

# EGUSD Food and Nutrition Services

Mar 1, 2021 thru Mar 31, 2021

Planned Menu Spreadsheet

1 Brk Elem

Portion Values - Detailed

001 - CENTRAL KITCHEN

Page 1

Generated on: 2/24/2021 2:42:29 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 03/01/2021				
1 Brk Elem	Total			
Muffin Banana 2.75 oz Rack	2.75 oz	264	1.94	34.28
Juice Apple 70/4oz	4 oz	57	0.00	14.51
Milk White 1%	8 oz. carton	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average		451	1.94	64.79
% of Calories				57.4%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 03/02/2021				
1 Brk Elem	Total			
Waffle Cin Mini case	1 each	200	4.00	35.0
Juice Fruit Blend 70/4oz	4 oz	66	0.00	17.11
Milk White 1%	8 oz. carton	130	0.00	16.0
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		396	4.00	68.11
% of Calories				68.8%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 03/03/2021				
1 Brk Elem	Total			
Bagel 2.75oz	1 each	181	4.02	38.18
Juice Apple each 4oz	4 oz	57	0.00	14.51
Milk White 1%	8 oz. carton	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		368	4.02	68.69
% of Calories				74.7%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 03/04/2021				
1 Brk Elem	Total			
Scrambled Eggs and Sausage rac	1 each	151	0.00	2.03
Scrambled Eggs rack	1 each	109	0.01	1.89
Juice Orange 4oz each	4 oz	55	0.00	14.41
Milk White 1%	8 oz. carton	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		315	0.01	32.37
% of Calories				41.1%
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

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.

# EGUSD Food and Nutrition Services

Mar 1, 2021 thru Mar 31, 2021

Planned Menu Spreadsheet

1 Brk Elem

Portion Values - Detailed

001 - CENTRAL KITCHEN

Page 2

Generated on: 2/24/2021 2:42:29 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 03/05/2021				
1 Brk Elem	Total			
Muffin Blueberry 2.75 oz Rack	2.75 muffin	253	1.93	31.65
Fruit Cup Mixed Berry Each	1 each	90	2.00	20.0
Milk White 1%	8 oz. carton	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		183	1.43	25.66
% of Calories				56.1%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Sat - 03/06/2021				
1 Brk Elem	Total			
FRENCH TOAST CINNAMON RUSH cas	1 slice	220	2.00	37.0
PEACHES DICED 1/2 C each	.5 cup	87	1.09	20.74
Milk White 1%	8 oz. carton	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		437	3.09	73.74
% of Calories				67.4%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Sun - 03/07/2021				
1 Brk Elem	Total			
CEREAL, Cinnamon Chex cup	2 oz	228	1.36	46.72
Juice Orange 4oz	4 oz	55	0.00	14.41
Milk White 1%	8 oz. carton	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		414	1.36	77.13
% of Calories				74.6%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 03/08/2021				
1 Brk Elem	Total			
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Cereal Golden Grm Bowlpak case	1 bowl pack	110	1.00	24.0
Juice Apple 70/4oz	4 oz	57	0.00	14.51
Milk White 1%	8 oz. carton	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average		407	1.00	73.58
% of Calories				72.2%
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

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.

# EGUSD Food and Nutrition Services

Mar 1, 2021 thru Mar 31, 2021

Planned Menu Spreadsheet

1 Brk Elem

Portion Values - Detailed

001 - CENTRAL KITCHEN

Page 3

Generated on: 2/24/2021 2:42:29 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 03/09/2021				
1 Brk Elem	Total			
Muffin Apple 2.75oz Rack	2.75 oz	256	2.07	32.47
Juice Fruit Blend 4oz each	4 oz	66	0.00	17.11
Milk White 1%	8 oz. carton	130	0.00	16.0
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		177	0.83	25.21
% of Calories				57.0%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 03/10/2021				
1 Brk Elem	Total			
PANCAKES, MINI MAPLE CASE	1 each	190	3.00	30.0
Juice Apple each 4oz	4 oz	57	0.00	14.51
Milk White 1%	8 oz. carton	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		377	3.00	60.51
% of Calories				64.2%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 03/11/2021				
1 Brk Elem	Total			
Egg Scramble rac	1 each	143	0.00	1.96
Scrambled Eggs rack	1 each	109	0.01	1.89
Juice Orange 4oz each	4 oz	55	0.00	14.41
Milk White 1%	8 oz. carton	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		311	0.01	32.33
% of Calories				41.6%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 03/12/2021				
1 Brk Elem	Total			
Breakfast Bar, Farmer's Market	bar	268	4.70	46.0
Fruit Cup Peach each	1 Each	80	1.00	18.96
Milk White 1%	8 oz. carton	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		344	3.35	57.96
% of Calories				67.4%
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

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.

