

EGUSD Food and Nutrition Services

Oct 1, 2021 thru Oct 29, 2021

Planned Menu Spreadsheet

10 Afterschool Snack

Portion Values - Detailed

001 - CENTRAL KITCHEN

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Generated on: 9/23/2021 9:05:19 AM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 10/01/2021				
10 Afterschool Snack	Total			
RQ # _____	1	0	0.00	0.0
# Meals Claimed	1	0	0.00	0.0
CHEESE STRING CHEESE AS	1 each	61	0.00	1.01
Crackers, MJM Wheat	1 packet	90	2.00	14.0
ADD/SUB	1	0	0.00	0.0
SUBSTITUTION	1	0	0.00	0.0
Weighted Daily Average		151	2.00	15.01
% of Calories				39.8%
Nutrient Guideline		0		

Mon - 10/04/2021				
10 Afterschool Snack	Total			
RQ # _____	1	0	0.00	0.0
# Meals Claimed	1	0	0.00	0.0
Juice Apple 70/6oz AS	6 oz	80	0.00	20.0
Cracker, Graham Bears, Honey	1 pouch	130	1.00	20.0
ADD/SUB	1	0	0.00	0.0
SUBSTITUTION	1	0	0.00	0.0
Weighted Daily Average		210	1.00	40.00
% of Calories				76.2%
Nutrient Guideline		0		

Tue - 10/05/2021				
10 Afterschool Snack	Total			
RQ # _____	1	0	0.00	0.0
# Meals Claimed	1	0	0.00	0.0
Yogurt Fruited AS	1 carton	110	0.00	19.07
Crackers, Goldfish Pretzels AS	1 each	90	1.00	16.0
ADD/SUB	1	0	0.00	0.0
SUBSTITUTION	1	0	0.00	0.0
Weighted Daily Average		200	1.00	35.07
% of Calories				70.0%
Nutrient Guideline		0		

