

EGUSD Food and Nutrition Services

Feb 1, 2021 thru Feb 27, 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 - 02/01/2021				
2 Lunch Choice	Total			
BURRITO BEAN & CHEESE CASE	1 Burrito	310	9.00	40.0
PORK RIB-A-Q rack	1 EACH	270	3.00	30.0
Carrots Packs each Ranch	1 packet/1 dres	58	2.06	7.74
ORANGE 1 EACH	orange	45	2.30	11.28
Milk White 1/2pt 1%	each	130	0.00	16.0
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		523	10.37	70.02
% of Calories				53.6%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 02/02/2021				
2 Lunch Choice	Total			
PIZZA WG CHEESE CASE	1 EACH	336	3.02	30.21
Sandwich PB Jamwich case	1 each	301	4.02	34.16
F/V Pack - Tue	1 pkg	*N/A*	*N/A*	*N/A*
PEAS AND CORN 3/4 cup each	.75 CUP	96	4.80	20.43
Tropical Fruit 1/2 C Serving	.5 cup	90	1.00	21.0
Milk White 1/2pt 1%	each	130	0.00	16.0
Milk White 1% 1/2 gal	1 each	*N/A*	*N/A*	*N/A*
ADD/SUB	0	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average		635	9.32	89.61
% of Calories				56.5%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 02/03/2021				
2 Lunch Choice	Total			
Pizza, Ardella's Pull Aparts c	1 each	330	1.50	33.97
Peanut Butter Graham Wafers	1 each	310	5.00	31.0
CORN Whole Kernel 3/4 C SVG	.75 cup(4.35oz)	100	2.96	23.8
Applesauce Cups Regular eac	4.5 oz cup	70	2.00	18.0
Milk White 1/2pt 1%	each	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		620	8.21	90.29
% of Calories				58.3%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 02/04/2021				
2 Lunch Choice	Total			
TORTELLINI WITH MARINARA RACK	1 each	258	6.02	31.11
Chicken, Spicy Chicken Tenders	1 each	225	1.50	9.0
CARROT COINS 3/4 c. serving	.5 cup (2.6 oz)	41	3.64	8.54
Fruit Cup Strawberry Each	1 each	90	1.99	21.93
Milk White 1/2pt 1%	each	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0

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)
Weighted Daily Average % of Calories		502	9.39	66.52 53.0%
Nutrient Guideline		600-650		

Fri - 02/05/2021				
2 Lunch Choice	Total			
Pizza, Deep Dish Chez, case	1 each	360	3.00	34.0
Chicken Drumstick, Brded WG ra	1 each	190	1.00	5.0
CHANA MASALA rack	1 each	373	8.11	75.84
F/V Pack - Fri	1 pkg	*N/A*	*N/A*	*N/A*
Veggie Mix each 3/4 cup	1 each	31	2.39	6.44
APPLES,Fresh #138	1 EACH	36	1.65	9.47
Chocolate Spread	1 each	170	1.00	14.0
Crackers, Goldfish Pretzels ea	1 each	90	1.00	16.0
Milk White 1/2pt 1%	1 each	130	0.00	16.0
Milk White 1% 1/2 gal	1 each	*N/A*	*N/A*	*N/A*
ADD/SUB	1	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average % of Calories		751	9.26	92.68 49.4%
Nutrient Guideline		600-650		

Sat - 02/06/2021				
2 Lunch Choice	Total			
Weekend Meal	1	*N/A*	*N/A*	*N/A*
Chicken Breast Strip-Unseasone	5 oz	156	0.00	0.0
tortilla, flour 6"	4 each	420	2.00	64.0
Peppers and Onions	5 oz	53	2.03	12.15
Salsa 1/4 Cup Serving	2.2 oz	22	0.87	4.37
Salsa 1/4 Cup Serving	2.2 oz	22	0.87	4.37
PINEAPPLE TIDBITS 1/2 C SER	1/2 CUP	64	1.07	16.04
Juice Fruit Blend 70/4oz	4 oz	66	0.00	17.11
Milk White 1%	each	130	0.00	16.0
Milk White 1%	each	130	0.00	16.0
Weighted Daily Average % of Calories		1064	6.84	150.03 56.4%
Nutrient Guideline		600-650		

