/2021				
2 Lunch Choice	Total			
RAVIOLI WITH MARINARA RACK	1 each	307	5.62	34.74
Chicken Drumstick, Brded WG ra	1 each	190	1.00	5.0
PIZZA, Nardone Pepp case	pizza	375	3.00	30.0
Carrots Packs 100/case	1 packet	30	2.06	7.06
Condiment -veggie (ranch)	1packet	27	0.00	0.68
POTATOES, MASHED/GRAVY. rack	1 EACH	129	0.99	25.31
Papaya Mango, Dole Cup, case	1 each	70	2.00	18.0
Fruit Choice	each	47	1.78	11.94
Fruit Choice	each	47	1.78	11.94
Fruit Juice Choice	4 oz	59	0.00	15.34
Cookie, Gingerbread	1 each	90	1.00	14.0
Milk White 1% menu 2	1 8 OZ. CARTON	130	0.00	16.0
Milk Chocolate NF menu 2	each	120	0.00	21.0
Milk - Lactose Free White NF	8 oz. carton	90	0.00	13.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average		622	7.08	85.77
% of Calories				55.2%
Nutrient Guideline		600-650		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 12/13/2021				
2 Lunch Choice	Total			
BURRITO BEAN & CHEESE CASE	1 Burrito	310	9.00	40.0
Condiments Offered	2 packets	18	0.00	4.53
FISH STICKS RACK	5 STICKS	352	4.25	39.69
Condiments -Fish (Tartar/Ket)	2 packets	15	0.06	2.73
PASTA WITH MEATBALLS rack	each	357	7.21	52.03
Carrots Packs 100/case	1 packet	30	2.06	7.06
Condiment -veggie (ranch)	1packet	27	0.00	0.68
VEGETABLES Mixed 1/2 C SVG rac	.5 cup (3.3 oz)	56	2.81	11.23
MANDARIN ORANGES 1/2 C. rack	.5 cup	80	1.00	18.0
Fruit Choice	each	47	1.78	11.94
Fruit Choice	each	47	1.78	11.94
Fruit Juice Choice	4 oz	59	0.00	15.34
Milk White 1% menu 2	1 8 OZ. CARTON	130	0.00	16.0
Milk Chocolate NF menu 2	each	120	0.00	21.0
Milk - Lactose Free White NF	8 oz. carton	90	0.00	13.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average		589	9.21	91.90
% of Calories				62.4%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 12/14/2021				
2 Lunch Choice	Total			
PIZZA WG CHEESE CASE	1 EACH	336	3.02	30.21
Chili rack	5 oz serving	193	5.72	19.02
Muffin Corn 2.4 oz Rack	2.4 oz	290	1.10	46.64
TURKEY TACO NADA, case	1 each	264	3.80	31.0
Condiments Offered	2 packets	18	0.00	4.53
CHANA MASALA rack	1 each	373	8.12	75.88
Carrots Packs 100/case	1 packet	30	2.06	7.06
Condiment -veggie (ranch)	1packet	27	0.00	0.68
BROCCOLI Florets 1/2 C. rac	.5 cup	39	0.88	2.94
Applesauce Regular cs	4.5 oz cup	70	2.00	18.0
Fruit Choice	1 each	47	1.78	11.94
Fruit Choice	each	47	1.78	11.94
Fruit Juice Choice	4 oz	59	0.00	15.34
Milk White 1% menu 2	1 8 OZ. CARTON	130	0.00	16.0
Milk Chocolate NF menu 2	each	120	0.00	21.0
Milk - Lactose Free White NF	8 oz. carton	90	0.00	13.0
ADD/SUB	0	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average		609	7.69	91.90
% of Calories				60.3%
Nutrient Guideline		600-650		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 12/15/2021				
2 Lunch Choice	Total			
MACARONI & CHEESE RACK	each	392	4.00	50.0
Tamale, Chicken rack	1 each	290	32.00	26.0
CHEESBURGER MINI 2/PKG ca	1 package	440	3.74	41.65
Condiments Offered	2 packets	18	0.00	4.53
CORN Whole Kernel 1/2 C rack	.5 cup (2.9 oz)	67	1.97	15.87
Green Salad 1/2 C. SVG rack	1 each	50	2.11	5.48
ORANGE WEDGES 1 rack	1 orange	45	2.30	11.28
Fruit Choice	each	47	1.78	11.94
Fruit Choice	each	47	1.78	11.94
Fruit Juice Choice	4 oz	59	0.00	15.34
Milk White 1% menu 2	1 8 OZ. CARTON	130	0.00	16.0
Milk Chocolate NF menu 2	each	120	0.00	21.0
Milk - Lactose Free White NF	8 oz. carton	90	0.00	13.0
ADD/SUB	0	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		621	18.68	86.54
% of Calories				55.8%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 12/16/2021				
2 Lunch Choice	Total			
Breadsticks, Rip n' Dip	1 each	322	4.00	39.0
CHICKEN NUGGETS WG 5/SVG RACK	5 Nuggets	209	2.61	13.06
TACO Soft Beef rack	1 EACH	319	6.27	29.49