Wed - 10/06/2021				
10 Afterschool Snack	Total			
RQ # _____	1	0	0.00	0.0
# Meals Claimed	1	0	0.00	0.0
SUNFLOWER SEEDS HON AS	1 oz.	170	2.00	8.0
Juice Fruit Blend 70/6oz AS	6 oz	90	0.00	22.0
ADD/SUB	1	0	0.00	0.0
SUBSTITUTION	1	0	0.00	0.0
Weighted Daily Average		260	2.00	30.00
% of Calories				46.2%
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)
Thu - 10/07/2021				
10 Afterschool Snack	Total			
RQ # _____	1	0	0.00	0.0
# Meals Claimed	1	0	0.00	0.0
Juice Fruit Blend 70/6oz AS	6 oz	90	0.00	22.0
Cracker, Scooby-Doo Graham AS	each	120	0.00	21.0
ADD/SUB	1	0	0.00	0.0
SUBSTITUTION	1	0	0.00	0.0
Weighted Daily Average		210	0.00	43.00
% of Calories				81.9%
Nutrient Guideline		0		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 10/08/2021				
10 Afterschool Snack	Total			
RQ # _____	1	0	0.00	0.0
# Meals Claimed	1	0	0.00	0.0
Yogurt Fruited AS	1 carton	110	0.00	19.07
Fruit Bar, Fast Sta, Strbry Cs	1 each	160	1.00	28.0
ADD/SUB	1	0	0.00	0.0
SUBSTITUTION	1	0	0.00	0.0
Weighted Daily Average		270	1.00	47.07
% of Calories				69.6%
Nutrient Guideline		0		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 10/11/2021				
10 Afterschool Snack	Total			
RQ # _____	1	0	0.00	0.0
# Meals Claimed	1	0	0.00	0.0
Juice Fruit Blend 70/6oz AS	6 oz	90	0.00	22.0
Cracker, Graham Bears, Cinn	pouch	130	1.00	20.0
ADD/SUB	1	0	0.00	0.0
SUBSTITUTION	1	0	0.00	0.0
Weighted Daily Average		220	1.00	42.00
% of Calories				76.4%
Nutrient Guideline		0		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 10/12/2021				
10 Afterschool Snack	Total			
RQ # _____	1	0	0.00	0.0
# Meals Claimed	1	0	0.00	0.0
Juice Apple 70/6oz AS	6 oz	80	0.00	20.0
Fruit & Grain Bar, Straw Case	1 each	160	3.00	30.0
ADD/SUB	1	0	0.00	0.0
SUBSTITUTION	1	0	0.00	0.0
Weighted Daily Average		240	3.00	50.00
% of Calories				83.3%
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)
Wed - 10/13/2021				
10 Afterschool Snack	Total			
RQ # _____	1	0	0.00	0.0
# Meals Claimed	1	0	0.00	0.0
Yogurt Fruited AS	1 carton	110	0.00	19.07
Cracker, Cheese AS	1 package	99	0.74	13.83
ADD/SUB	1	0	0.00	0.0
SUBSTITUTION	1	0	0.00	0.0
Weighted Daily Average		209	0.74	32.89
% of Calories				62.9%
Nutrient Guideline		0		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 10/14/2021				
10 Afterschool Snack	Total			
RQ # _____	1	0	0.00	0.0
# Meals Claimed	1	0	0.00	0.0
Fruit Bar, Fast Sta, Apple Cs	each	160	1.00	28.0
Juice Apple 70/6oz AS	6 oz	80	0.00	20.0
ADD/SUB	1	0	0.00	0.0
SUBSTITUTION	1	0	0.00	0.0
Weighted Daily Average		240	1.00	48.00
% of Calories				80.0%
Nutrient Guideline		0		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 10/15/2021				
10 Afterschool Snack	Total			
RQ # _____	1	0	0.00	0.0
# Meals Claimed	1	0	0.00	0.0
CHEESE STRING CHEESE AS	1 each	61	0.00	1.01
Crackers, MJM Wheat	1 packet	90	2.00	14.0
ADD/SUB	1	0	0.00	0.0
SUBSTITUTION	1	0	0.00	0.0
Weighted Daily Average		151	2.00	15.01
% of Calories				39.8%
Nutrient Guideline		0		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 10/18/2021				
10 Afterschool Snack	Total			
RQ # _____	1	0	0.00	0.0
# Meals Claimed	1	0	0.00	0.0
Juice Apple 70/6oz AS	6 oz	80	0.00	20.0
Cracker, Graham Bears, Honey	pouch	130	1.00	20.0
ADD/SUB	1	0	0.00	0.0
SUBSTITUTION	1	0	0.00	0.0
Weighted Daily Average		210	1.00	40.00
% of Calories				76.2%
Nutrient Guideline		0		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 10/19/2021				
10 Afterschool Snack	Total			
RQ # _____	1	0	0.00	0.0
# Meals Claimed	1	0	0.00	0.0
Yogurt Fruited AS	1 carton	110	0.00	19.07
Crackers, Goldfish Pretzels AS	1 each	90	1.00	16.0
ADD/SUB	1	0	0.00	0.0
SUBSTITUTION	1	0	0.00	0.0
Weighted Daily Average		200	1.00	35.07
% of Calories				70.0%
Nutrient Guideline		0		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 10/20/2021				
10 Afterschool Snack	Total			
RQ # _____	1	0	0.00	0.0
# Meals Claimed	1	0	0.00	0.0
SUNFLOWER SEEDS HON AS	1 oz.	170	2.00	8.0
Juice Fruit Blend 70/6oz AS	6 oz	90	0.00	22.0
ADD/SUB	1	0	0.00	0.0
SUBSTITUTION	1	0	0.00	0.0
Weighted Daily Average		260	2.00	30.00
% of Calories				46.2%
Nutrient Guideline		0		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 10/21/2021				
10 Afterschool Snack	Total			
RQ # _____	1	0	0.00	0.0
# Meals Claimed	1	0	0.00	0.0
Juice Fruit Blend 70/6oz AS	6 oz	90	0.00	22.0
Cracker, Scooby-Doo Graham AS	1 each	120	0.00	21.0
ADD/SUB	1	0	0.00	0.0
SUBSTITUTION	1	0	0.00	0.0
Weighted Daily Average		210	0.00	43.00
% of Calories				81.9%
Nutrient Guideline		0		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 10/22/2021				
10 Afterschool Snack	Total			
RQ # _____	1	0	0.00	0.0
# Meals Claimed	1	0	0.00	0.0
Yogurt Fruited AS	1 carton	110	0.00	19.07
Fruit Bar, Fast Sta, Strbry Cs	1 each	160	1.00	28.0
ADD/SUB	1	0	0.00	0.0
SUBSTITUTION	1	0	0.00	0.0
Weighted Daily Average		270	1.00	47.07
% of Calories				69.6%
Nutrient Guideline		0		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 10/25/2021				
10 Afterschool Snack	Total			
RQ # _____	1	0	0.00	0.0
# Meals Claimed	1	0	0.00	0.0
Juice Fruit Blend 70/6oz AS	6 oz	90	0.00	22.0
Cracker, Graham Bears, Cinn	pouch	130	1.00	20.0
ADD/SUB	1	0	0.00	0.0
SUBSTITUTION	1	0	0.00	0.0
Weighted Daily Average		220	1.00	42.00
% of Calories				76.4%
Nutrient Guideline		0		