Mon - 02/08/2021				
2 Lunch Choice	Total			
BURRITO BEAN & CHEESE CASE	1 Burrito	310	9.00	40.0
PORK RIB-A-Q rack	1 EACH	270	3.00	30.0
Carrots Packs each Ranch	1 packet/1 dres	58	2.06	7.74
MANDARIN/TANGERINES,FRESH	1 EACH	52	1.76	13.01
Milk White 1/2pt 1%	each	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average % of Calories		529	9.82	71.75 54.2%
Nutrient Guideline		600-650		

Tue - 02/09/2021				
2 Lunch Choice	Total			
PIZZA WG CHEESE CASE	1 EACH	336	3.02	30.21
Chili Mac rack	serving	403	8.84	54.24
F/V Pack - Tue	1 pkg	*N/A*	*N/A*	*N/A*
GREEN BEANS frozen 3/4 C. svg	3/4 c (4.5 oz)	39	3.15	6.3
MANDARIN ORANGES 1/2 C. SVG	.5 cup	80	1.00	18.0
Milk White 1/2pt 1%	each	130	0.00	16.0
Milk White 1% 1/2 gal	1 each	*N/A*	*N/A*	*N/A*
ADD/SUB	0	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average % of Calories		619	10.08	82.52 53.3%
Nutrient Guideline		600-650		

Wed - 02/10/2021				
2 Lunch Choice	Total			
Pizza, Ardella's Pull Aparts c	1 each	330	1.50	33.97
CHEESBURGER MINI 2/PKG ca	1 package	440	3.74	41.65
CORN Whole Kernel 3/4 C SVG	.75 cup(4.35oz)	100	2.96	23.8
Applesauce Cups Regular eac	4.5 oz cup	70	2.00	18.0
Milk White 1/2pt 1%	each	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average % of Calories		685	7.58	95.61 55.9%
Nutrient Guideline		600-650		

Thu - 02/11/2021				
2 Lunch Choice	Total			
TORTELLINI WITH MARINARA RACK	1 each	258	6.02	31.11
CHICKEN NUGGETS WG 5/SVG RACK	5 Nuggets	209	2.61	13.06
Carrots Packs each Ranch	1 packet/1 dres	58	2.06	7.74
Fruit Cup Mixed Berry Each	1 each	90	2.00	20.0
Milk White 1/2pt 1%	each	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average % of Calories		511	8.38	65.83 51.5%
Nutrient Guideline		600-650		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 02/12/2021				
2 Lunch Choice	Total			
Pizza, Deep Dish Chez, case	1 each	360	3.00	34.0
CHICKEN SANDWICH 1/SVG rack	1 Each	370	4.00	43.0
CHANA MASALA rack	1 each	373	8.11	75.84
F/V Pack - Fri	1 pkg	*N/A*	*N/A*	*N/A*
Beans Baked Vegetarian 1/2 c	.5 cup (5.0 oz)	250	9.45	40.73
Veggie Mix each 3/4 cup	1 each	31	2.39	6.44
Pear, fresh	1 EACH	84	4.59	22.54
Cookie Sugar 1 oz Rack	1 cookie	130	0.33	16.96
Milk White 1/2pt 1%	1 each	130	0.00	16.0
Milk White 1% 1/2 gal	1 each	*N/A*	*N/A*	*N/A*
ADD/SUB	1	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average		992	21.18	148.63
% of Calories				59.9%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Sat - 02/13/2021				
2 Lunch Choice	Total			
Weekend Meal	1	*N/A*	*N/A*	*N/A*
Potato Crosstrax Waffle	1 each	170	1.00	20.0
Potato Crosstrax Waffle	1 each	170	1.00	20.0
Chili 3 Bean each	5 oz serving	151	8.62	25.42
Cheese Sauce	serving	260	0.00	10.01
Tortilla Chips mini 112/case	1 each	203	3.00	28.5
Tortilla Chips mini 112/case	1 each	203	3.00	28.5
MANDARIN ORANGES 1/2 C. SVG	.5 cup	80	1.00	18.0
Juice Apple 70/4oz	4 oz	57	0.00	14.51
Milk White 1%	each	130	0.00	16.0
Milk White 1%	each	130	0.00	16.0
Weighted Daily Average		1553	17.62	196.93
% of Calories				50.7%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 02/15/2021				
2 Lunch Choice	Total			
BURRITO BEAN & CHEESE CASE	1 Burrito	310	9.00	40.0
PORK RIB-A-Q rack	1 EACH	270	3.00	30.0
Carrots Packs each Ranch	1 packet/1 dres	58	2.06	7.74
ORANGE 1 EACH	orange	45	2.30	11.28
Milk White 1/2pt 1%	each	130	0.00	16.0
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		523	10.37	70.02
% of Calories				53.6%
Nutrient Guideline		600-650		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 02/16/2021				
2 Lunch Choice	Total			
PIZZA WG CHEESE CASE	1 EACH	336	3.02	30.21
Chili Mac rack	1 serving	403	8.84	54.24
F/V Pack - Tue	1 pkg	*N/A*	*N/A*	*N/A*
PEAS AND CORN 3/4 cup each	.75 CUP	96	4.80	20.43
Tropical Fruit 1/2 C Serving	.5 cup	90	1.00	21.0
Milk White 1/2pt 1%	each	130	0.00	16.0
Milk White 1% 1/2 gal	1 each	*N/A*	*N/A*	*N/A*
ADD/SUB	0	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average		686	11.73	99.65
% of Calories				58.1%
Nutrient Guideline		600-650		

