

# EGUSD Food and Nutrition Services

Oct 1, 2021 thru Oct 29, 2021

Planned Menu Spreadsheet

2 Lunch Choice

Portion Values - Detailed

001 - CENTRAL KITCHEN

Page 1

Generated on: 9/23/2021 9:04:19 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 10/01/2021				
2 Lunch Choice	Total			
FRUIT & YOGURT PARFAIT rack	1 each	425	2.71	73.24
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
Veggie Mix rack	1 each	42	0.80	4.0
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
ADD/SUB	1	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average		690	6.02	101.13
% of Calories				58.6%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 10/04/2021				
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
Fruit Choice	1 each	47	1.78	11.94
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
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		578	9.44	89.96
% of Calories				62.2%
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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2 Lunch Choice

Portion Values - Detailed

001 - CENTRAL KITCHEN

Page 2

Generated on: 9/23/2021 9:04:19 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 10/05/2021				
2 Lunch Choice	Total			
PIZZA WG CHEESE CASE	1 EACH	336	3.02	30.21
POT ROAST W/ M. POT. rack	1 EACH	219	0.99	26.31
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
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		579	6.97	89.07
% of Calories				61.5%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 10/06/2021				
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
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		620	18.68	86.41
% of Calories				55.8%
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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2 Lunch Choice

Portion Values - Detailed

001 - CENTRAL KITCHEN

Page 3

Generated on: 9/23/2021 9:04:19 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 10/07/2021				
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
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
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		654	11.51	97.38
% of Calories				59.5%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 10/08/2021				
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
Veggie Mix rack	1 each	42	0.80	4.0
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
ADD/SUB	1	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average		643	7.18	86.11
% of Calories				53.6%
Nutrient Guideline		600-650		

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2 Lunch Choice

Portion Values - Detailed

001 - CENTRAL KITCHEN

Page 4

Generated on: 9/23/2021 9:04:19 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 10/11/2021				
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
Fruit Choice	1 each	47	1.78	11.94
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
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		572	9.30	88.55
% of Calories				61.9%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 10/12/2021				
2 Lunch Choice	Total			
PIZZA WG CHEESE CASE	1 EACH	336	3.02	30.21
POT ROAST W/ M. POT. rack	1 EACH	219	0.99	26.31
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
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		585	6.97	90.25
% of Calories				61.7%
Nutrient Guideline		600-650		

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2 Lunch Choice

Portion Values - Detailed

001 - CENTRAL KITCHEN

Page 5

Generated on: 9/23/2021 9:04:19 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 10/13/2021				
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
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		619	19.04	85.73
% of Calories				55.4%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 10/14/2021				
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
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
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		654	11.51	97.38
% of Calories				59.5%
Nutrient Guideline		600-650		

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2 Lunch Choice

Portion Values - Detailed

001 - CENTRAL KITCHEN

Page 6

Generated on: 9/23/2021 9:04:19 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 10/15/2021				
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
Veggie Mix rack	1 each	42	0.80	4.0
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
ADD/SUB	1	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average		643	7.18	85.72
% of Calories				53.3%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 10/18/2021				
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
Fruit Choice	1 each	47	1.78	11.94
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
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		578	9.44	89.96
% of Calories				62.2%
Nutrient Guideline		600-650		

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2 Lunch Choice

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001 - CENTRAL KITCHEN

Page 7

Generated on: 9/23/2021 9:04:19 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 10/19/2021				
2 Lunch Choice	Total			
PIZZA CHEESE case	1 pizza	320	0.00	30.0
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
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		592	6.02	89.73
% of Calories				60.6%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 10/20/2021				
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
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		620	18.68	86.41
% of Calories				55.8%
Nutrient Guideline		600-650		

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2 Lunch Choice

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Page 8

Generated on: 9/23/2021 9:04:19 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 10/21/2021				
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
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
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		654	11.51	97.38
% of Calories				59.5%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 10/22/2021				
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
Veggie Mix rack	1 each	42	0.80	4.0
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
ADD/SUB	1	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average		643	7.18	86.11
% of Calories				53.6%
Nutrient Guideline		600-650		

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# EGUSD Food and Nutrition Services

Oct 1, 2021 thru Oct 29, 2021

Planned Menu Spreadsheet

2 Lunch Choice

Portion Values - Detailed

001 - CENTRAL KITCHEN

Page 9

Generated on: 9/23/2021 9:04:19 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 10/25/2021				
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
Fruit Choice	1 each	47	1.78	11.94
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
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		572	9.30	88.55
% of Calories				61.9%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 10/26/2021				
2 Lunch Choice	Total			
PIZZA CHEESE case	1 pizza	320	0.00	30.0
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
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		598	6.01	90.91
% of Calories				60.8%
Nutrient Guideline		600-650		

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# EGUSD Food and Nutrition Services

Oct 1, 2021 thru Oct 29, 2021

Planned Menu Spreadsheet

2 Lunch Choice

Portion Values - Detailed

001 - CENTRAL KITCHEN

Page 10

Generated on: 9/23/2021 9:04:19 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 10/27/2021				
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
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		619	19.04	85.73
% of Calories				55.4%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 10/28/2021				
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
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
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		654	11.51	97.38
% of Calories				59.5%
Nutrient Guideline		600-650		

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# EGUSD Food and Nutrition Services

Oct 1, 2021 thru Oct 29, 2021

Planned Menu Spreadsheet

2 Lunch Choice

Portion Values - Detailed

001 - CENTRAL KITCHEN

Page 11

Generated on: 9/23/2021 9:04:19 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 10/29/2021				
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)	1 packet	27	0.00	0.68
Veggie Mix rack	1 each	42	0.80	4.0
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 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
ADD/SUB	1	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average		635	6.42	82.30
% of Calories				51.8%
Nutrient Guideline		600-650		

Weighted Average		619	10.43	90.10
				58.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	619		600 - 650	100%				
Fiber (g)	10.43							
Carbohydrate (g)	90.10	58.20%						

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