

# EGUSD Food and Nutrition Services

Nov 1, 2021 thru Nov 30, 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)
Mon - 11/01/2021				
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	1	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average		597	9.21	93.07
% of Calories				62.4%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 11/02/2021				
2 Lunch Choice	Total			
PIZZA GALAXY CHEESE case	1 EACH	293	1.82	27.58
MEATLOAF WITH M. POT. rack	1 EACH	299	1.99	29.31
Roll Dinner WG 1.5oz box	1.5 oz	122	2.48	23.78
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	0	0.00	0.0
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		582	6.74	88.76
% of Calories				61.1%
Nutrient Guideline		600-650		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 11/03/2021				
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
ADD/SUB	0	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 - 11/04/2021				
2 Lunch Choice	Total			
Breadstick Stuffed case	1 each	306	3.25	36.16
CHICKEN NUGGETS WG 5/SVG RACK	5 Nuggets	209	2.61	13.06
Condiments Offered	2 packets	18	0.00	4.53
Chili rack	5 oz serving	193	5.72	19.02
Muffin Corn 2.4 oz Rack	2.4 oz	290	1.10	46.64
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		650	11.29	96.66
% of Calories				59.5%
Nutrient Guideline		600-650		

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2 Lunch Choice

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 11/05/2021				
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
Jicama 1/2 cup rack	1/2 cup	29	3.83	7.02
Fruit Cup Strawberry Case	1 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 Oatmeal CC 1 oz Box	1 cookie	139	1.18	20.76
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		640	8.09	87.14
% of Calories				54.5%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 11/08/2021				
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
GREEN BEANS 1/2 cup svg rac	.5 cup	26	2.10	4.2
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		585	9.09	91.32
% of Calories				62.4%
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 Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 11/09/2021				
2 Lunch Choice	Total			
PIZZA GALAXY CHEESE case	1 EACH	293	1.82	27.58
MEATLOAF WITH M. POT. rack	1 EACH	299	1.99	29.31
Roll Dinner WG 1.5oz box	1.5 oz	122	2.48	23.78
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	1 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
Weighted Daily Average		588	6.74	90.07
% of Calories				61.2%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 11/10/2021				
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
CARROT COINS 1/2 c. serving ra	.5 cup (2.6 oz)	24	2.10	4.94
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		608	18.71	83.26
% of Calories				54.8%
Nutrient Guideline		600-650		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 11/12/2021				
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
PEAS AND CORN rack	.5 CUP	64	3.20	13.62
Fruit Cup Mixed Berry Case	1 each	90	2.00	20.0
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 Oatmeal CC 1 oz Box	1 cookie	139	1.18	20.76
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		650	7.91	88.74
% of Calories				54.6%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 11/15/2021				
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		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 11/16/2021				
2 Lunch Choice	Total			
PIZZA GALAXY CHEESE case	1 EACH	293	1.82	27.58
MEATLOAF WITH M. POT. rack	1 EACH	299	1.99	29.31
Roll Dinner WG 1.5oz box	1.5 oz	122	2.48	23.78
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
Weighted Daily Average		576	6.62	87.71
% of Calories				60.9%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 11/17/2021				
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
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average		621	18.68	86.54
% of Calories				55.8%
Nutrient Guideline		600-650		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 11/18/2021				
2 Lunch Choice	Total			
Breadstick Stuffed case	1 each	306	3.25	36.16
CHICKEN NUGGETS WG 5/SVG RACK	5 Nuggets	209	2.61	13.06
Condiments Offered	2 packets	18	0.00	4.53
Chili rack	5 oz serving	193	5.72	19.02
Muffin Corn 2.4 oz Rack	2.4 oz	290	1.10	46.64
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		650	11.29	96.66
% of Calories				59.5%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 11/19/2021				
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
Jicama 1/2 cup rack	1/2 cup	29	3.83	7.02
Fruit Cup Strawberry Case	1 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 Sugar 1 oz Rack	1 cookie	130	0.33	16.96
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		632	7.33	83.72
% of Calories				53.0%
Nutrient Guideline		600-650		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 11/29/2021				
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
CARROT COINS 1/2 c. serving ra	.5 cup (2.6 oz)	24	2.10	4.94
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		580	9.22	91.21
% of Calories				62.8%
Nutrient Guideline		600-650		

Tue - 11/30/2021				
2 Lunch Choice	Total			
PIZZA GALAXY CHEESE case	1 EACH	293	1.82	27.58
MEATLOAF WITH M. POT. rack	1 EACH	299	1.99	29.31
Roll Dinner WG 1.5oz box	1.5 oz	122	2.48	23.78
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
PEAS AND CORN rack	.5 CUP	64	3.20	13.62
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
Weighted Daily Average		587	7.21	91.03
% of Calories				62.0%
Nutrient Guideline		600-650		

Weighted Average		610	10.38	89.65
				58.8%

\*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.

# EGUSD Food and Nutrition Services

Nov 1, 2021 thru Nov 30, 2021

Planned Menu Spreadsheet

2 Lunch Choice

Portion Values - Detailed

001 - CENTRAL KITCHEN

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Nutrient	Menu AVG	% of Cals	Weekly Target	Portion Size % of Target	Cals (kcal) Miss Data	Fiber (g) Shortfall	Carb (g) Overage	Error Messages (if any)
Calories	610		600 - 650	100%				
Fiber (g)	10.38							
Carbohydrate (g)	89.65	58.80%						

*\*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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