

# EGUSD Food and Nutrition Services

Dec 1, 2021 thru Dec 21, 2021

Planned Menu Spreadsheet

16 Supper - K-6 O vs. S

Portion Values - Detailed

001 - CENTRAL KITCHEN

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 12/01/2021				
16 Supper - K-6 O vs. S	Total			
Burrito, En Fuego Bean&Chz Cs	1 each	323	7.70	42.0
Jicama each	1/2 cup	29	3.83	7.02
MANDARIN/TANGERINES,FRESH	2 EACH	103	3.51	26.01
Milk Chocolate NF menu 2	1 each	120	0.00	21.0
Milk White 1% menu 2	1 8 OZ. CARTON	130	0.00	16.0
ADD/SUB	0	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Please Print	1	*N/A*	*N/A*	*N/A*
Served by:	1	*N/A*	*N/A*	*N/A*
Weighted Daily Average		578	15.04	94.78
% of Calories				65.6%
Nutrient Guideline		0		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 12/02/2021				
16 Supper - K-6 O vs. S	Total			
PIZZA WG CHEESE CASE	EACH	336	3.02	30.21
Carrot & Celery Sticks supper	1/2 cup	46	1.51	5.04
Pear, Cup, Orchard case	each	70	2.00	18.0
Milk Chocolate NF menu 2	1 each	120	0.00	21.0
Milk White 1% menu 2	1 8 OZ. CARTON	130	0.00	16.0
ADD/SUB	0	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Please Print	1	*N/A*	*N/A*	*N/A*
Served by:	1	*N/A*	*N/A*	*N/A*
Weighted Daily Average		575	6.53	73.00
% of Calories				50.8%
Nutrient Guideline		0		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 12/03/2021				
16 Supper - K-6 O vs. S	Total			
Lunchable TorChips Sup OVS	1 each	455	6.87	36.39
Carrots Packs 100/case	1 packet	30	2.06	7.06
Dressing Buttermilk 200/12 gm	1 each	27	0.00	0.68
Tropical Fruit Mix case	1 each	120	3.00	30.0
Milk Chocolate NF menu 2	1 each	120	0.00	21.0
Milk White 1% menu 2	1 8 OZ. CARTON	130	0.00	16.0
ADD/SUB	0	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Please Print	1	*N/A*	*N/A*	*N/A*
Served by:	1	*N/A*	*N/A*	*N/A*
Weighted Daily Average		755	11.94	93.88
% of Calories				49.7%
Nutrient Guideline		0		

\*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)
<b>Mon - 12/06/2021</b>				
16 Supper - K-6 O vs. S	Total			
SNACKABLE	1 snackable	371	4.00	22.0
BroccoliFlor 1/2 C w/R Sup ovs	.5 cup/1packet	39	0.88	2.94
APPLE CRISPS - Tree Top	1 each	40	2.00	10.0
Milk Chocolate NF menu 2	1 each	120	0.00	21.0
Milk White 1% menu 2	1 8 OZ. CARTON	130	0.00	16.0
ADD/SUB	0	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Please Print	1	*N/A*	*N/A*	*N/A*
Served by:	1	*N/A*	*N/A*	*N/A*
Weighted Daily Average		573	6.88	54.69
% of Calories				38.2%
Nutrient Guideline		0		

<b>Tue - 12/07/2021</b>				
16 Supper - K-6 O vs. S	Total			
Sandwich, Pepperoni Stuffed	1 each	300	3.00	32.0
Carrots Packs 100/case	1 packet	30	2.06	7.06
Dressing Buttermilk 200/12 gm	1 each	27	0.00	0.68
Apples Sliced 200/case	1 pkg 2 oz	35	1.50	9.0
Milk Chocolate NF menu 2	1 each	120	0.00	21.0
Milk White 1% menu 2	1 8 OZ. CARTON	130	0.00	16.0
ADD/SUB	0	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Please Print	1	*N/A*	*N/A*	*N/A*
Served by:	1	*N/A*	*N/A*	*N/A*
Weighted Daily Average		515	6.56	68.49
% of Calories				53.2%
Nutrient Guideline		0		