Condiments Offered	2 packets	18	0.00	4.53
Green Salad 1/2 C. SVG rack	1 each	50	2.11	5.48
Beans Baked Vegetarian rack	.5 cup (5.0 oz)	252	9.52	40.99
Carrots Packs 100/case	1 packet	30	2.06	7.06
Condiment -veggie (ranch)	1 packet	27	0.00	0.68
KIWI WEDGES 1 rack	1 each	52	2.55	12.47
Fruit Choice	each	47	1.78	11.94
Fruit Choice	each	47	1.78	11.94
Fruit Juice Choice	4 oz	59	0.00	15.34
Milk White 1% menu 2	1 8 OZ. CARTON	130	0.00	16.0
Milk Chocolate NF menu 2	1 each	120	0.00	21.0
Milk - Lactose Free White NF	8 oz. carton	90	0.00	13.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		606	11.35	86.66
% of Calories				57.2%
Nutrient Guideline		600-650		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 12/17/2021				
2 Lunch Choice	Total			
RAVIOLI WITH MARINARA RACK	1 each	307	5.62	34.74
Chicken Drumstick, Brded WG ra	1 each	190	1.00	5.0
PIZZA, Nardone Pepp case	pizza	375	3.00	30.0
Carrots Packs 100/case	1 packet	30	2.06	7.06
Condiment -veggie (ranch)	1packet	27	0.00	0.68
POTATOES, MASHED/GRAVY. rack	1 EACH	129	0.99	25.31
Fruit Cup Strawberry Case	each	90	1.99	21.93
Fruit Choice	each	47	1.78	11.94
Fruit Choice	each	47	1.78	11.94
Fruit Juice Choice	4 oz	59	0.00	15.34
Cookie, Gingerbread	1 each	90	1.00	14.0
Milk White 1% menu 2	1 8 OZ. CARTON	130	0.00	16.0
Milk Chocolate NF menu 2	each	120	0.00	21.0
Milk - Lactose Free White NF	8 oz. carton	90	0.00	13.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average		626	7.08	86.55
% of Calories				55.3%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 12/20/2021				
2 Lunch Choice	Total			
BURRITO BEAN & CHEESE CASE	1 Burrito	310	9.00	40.0
Condiments Offered	2 packets	18	0.00	4.53
FISH STICKS RACK	4 STICKS	352	4.25	39.69
Condiments -Fish (Tartar/Ket)	2 packets	15	0.06	2.73
PASTA WITH MEATBALLS rack	each	357	7.21	52.03
Carrots Packs 100/case	1 packet	30	2.06	7.06
Condiment -veggie (ranch)	1packet	27	0.00	0.68
GREEN BEANS 12 oz bag	.5 cup	65	4.36	13.08
PEACHES DICED 1/2 C rack	.5 cup	87	1.09	20.74
Fruit Choice	each	47	1.78	11.94
Fruit Choice	each	47	1.78	11.94
Fruit Juice Choice	4 oz	59	0.00	15.34
Milk White 1% menu 2	1 8 OZ. CARTON	130	0.00	16.0
Milk Chocolate NF menu 2	each	120	0.00	21.0
Milk - Lactose Free White NF	8 oz. carton	90	0.00	13.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average		593	9.55	93.10
% of Calories				62.8%
Nutrient Guideline		600-650		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 12/21/2021				
2 Lunch Choice	Total			
PIZZA WG CHEESE CASE	1 EACH	336	3.02	30.21
Chili rack	5 oz serving	193	5.72	19.02
Muffin Corn 2.4 oz Rack	2.4 oz	290	1.10	46.64
TURKEY TACO NADA, case	1 each	264	3.80	31.0
Condiments Offered	2 packets	18	0.00	4.53
CHANA MASALA rack	1 each	373	8.12	75.88
Carrots Packs 100/case	1 packet	30	2.06	7.06
Condiment -veggie (ranch)	1packet	27	0.00	0.68
BROCCOLI Florets 1/2 C. rac	.5 cup	39	0.88	2.94
Fruit Cup Strawberry Case	each	90	1.99	21.93
Fruit Choice	1 each	47	1.78	11.94
Fruit Choice	each	47	1.78	11.94
Fruit Juice Choice	4 oz	59	0.00	15.34
Milk White 1% menu 2	1 8 OZ. CARTON	130	0.00	16.0
Milk Chocolate NF menu 2	each	120	0.00	21.0
Milk - Lactose Free White NF	8 oz. carton	90	0.00	13.0
ADD/SUB	0	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average		615	7.69	93.08
% of Calories				60.5%
Nutrient Guideline		600-650		

Weighted Average		611	10.87	88.87
				58.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	611		600 - 650	100%				
Fiber (g)	10.87							
Carbohydrate (g)	88.87	58.20%						

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.

NOTICE: The data contained within this report and the NUTRIKIDS® 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.