

# EGUSD Food and Nutrition Services

Oct 1, 2021 thru Oct 29, 2021

Planned Menu Spreadsheet

1 Brk Elem

Portion Values - Detailed

001 - CENTRAL KITCHEN

Page 1

Generated on: 9/23/2021 8:45:06 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 10/01/2021				
1 Brk Elem	Total			
FRENCH TOAST CINNAMON RUSH cas	1 slice	220	2.00	37.0
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Bagel mini case	each	120	2.00	25.93
Cream Cheese variety case	1 each	90	0.00	2.5
Fruit Delight Bar, Apple Case	each	160	1.00	27.0
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bwlpk-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's BwlPk Va	1 bowl	70	2.00	14.0
Applesauce Regular cs	4.5 oz cup	70	2.00	18.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	each	130	0.00	16.0
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		501	4.08	84.05
% of Calories				67.2%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 10/04/2021				
1 Brk Elem	Total			
Scrambled Eggs and Sausage rac	each	151	0.00	2.03
Fruit Delight Bar, Strberry Cs	each	160	1.00	27.0
Bagel mini case	each	120	2.00	25.93
Cream Cheese variety case	1 each	90	0.00	2.5
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bwlpk-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's BwlPk Va	1 bowl	70	2.00	14.0
Applesauce Regular cs	4.5 oz cup	70	2.00	18.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	each	130	0.00	16.0
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		473	3.28	70.07
% of Calories				59.3%
Nutrient Guideline		450-500		

\*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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1 Brk Elem

Portion Values - Detailed

001 - CENTRAL KITCHEN

Page 2

Generated on: 9/23/2021 8:45:06 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 10/05/2021				
1 Brk Elem	Total			
Bagelfuls case	each	180	2.00	30.0
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Fruit & Grain Bar, Straw Case	1 each	160	3.00	30.0
Muffin Apple 2.75oz Rack	2.75 oz	256	2.07	32.47
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bwlpk-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's Bwlpk Va	1 bowl	70	2.00	14.0
Pear, Cup, Orchard case	1 each	70	2.00	18.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	each	130	0.00	16.0
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	1	0	0.00	0.0
Weighted Daily Average		503	4.91	84.07
% of Calories				66.9%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 10/06/2021				
1 Brk Elem	Total			
Egg Scramble rac	each	143	0.00	1.96
Breakfast Bar, Farmer's Mkt cs	bar	268	4.70	46.0
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Fruit Delight Bar, Strberry Cs	each	160	1.00	27.0
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bwlpk-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's Bwlpk Va	1 bowl	70	2.00	14.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	each	130	0.00	16.0
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		431	3.98	70.80
% of Calories				65.8%
Nutrient Guideline		450-500		

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Oct 1, 2021 thru Oct 29, 2021

Planned Menu Spreadsheet

1 Brk Elem

Portion Values - Detailed

001 - CENTRAL KITCHEN

Page 3

Generated on: 9/23/2021 8:45:06 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 10/07/2021				
1 Brk Elem	Total			
Waffle Cin Mini case	1 each	200	4.00	35.0
Syrup 100/1 oz ppi	1 packet	80	0.00	21.0
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Fruit & Grain Bar, Apple Case	1 each	160	3.00	30.0
Muffin Blueberry 2.75 oz Rack	2.75 muffin	253	1.93	31.65
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bowlpak-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's BowlPk Va	1 bowl pack	70	2.00	14.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	each	130	0.00	16.0
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	1	0	0.00	0.0
Weighted Daily Average		456	5.47	79.96
% of Calories				70.1%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 10/08/2021				
1 Brk Elem	Total			
Chicken Sausage Bites rack	1 each	223	2.03	17.22
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Bagel mini case	each	120	2.00	25.93
Cream Cheese variety case	1 each	90	0.00	2.5
Fruit Delight Bar, Apple Case	each	160	1.00	27.0
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bowlpak-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's BowlPk Va	1 bowl	70	2.00	14.0
Applesauce Regular cs	4.5 oz cup	70	2.00	18.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	each	130	0.00	16.0
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		502	4.09	76.14
% of Calories				60.7%
Nutrient Guideline		450-500		