<b>Wed - 12/08/2021</b>				
16 Supper - K-6 O vs. S	Total			
TURKEY TACO NADA, case	each	264	3.80	31.0
Jicama each	1/2 cup	29	3.83	7.02
MANDARIN/TANGERINES,FRESH	2 EACH	103	3.51	26.01
Milk Chocolate NF menu 2	1 each	120	0.00	21.0
Milk White 1% menu 2	1 8 OZ. CARTON	130	0.00	16.0
ADD/SUB	0	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Please Print	1	*N/A*	*N/A*	*N/A*
Served by:	1	*N/A*	*N/A*	*N/A*
Weighted Daily Average		519	11.14	83.78
% of Calories				64.6%
Nutrient Guideline		0		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 12/09/2021				
16 Supper - K-6 O vs. S	Total			
BEEF MEATLOAF/BUN 1/SVG EACH	1 Each	313	4.02	37.12
Condiments Offered	2 packets	18	0.00	4.53
Carrot & Celery Sticks supper	1/2 cup	46	1.51	5.04
Apples Sliced 200/case	1 pkg 2 oz	35	1.50	9.0
Milk Chocolate NF menu 2	1 each	120	0.00	21.0
Milk White 1% menu 2	1 8 OZ. CARTON	130	0.00	16.0
ADD/SUB	0	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Please Print	1	*N/A*	*N/A*	*N/A*
Served by:	1	*N/A*	*N/A*	*N/A*
Weighted Daily Average		535	7.03	75.44
% of Calories				56.4%
Nutrient Guideline		0		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 12/10/2021				
16 Supper - K-6 O vs. S	Total			
Sandwich, PreMade Michael B's	1 each	315	2.00	24.0
Condiments -Hoagie (mayo/must)	packet	30	0.00	0.0
Carrots Packs 100/case	1 packet	30	2.06	7.06
Dressing Buttermilk 200/12 gm	1 each	27	0.00	0.68
Tropical Fruit Mix case	1 each	120	3.00	30.0
Milk White 1%	1 each	130	0.00	16.0
Milk Chocolate NF	8 oz. Carton	120	0.00	21.0
ADD/SUB	0	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Please Print	1	*N/A*	*N/A*	*N/A*
Served by:	1	*N/A*	*N/A*	*N/A*
Weighted Daily Average		648	7.06	80.24
% of Calories				49.6%
Nutrient Guideline		0		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 12/13/2021				
16 Supper - K-6 O vs. S	Total			
Yogurt, Granola&Chez Supp ovs	1 each	261	1.00	36.08
BroccoliFlor 1/2 C w/R Sup ovs	.5 cup/1packet	39	0.88	2.94
APPLE CRISPS - Tree Top	1 each	40	2.00	10.0
Milk Chocolate NF menu 2	1 each	120	0.00	21.0
Milk White 1% menu 2	1 8 OZ. CARTON	130	0.00	16.0
ADD/SUB	0	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Please Print	1	*N/A*	*N/A*	*N/A*
Served by:	1	*N/A*	*N/A*	*N/A*
Weighted Daily Average		463	3.88	68.77
% of Calories				59.5%
Nutrient Guideline		0		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 12/14/2021				
16 Supper - K-6 O vs. S	Total			
TURKEY TACO NADA, case	each	264	3.80	31.0
Carrots Packs 100/case	1 packet	30	2.06	7.06
Dressing Buttermilk 200/12 gm	1 each	27	0.00	0.68
Apples Sliced 200/case	1 pkg 2 oz	35	1.50	9.0
Milk Chocolate NF menu 2	1 each	120	0.00	21.0
Milk White 1% menu 2	1 8 OZ. CARTON	130	0.00	16.0
ADD/SUB	0	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Please Print	1	*N/A*	*N/A*	*N/A*
Served by:	1	*N/A*	*N/A*	*N/A*
Weighted Daily Average		479	7.36	67.49
% of Calories				56.3%
Nutrient Guideline		0		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 12/15/2021				
16 Supper - K-6 O vs. S	Total			
Burrito, En Fuego Bean&Chz Cs	1 each	323	7.70	42.0
Jicama each	1/2 cup	29	3.83	7.02
Dressing Buttermilk 200/12 gm	1 each	27	0.00	0.68
MANDARIN/TANGERINES,FRESH	2 EACH	103	3.51	26.01
Milk Chocolate NF menu 2	1 each	120	0.00	21.0
Milk White 1% menu 2	1 8 OZ. CARTON	130	0.00	16.0
ADD/SUB	0	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Please Print	1	*N/A*	*N/A*	*N/A*
Served by:	1	*N/A*	*N/A*	*N/A*
Weighted Daily Average		605	15.04	95.46
% of Calories				63.1%
Nutrient Guideline		0		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 12/16/2021				
16 Supper - K-6 O vs. S	Total			
PIZZA WG CHEESE CASE	EACH	336	3.02	30.21
Carrot & Celery Sticks supper	1/2 cup	46	1.51	5.04
Pear, Cup, Orchard case	each	70	2.00	18.0
Milk Chocolate NF menu 2	1 each	120	0.00	21.0
Milk White 1% menu 2	1 8 OZ. CARTON	130	0.00	16.0
ADD/SUB	0	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Please Print	1	*N/A*	*N/A*	*N/A*
Served by:	1	*N/A*	*N/A*	*N/A*
Weighted Daily Average		575	6.53	73.00
% of Calories				50.8%
Nutrient Guideline		0		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
<b>Fri - 12/17/2021</b>				
16 Supper - K-6 O vs. S	Total			
Lunchable TorChips Sup OVS	1 each	455	6.87	36.39
Carrots Packs 100/case	1 packet	30	2.06	7.06
Dressing Buttermilk 200/12 gm	1 each	27	0.00	0.68
Tropical Fruit Mix case	1 each	120	3.00	30.0
Milk Chocolate NF menu 2	1 each	120	0.00	21.0
Milk White 1% menu 2	1 8 OZ. CARTON	130	0.00	16.0
ADD/SUB	0	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Please Print	1	*N/A*	*N/A*	*N/A*
Served by:	1	*N/A*	*N/A*	*N/A*
Weighted Daily Average		755	11.94	93.88
% of Calories				49.7%
Nutrient Guideline		0		