Tue - 10/26/2021				
10 Afterschool Snack	Total			
RQ # _____	1	0	0.00	0.0
# Meals Claimed	1	0	0.00	0.0
Juice Apple 70/6oz AS	6 oz	80	0.00	20.0
Fruit & Grain Bar, Straw Case	1 each	160	3.00	30.0
ADD/SUB	1	0	0.00	0.0
SUBSTITUTION	1	0	0.00	0.0
Weighted Daily Average		240	3.00	50.00
% of Calories				83.3%
Nutrient Guideline		0		

Wed - 10/27/2021				
10 Afterschool Snack	Total			
RQ # _____	1	0	0.00	0.0
# Meals Claimed	1	0	0.00	0.0
Yogurt Fruited AS	1 carton	110	0.00	19.07
Cracker, Cheese AS	1 package	99	0.74	13.83
ADD/SUB	1	0	0.00	0.0
SUBSTITUTION	1	0	0.00	0.0
Weighted Daily Average		209	0.74	32.89
% of Calories				62.9%
Nutrient Guideline		0		

Thu - 10/28/2021				
10 Afterschool Snack	Total			
RQ # _____	1	0	0.00	0.0
# Meals Claimed	1	0	0.00	0.0
Fruit Bar, Fast Sta, Apple Cs	each	160	1.00	28.0
Juice Apple 70/6oz AS	6 oz	80	0.00	20.0
ADD/SUB	1	0	0.00	0.0
SUBSTITUTION	1	0	0.00	0.0
Weighted Daily Average		240	1.00	48.00
% of Calories				80.0%
Nutrient Guideline		0		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 10/29/2021				
10 Afterschool Snack	Total			
RQ # _____	1	0	0.00	0.0
# Meals Claimed	1	0	0.00	0.0
CHEESE STRING CHEESE AS	1 each	61	0.00	1.01
Crackers, MJM Wheat	1 packet	90	2.00	14.0
ADD/SUB	1	0	0.00	0.0
SUBSTITUTION	1	0	0.00	0.0
Weighted Daily Average		151	2.00	15.01
% of Calories				39.8%
Nutrient Guideline		0		

Weighted Average		218	1.31	37.19	68.3%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	218		0					
Fiber (g)	1.31							
Carbohydrate (g)	37.19	68.34%						

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