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Portion Values - Detailed

001 - CENTRAL KITCHEN

Page 4

Generated on: 9/23/2021 8:45:07 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 10/11/2021				
1 Brk Elem	Total			
Scrambled Eggs and Sausage rac	each	151	0.00	2.03
Fruit Delight Bar, Strberry Cs	each	160	1.00	27.0
Bagel mini case	each	120	2.00	25.93
Cream Cheese variety case	1 each	90	0.00	2.5
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bwlpk-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's BwlPk Va	1 bowl	70	2.00	14.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	each	130	0.00	16.0
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		473	3.54	69.97
% of Calories				59.2%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 10/12/2021				
1 Brk Elem	Total			
Bagelfuls case	each	180	2.00	30.0
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Fruit & Grain Bar, Apple Case	1 each	160	3.00	30.0
Muffin Blueberry 2.75 oz Rack	2.75 muffin	253	1.93	31.65
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bwlpk-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's BwlPk Va	1 bowl	70	2.00	14.0
Applesauce Regular cs	4.5 oz cup	70	2.00	18.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	each	130	0.00	16.0
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		502	4.85	83.74
% of Calories				66.8%
Nutrient Guideline		450-500		

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Oct 1, 2021 thru Oct 29, 2021

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1 Brk Elem

Portion Values - Detailed

001 - CENTRAL KITCHEN

Page 5

Generated on: 9/23/2021 8:45:07 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 10/13/2021				
1 Brk Elem	Total			
Egg Scramble rac	each	143	0.00	1.96
Breakfast Bar, Farmer's Mkt cs	bar	268	4.70	46.0
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Fruit Delight Bar, Strberry Cs	each	160	1.00	27.0
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bwlpk-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's Bwlpk Va	1 bowl	70	2.00	14.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	each	130	0.00	16.0
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		459	3.98	71.19
% of Calories				62.0%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 10/14/2021				
1 Brk Elem	Total			
PANCAKES, MINI MAPLE CASE	1 each	190	3.00	30.0
Syrup 100/1 oz ppi	1 packet	80	0.00	21.0
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Fruit & Grain Bar, Straw Case	1 each	160	3.00	30.0
Muffin Banana 2.75 oz Rack	2.75 oz	264	1.94	34.28
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bwlpk-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's Bwlpk Va	1 bowl	70	2.00	14.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	each	130	0.00	16.0
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		540	5.07	92.72
% of Calories				68.6%
Nutrient Guideline		450-500		

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001 - CENTRAL KITCHEN

Page 6

Generated on: 9/23/2021 8:45:07 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 10/15/2021				
1 Brk Elem	Total			
Chicken Sausage Bites rack	1 each	223	2.03	17.22
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Bagel mini case	each	120	2.00	25.93
Cream Cheese variety case	1 each	90	0.00	2.5
Fruit Delight Bar, Apple Case	each	160	1.00	27.0
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bowlpak-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's BowlPk Va	1 bowl	70	2.00	14.0
Applesauce Regular cs	4.5 oz cup	70	2.00	18.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	each	130	0.00	16.0
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		502	4.09	76.14
% of Calories				60.7%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 10/18/2021				
1 Brk Elem	Total			
Scrambled Eggs and Sausage rac	each	151	0.00	2.03
Fruit Delight Bar, Strberry Cs	each	160	1.00	27.0
Bagel mini case	each	120	2.00	25.93
Cream Cheese variety case	1 each	90	0.00	2.5
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bowlpak-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's BowlPk Va	1 bowl	70	2.00	14.0
Applesauce Regular cs	4.5 oz cup	70	2.00	18.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	each	130	0.00	16.0
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		473	3.28	70.07
% of Calories				59.3%
Nutrient Guideline		450-500		

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1 Brk Elem

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001 - CENTRAL KITCHEN

Page 7

Generated on: 9/23/2021 8:45:07 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 10/19/2021				
1 Brk Elem	Total			
Bagelfuls case	each	180	2.00	30.0
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Fruit & Grain Bar, Straw Case	1 each	160	3.00	30.0
Muffin Apple 2.75oz Rack	2.75 oz	256	2.07	32.47
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bwlpk-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's BwlPk Va	1 bowl	70	2.00	14.0
Pear, Cup, Orchard case	1 each	70	2.00	18.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	each	130	0.00	16.0
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		443	4.91	76.50
% of Calories				69.1%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 10/20/2021				
1 Brk Elem	Total			
Egg Scramble rac	each	143	0.00	1.96
Breakfast Bar, Farmer's Mkt cs	bar	268	4.70	46.0
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Fruit Delight Bar, Strawberry Cs	each	160	1.00	27.0
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bwlpk-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's BwlPk Va	1 bowl	70	2.00	14.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	each	130	0.00	16.0
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		491	4.18	76.59
% of Calories				62.4%
Nutrient Guideline		450-500		