<b>Mon - 12/20/2021</b>				
16 Supper - K-6 O vs. S	Total			
SNACKABLE	1 snackable	371	4.00	22.0
BroccoliFlor 1/2 C w/R Sup ovs	.5 cup/1packet	39	0.88	2.94
APPLE CRISPS - Tree Top	1 each	40	2.00	10.0
Milk Chocolate NF menu 2	1 each	120	0.00	21.0
Milk White 1% menu 2	1 8 OZ. CARTON	130	0.00	16.0
ADD/SUB	0	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Please Print	1	*N/A*	*N/A*	*N/A*
Served by:	1	*N/A*	*N/A*	*N/A*
Weighted Daily Average		573	6.88	54.69
% of Calories				38.2%
Nutrient Guideline		0		

<b>Tue - 12/21/2021</b>				
16 Supper - K-6 O vs. S	Total			
Sandwich, Pepperoni Stuffed	1 each	300	3.00	32.0
Carrots Packs 100/case	1 packet	30	2.06	7.06
Dressing Buttermilk 200/12 gm	1 each	27	0.00	0.68
Tropical Fruit Mix case	1 each	120	3.00	30.0
Milk Chocolate NF menu 2	1 each	120	0.00	21.0
Milk White 1% menu 2	1 8 OZ. CARTON	130	0.00	16.0
ADD/SUB	0	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Please Print	1	*N/A*	*N/A*	*N/A*
Served by:	1	*N/A*	*N/A*	*N/A*
Weighted Daily Average		600	8.06	89.49
% of Calories				59.7%
Nutrient Guideline		0		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Average		583	8.79	77.80 53.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	583		0					
Fiber (g)	8.79							
Carbohydrate (g)	77.80	53.37%						

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