Wed - 02/17/2021				
2 Lunch Choice	Total			
Pizza, Ardella's Pull Apart c	1 each	330	1.50	33.97
CHEESBURGER MINI 2/PKG ca	1 package	440	3.74	41.65
CORN Whole Kernel 3/4 C SVG	.75 cup(4.35oz)	100	2.96	23.8
Applesauce Cups Regular eac	4.5 oz cup	70	2.00	18.0
Milk White 1/2pt 1%	each	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		685	7.58	95.61
% of Calories				55.9%
Nutrient Guideline		600-650		

Thu - 02/18/2021				
2 Lunch Choice	Total			
TORTELLINI WITH MARINARA RACK	1 each	258	6.02	31.11
Chicken, Spicy Chicken Tenders	1 each	225	1.50	9.0
CARROT COINS 3/4 c. serving	.5 cup (2.6 oz)	41	3.64	8.54
Fruit Cup Strawberry Each	1 each	90	1.99	21.93
Milk White 1/2pt 1%	each	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		502	9.39	66.52
% of Calories				53.0%
Nutrient Guideline		600-650		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 02/19/2021				
2 Lunch Choice	Total			
Pizza, Deep Dish Chez, case	1 each	360	3.00	34.0
Chicken Drumstick, Brded WG ra	1 each	190	1.00	5.0
CHANA MASALA rack	1 each	373	8.11	75.84
F/V Pack - Fri	1 pkg	*N/A*	*N/A*	*N/A*
Veggie Mix each 3/4 cup	1 each	31	2.39	6.44
Fruit Cup Peach each	1 Each	80	1.00	18.96
Chocolate Spread	1 each	170	1.00	14.0
Crackers, Goldfish Pretzels ea	1 each	90	1.00	16.0
Milk White 1/2pt 1%	each	130	0.00	16.0
Milk White 1% 1/2 gal	1 each	*N/A*	*N/A*	*N/A*
ADD/SUB	1	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average		795	8.61	102.17
% of Calories				51.4%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Sat - 02/20/2021				
2 Lunch Choice	Total			
Weekend Meal	1	*N/A*	*N/A*	*N/A*
CHICKEN Gen Tso with RICE each	1 each	388	0.43	72.19
BROCCOLI FrozenFlorets 1/2 C.	.5 cup	26	2.80	4.93
BROCCOLI FrozenFlorets 1/2 C.	.5 cup	26	2.80	4.93
MANDARIN ORANGES 1/2 C. SVG	.5 cup	80	1.00	18.0
PINEAPPLE TIDBITS 1/2 C SER	1/2 CUP	64	1.07	16.04
Juice Fruit Blend 70/4oz	4 oz	66	0.00	17.11
Milk White 1/2pt 1%	1/2 pint	130	0.00	16.0
Milk White 1/2pt 1%	1/2 pint	130	0.00	16.0
Weighted Daily Average		910	8.09	165.20
% of Calories				72.6%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 02/22/2021				
2 Lunch Choice	Total			
BURRITO BEAN & CHEESE CASE	1 Burrito	310	9.00	40.0
PORK RIB-A-Q rack	1 EACH	270	3.00	30.0
Carrots Packs each Ranch	1 packet/1 dres	58	2.06	7.74
MANDARIN/TANGERINES,FRESH	1 EACH	52	1.76	13.01
Milk White 1/2pt 1%	each	130	0.00	16.0
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		529	9.82	71.75
% of Calories				54.2%
Nutrient Guideline		600-650		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 02/23/2021				
2 Lunch Choice	Total			
PIZZA WG CHEESE CASE	1 EACH	336	3.02	30.21
Chili Mac rack	serving	403	8.84	54.24
F/V Pack - Tue	1 pkg	*N/A*	*N/A*	*N/A*
BROCCOLI Florets 3/4 C. w/ Ran	.75 cup/1packet	45	1.33	4.07
MANDARIN ORANGES 1/2 C. SVG	.5 cup	80	1.00	18.0
Milk White 1/2pt 1%	each	130	0.00	16.0
Milk White 1% 1/2 gal	1 each	*N/A*	*N/A*	*N/A*
ADD/SUB	0	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average		624	8.26	80.29
% of Calories				51.4%
Nutrient Guideline		600-650		

