

EGUSD Food and Nutrition Services

Oct 1, 2021 thru Oct 29, 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)
Fri - 10/01/2021				
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		

Mon - 10/04/2021				
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		

Tue - 10/05/2021				
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		

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 - 10/06/2021				
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 - 10/07/2021				
16 Supper - K-6 O vs. S	Total			
Pizza, Deep Dish Chez, case	1 each	360	3.00	34.0
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		599	6.51	76.79
% of Calories				51.3%
Nutrient Guideline		0		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 10/08/2021				
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)
Mon - 10/11/2021				
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		

Tue - 10/12/2021				
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		

Wed - 10/13/2021				
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		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 10/14/2021				
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 - 10/15/2021				
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 - 10/18/2021				
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 - 10/19/2021				
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 - 10/20/2021				
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 - 10/21/2021				
16 Supper - K-6 O vs. S	Total			
Pizza, Deep Dish Chez, case	1 each	360	3.00	34.0
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		599	6.51	76.79
% of Calories				51.3%
Nutrient Guideline		0		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 10/22/2021				
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		

Mon - 10/25/2021				
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		

Tue - 10/26/2021				
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		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 10/27/2021				
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		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 10/28/2021				
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 - 10/29/2021				
16 Supper - K-6 O vs. S	Total			
Sandwich, Pre-Made 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		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Average		571	8.28	76.65 53.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	571		0					
Fiber (g)	8.28							
Carbohydrate (g)	76.65	53.66%						

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** - 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.