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1 Brk Elem

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001 - CENTRAL KITCHEN

Page 8

Generated on: 9/23/2021 8:45:07 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 10/21/2021				
1 Brk Elem	Total			
Waffle Cin Mini case	1 each	200	4.00	35.0
Syrup 100/1 oz ppi	1 packet	80	0.00	21.0
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Fruit & Grain Bar, Apple Case	1 each	160	3.00	30.0
Muffin Blueberry 2.75 oz Rack	2.75 muffin	253	1.93	31.65
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bowlpak-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's BowlPk Va	1 bowl pack	70	2.00	14.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	each	130	0.00	16.0
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	1	0	0.00	0.0
Weighted Daily Average		456	5.47	79.96
% of Calories				70.1%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 10/22/2021				
1 Brk Elem	Total			
Chicken Sausage Bites rack	1 each	223	2.03	17.22
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Bagel mini case	each	120	2.00	25.93
Cream Cheese variety case	1 each	90	0.00	2.5
Fruit Delight Bar, Apple Case	each	160	1.00	27.0
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bowlpak-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's BowlPk Va	1 bowl	70	2.00	14.0
Applesauce Regular cs	4.5 oz cup	70	2.00	18.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	each	130	0.00	16.0
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		502	4.09	76.14
% of Calories				60.7%
Nutrient Guideline		450-500		

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# EGUSD Food and Nutrition Services

Oct 1, 2021 thru Oct 29, 2021

Planned Menu Spreadsheet

1 Brk Elem

Portion Values - Detailed

001 - CENTRAL KITCHEN

Page 9

Generated on: 9/23/2021 8:45:07 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 10/25/2021				
1 Brk Elem	Total			
Scrambled Eggs and Sausage rac	each	151	0.00	2.03
Fruit Delight Bar, Strberry Cs	each	160	1.00	27.0
Bagel mini case	each	120	2.00	25.93
Cream Cheese variety case	1 each	90	0.00	2.5
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bwlpk-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's BwlPk Va	1 bowl	70	2.00	14.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	each	130	0.00	16.0
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		473	3.54	69.97
% of Calories				59.2%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 10/26/2021				
1 Brk Elem	Total			
Bagelfuls case	each	180	2.00	30.0
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Fruit & Grain Bar, Apple Case	1 each	160	3.00	30.0
Muffin Blueberry 2.75 oz Rack	2.75 muffin	253	1.93	31.65
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bwlpk-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's BwlPk Va	1 bowl	70	2.00	14.0
Applesauce Regular cs	4.5 oz cup	70	2.00	18.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	1 each	130	0.00	16.0
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		494	4.85	82.57
% of Calories				66.9%
Nutrient Guideline		450-500		

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# EGUSD Food and Nutrition Services

Oct 1, 2021 thru Oct 29, 2021

Planned Menu Spreadsheet

1 Brk Elem

Portion Values - Detailed

001 - CENTRAL KITCHEN

Page 10

Generated on: 9/23/2021 8:45:07 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 10/27/2021				
1 Brk Elem	Total			
Egg Scramble rac	each	143	0.00	1.96
Breakfast Bar, Farmer's Mkt cs	bar	268	4.70	46.0
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Fruit Delight Bar, Strberry Cs	each	160	1.00	27.0
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bwlpk-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's Bwlpk Va	1 bowl	70	2.00	14.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	each	130	0.00	16.0
Milk - Lactose Free White NF	8 oz. carton	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		398	3.98	63.49
% of Calories				63.8%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 10/28/2021				
1 Brk Elem	Total			
PANCAKES, MINI MAPLE CASE	1 each	190	3.00	30.0
Syrup 100/1 oz ppi	1 packet	80	0.00	21.0
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Fruit & Grain Bar, Straw Case	1 each	160	3.00	30.0
Muffin Banana 2.75 oz Rack	2.75 oz	264	1.94	34.28
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bwlpk-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's Bwlpk Va	1 bowl	70	2.00	14.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	each	130	0.00	16.0
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		540	5.07	92.72
% of Calories				68.6%
Nutrient Guideline		450-500		

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Planned Menu Spreadsheet

1 Brk Elem

Portion Values - Detailed

001 - CENTRAL KITCHEN

Page 11

Generated on: 9/23/2021 8:45:07 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 10/29/2021				
1 Brk Elem	Total			
Chicken Sausage Bites rack	1 each	223	2.03	17.22
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Bagel mini case	each	120	2.00	25.93
Cream Cheese variety case	1 each	90	0.00	2.5
Fruit Delight Bar, Apple Case	each	160	1.00	27.0
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bwlpk-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's BwlPk Va	1 bowl	70	2.00	14.0
Applesauce Regular cs	4.5 oz cup	70	2.00	18.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	each	130	0.00	16.0
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		502	4.09	76.14
% of Calories				60.7%
Nutrient Guideline		450-500		

Weighted Average		482	4.32	77.28
				64.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	482		450 - 500	100%				
Fiber (g)	4.32							
Carbohydrate (g)	77.28	64.20%						

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