Wed - 02/24/2021				
2 Lunch Choice	Total			
Pizza, Ardella's Pull Aparts c	1 each	330	1.50	33.97
CHEESBURGER MINI 2/PKG ca	1 package	440	3.74	41.65
CORN Whole Kernel 3/4 C SVG	.75 cup(4.35oz)	100	2.96	23.8
Applesauce Cups Regular eac	4.5 oz cup	70	2.00	18.0
Milk White 1/2pt 1%	each	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		685	7.58	95.61
% of Calories				55.9%
Nutrient Guideline		600-650		

Thu - 02/25/2021				
2 Lunch Choice	Total			
TORTELLINI WITH MARINARA RACK	1 each	258	6.02	31.11
CHICKEN NUGGETS WG 5/SVG RACK	5 Nuggets	209	2.61	13.06
Carrots Packs each Ranch	1 packet/1 dres	58	2.06	7.74
Fruit Cup Mixed Berry Each	1 each	90	2.00	20.0
Milk White 1/2pt 1%	each	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		511	8.38	65.83
% of Calories				51.5%
Nutrient Guideline		600-650		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 02/26/2021				
2 Lunch Choice	Total			
Pizza, Deep Dish Chez, case	1 each	360	3.00	34.0
CHICKEN SANDWICH 1/SVG rack	1 Each	370	4.00	43.0
CHANA MASALA rack	1 each	373	8.11	75.84
F/V Pack - Fri	1 pkg	*N/A*	*N/A*	*N/A*
Beans Baked Vegetarian 1/2 c	.5 cup (5.0 oz)	250	9.45	40.73
Veggie Mix each 3/4 cup	1 each	31	2.39	6.44
Pear, fresh	1 EACH	84	4.59	22.54
Cookie Oatmeal CC 1 oz Each	1 cookie	139	1.18	20.76
Milk White 1/2pt 1%	each	130	0.00	16.0
Milk White 1% 1/2 gal	1 each	*N/A*	*N/A*	*N/A*
ADD/SUB	1	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average		1001	22.03	152.43
% of Calories				60.9%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Sat - 02/27/2021				
2 Lunch Choice	Total			
Weekend Meal	1	*N/A*	*N/A*	*N/A*
Potato Crosstrax Waffle	1 each	170	1.00	20.0
Potato Crosstrax Waffle	1 each	170	1.00	20.0
Chili 3 Bean each	5 oz serving	151	8.62	25.42
Cheese Sauce	serving	260	0.00	10.01
Tortilla Chips mini 112/case	1 each	203	3.00	28.5
Tortilla Chips mini 112/case	1 each	203	3.00	28.5
MANDARIN ORANGES 1/2 C. SVG	.5 cup	80	1.00	18.0
Juice Apple 70/4oz	4 oz	57	0.00	14.51
Milk White 1%	each	130	0.00	16.0
Milk White 1%	each	130	0.00	16.0
Weighted Daily Average		1553	17.62	196.93
% of Calories				50.7%
Nutrient Guideline		600-650		

Weighted Average		750	10.73	103.44
				55.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	750		600 - 650	115%			100	Correction Required - Calories too High
Fiber (g)	10.73							
Carbohydrate (g)	103.44	55.20%						

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.