# EGUSD Food and Nutrition Services

Mar 1, 2021 thru Mar 31, 2021

Planned Menu Spreadsheet

1 Brk Elem

Portion Values - Detailed

001 - CENTRAL KITCHEN

Page 4

Generated on: 2/24/2021 2:42:29 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Sat - 03/13/2021				
1 Brk Elem	Total			
Waffle, Belgian	1 each	240	2.00	38.0
PEARS DICED 1/2 C each	.5 cup	72	2.01	19.04
Milk White 1%	8 oz. carton	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		442	4.01	73.04
% of Calories				66.2%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Sun - 03/14/2021				
1 Brk Elem	Total			
CEREAL, Cinnamon Chex cup	2 oz	228	1.36	46.72
Juice Orange 4oz	4 oz	55	0.00	14.41
Milk White 1%	8 oz. carton	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		414	1.36	77.13
% of Calories				74.6%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 03/15/2021				
1 Brk Elem	Total			
Muffin Banana 2.75 oz Rack	2.75 oz	264	1.94	34.28
Juice Apple 70/4oz	4 oz	57	0.00	14.51
Milk White 1%	8 oz. carton	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average		451	1.94	64.79
% of Calories				57.4%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 03/16/2021				
1 Brk Elem	Total			
Waffle Cin Mini case	1 each	200	4.00	35.0
ORANGE 1 EACH	orange	45	2.30	11.28
Milk White 1%	8 oz. carton	130	0.00	16.0
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		375	6.30	62.28
% of Calories				66.4%
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

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.

# EGUSD Food and Nutrition Services

Mar 1, 2021 thru Mar 31, 2021

Planned Menu Spreadsheet

1 Brk Elem

Portion Values - Detailed

001 - CENTRAL KITCHEN

Page 5

Generated on: 2/24/2021 2:42:29 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 03/17/2021				
1 Brk Elem	Total			
Bagel 2.75oz	1 each	181	4.02	38.18
Kiwi	1 each	52	2.55	12.47
Milk White 1%	8 oz. carton	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		363	6.57	66.65
% of Calories				73.5%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 03/18/2021				
1 Brk Elem	Total			
Scrambled Eggs and Sausage rac	1 each	151	0.00	2.03
Scrambled Eggs rack	1 each	109	0.01	1.89
ORANGE 1 EACH	orange	45	2.30	11.28
Milk White 1%	8 oz. carton	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		305	2.31	29.24
% of Calories				38.3%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 03/19/2021				
1 Brk Elem	Total			
Muffin Blueberry 2.75 oz Rack	2.75 muffin	253	1.93	31.65
Kiwi	1 each	52	2.55	12.47
Milk White 1%	8 oz. carton	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		170	1.61	23.17
% of Calories				54.4%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Sat - 03/20/2021				
1 Brk Elem	Total			
FRENCH TOAST CINNAMON RUSH cas	1 slice	220	2.00	37.0
ORANGE 1 EACH	orange	45	2.30	11.28
Milk White 1%	8 oz. carton	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		395	4.30	64.28
% of Calories				65.1%
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

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.

# EGUSD Food and Nutrition Services

Mar 1, 2021 thru Mar 31, 2021

Planned Menu Spreadsheet

1 Brk Elem

Portion Values - Detailed

001 - CENTRAL KITCHEN

Page 6

Generated on: 2/24/2021 2:42:29 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Sun - 03/21/2021				
1 Brk Elem	Total			
CEREAL, Cinnamon Chex cup	2 oz	228	1.36	46.72
Kiwi	1 each	52	2.55	12.47
Milk White 1%	8 oz. carton	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		410	3.91	75.19
% of Calories				73.3%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 03/22/2021				
1 Brk Elem	Total			
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Cereal Cinn Toasters Bwlpk-cas	1 bowl pack	120	1.42	22.21
ORANGE 1 EACH	orange	45	2.30	11.28
Milk White 1%	8 oz. carton	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average		406	3.72	68.55
% of Calories				67.5%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 03/23/2021				
1 Brk Elem	Total			
Muffin Apple 2.75oz Rack	2.75 oz	256	2.07	32.47
Juice Fruit Blend 4oz each	4 oz	66	0.00	17.11
Milk White 1%	8 oz. carton	130	0.00	16.0
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		177	0.83	25.21
% of Calories				57.0%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 03/24/2021				
1 Brk Elem	Total			
PANCAKES, MINI MAPLE CASE	1 each	190	3.00	30.0
Juice Apple each 4oz	4 oz	57	0.00	14.51
Milk White 1%	8 oz. carton	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		377	3.00	60.51
% of Calories				64.2%
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

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.

# EGUSD Food and Nutrition Services

Mar 1, 2021 thru Mar 31, 2021

Planned Menu Spreadsheet

1 Brk Elem

Portion Values - Detailed

001 - CENTRAL KITCHEN

Page 7

Generated on: 2/24/2021 2:42:30 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 03/25/2021				
1 Brk Elem	Total			
Egg Scramble rac	1 each	143	0.00	1.96
Scrambled Eggs rack	1 each	109	0.01	1.89
Juice Orange 4oz each	4 oz	55	0.00	14.41
Milk White 1%	8 oz. carton	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		311	0.01	32.33
% of Calories				41.6%
Nutrient Guideline		450-500		

Fri - 03/26/2021				
1 Brk Elem	Total			
Breakfast Bar, Farmer's Market	bar	268	4.70	46.0
Fruit Cup Peach each	1 Each	80	1.00	18.96
Milk White 1%	8 oz. carton	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		344	3.35	57.96
% of Calories				67.4%
Nutrient Guideline		450-500		

Sat - 03/27/2021				
1 Brk Elem	Total			
Waffle, Belgian	1 each	240	2.00	38.0
PEARS DICED 1/2 C each	.5 cup	72	2.01	19.04
Milk White 1%	8 oz. carton	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		442	4.01	73.04
% of Calories				66.2%
Nutrient Guideline		450-500		

Sun - 03/28/2021				
1 Brk Elem	Total			
CEREAL, Cinnamon Chex cup	2 oz	228	1.36	46.72
Juice Orange 4oz	4 oz	55	0.00	14.41
Milk White 1%	8 oz. carton	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		414	1.36	77.13
% of Calories				74.6%
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

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.

# EGUSD Food and Nutrition Services

Mar 1, 2021 thru Mar 31, 2021

Planned Menu Spreadsheet

1 Brk Elem

Portion Values - Detailed

001 - CENTRAL KITCHEN

Page 8

Generated on: 2/24/2021 2:42:30 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 03/29/2021				
1 Brk Elem	Total			
Muffin Banana 2.75 oz Rack	2.75 oz	264	1.94	34.28
Juice Apple 70/4oz	4 oz	57	0.00	14.51
Milk White 1%	8 oz. carton	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average		451	1.94	64.79
% of Calories				57.4%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 03/30/2021				
1 Brk Elem	Total			
Waffle Cin Mini case	1 each	200	4.00	35.0
Juice Fruit Blend 70/4oz	4 oz	66	0.00	17.11
Milk White 1%	8 oz. carton	130	0.00	16.0
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		396	4.00	68.11
% of Calories				68.8%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 03/31/2021				
1 Brk Elem	Total			
Bagel 2.75oz	1 each	181	4.02	38.18
Juice Apple each 4oz	4 oz	57	0.00	14.51
Milk White 1%	8 oz. carton	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		368	4.02	68.69
% of Calories				74.7%
Nutrient Guideline		450-500		

Weighted Average		361	2.66	57.81
				64.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	361		450 - 500	80%		89		
Fiber (g)	2.66							Correction Required -
Carbohydrate (g)	57.81	64.07%						Calories are Low

\*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.