

EGUSD Food and Nutrition Services

Mar 1, 2021 thru Mar 31, 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 - 03/01/2021				
2 Lunch Choice	Total			
BURRITO BEAN & CHEESE CASE	1 Burrito	310	9.00	40.0
TURKEY TACO NADA, case	1 each	264	3.80	31.0
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		520	10.77	70.52
% of Calories				54.3%
Nutrient Guideline		600-650		

Tue - 03/02/2021				
2 Lunch Choice	Total			
PIZZA WG CHEESE CASE	1 EACH	336	3.02	30.21
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		484	7.31	72.53
% of Calories				59.9%
Nutrient Guideline		600-650		

Wed - 03/03/2021				
2 Lunch Choice	Total			
Bean Dip w/ chips rack	1 each	385	10.09	50.7
CHEESBURGER MINI 2/PKG ca	1 package	440	3.74	41.65
GREEN BEANS frozen 3/4 C. svg	3/4 c (4.5 oz)	39	3.15	6.3
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		652	12.06	86.47
% of Calories				53.1%
Nutrient Guideline		600-650		

Thu - 03/04/2021				
2 Lunch Choice	Total			
LUNCHABLE NACHO rack/case	1 each 1 each	150	0.79	8.97
Tortilla Chips mini 112/case	1 each	203	3.00	28.5
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		550	8.28	69.71
% of Calories				50.7%
Nutrient Guideline		600-650		

Fri - 03/05/2021				
2 Lunch Choice	Total			
PIZZA GALAXY CHEESE case	EACH	300	3.00	32.0
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	43	2.87	8.79
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%	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		739	9.73	94.23
% of Calories				51.0%
Nutrient Guideline		600-650		

Sat - 03/06/2021				
2 Lunch Choice	Total			
Weekend Meal	1	*N/A*	*N/A*	*N/A*
TACO FILLING	4 oz	195	3.47	8.99
Cheese Blend	2 oz	141	0.00	2.01
tortilla, flour 6"	4 each	840	4.00	128.0
CORN Whole Kernel 3/4 C SVG	.75 cup(4.35oz)	100	2.96	23.8
CORN Whole Kernel 3/4 C SVG	.75 cup(4.35oz)	100	2.96	23.8
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
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		1818	16.13	259.85
% of Calories				57.2%
Nutrient Guideline		600-650		

Mon - 03/08/2021				
2 Lunch Choice	Total			
BURRITO BEAN & CHEESE CASE	1 Burrito	310	9.00	40.0
TURKEY TACO NADA, case	1 each	264	3.80	31.0
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		526	10.22	72.25 54.9%
Nutrient Guideline		600-650		

Tue - 03/09/2021				
2 Lunch Choice	Total			
PIZZA WG CHEESE CASE	1 EACH	336	3.02	30.21
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 % of Calories		423	3.84	53.17 50.3%
Nutrient Guideline		600-650		

Wed - 03/10/2021				
2 Lunch Choice	Total			
Bean Dip w/ chips rack	1 each	385	10.09	50.7
CHEESBURGER MINI 2/PKG ca	1 package	440	3.74	41.65
VEGETABLES Mixed 3/4 C SVG	.75cup (4.95oz)	84	4.21	16.84
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		697	13.12	97.01 55.7%
Nutrient Guideline		600-650		

Thu - 03/11/2021				
2 Lunch Choice	Total			
LUNCHABLE NACHO rack/case	1 each 1 each	150	0.79	8.97
Tortilla Chips mini 112/case	1 each	203	3.00	28.5
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		559	7.27	69.01 49.4%
Nutrient Guideline		600-650		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 03/12/2021				
2 Lunch Choice	Total			
PIZZA GALAXY CHEESE case	EACH	300	3.00	32.0
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	43	2.87	8.79
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%	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		989	22.51	153.98
% of Calories				62.3%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Sat - 03/13/2021				
2 Lunch Choice	Total			
Weekend Meal	1	*N/A*	*N/A*	*N/A*
Chicken Breast Strip-Unseasoned	5 oz	156	0.00	0.0
tortilla, flour 6"	4 each	840	4.00	128.0
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		1484	8.84	214.03
% of Calories				57.7%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 03/15/2021				
2 Lunch Choice	Total			
BURRITO BEAN & CHEESE CASE	1 Burrito	310	9.00	40.0
TURKEY TACO NADA, case	1 each	264	3.80	31.0
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		520	10.77	70.52
% of Calories				54.3%
Nutrient Guideline		600-650		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 03/16/2021				
2 Lunch Choice	Total			
PIZZA WG CHEESE CASE	1 EACH	336	3.02	30.21
1-day shelfstable meal pack	1 each	*N/A*	*N/A*	*N/A*
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		298	1.51	31.10
% of Calories				41.7%
Nutrient Guideline		600-650		

Wed - 03/17/2021				
2 Lunch Choice	Total			
Bean Dip w/ chips rack	1 each	385	10.09	50.7
1-day shelfstable meal pack	1 each	*N/A*	*N/A*	*N/A*
Milk White 1/2pt 1%	each	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		322	5.05	41.35
% of Calories				51.3%
Nutrient Guideline		600-650		

Thu - 03/18/2021				
2 Lunch Choice	Total			
Sandwich, Sun Butter case	1 each	280	4.00	27.0
1-day shelfstable meal pack	1 each	*N/A*	*N/A*	*N/A*
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		270	2.00	29.50
% of Calories				43.7%
Nutrient Guideline		600-650		

Fri - 03/19/2021				
2 Lunch Choice	Total			
PIZZA GALAXY CHEESE case	EACH	300	3.00	32.0
1-day shelfstable meal pack	1 each	*N/A*	*N/A*	*N/A*
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		250	1.20	28.80
% of Calories				46.1%
Nutrient Guideline		600-650		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Sat - 03/20/2021				
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
Strawberries, diced, each	1 each	90	1.99	21.93
APPLE CRISPS - Tree Top	1 each	40	2.00	10.0
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		829	10.01	145.98
% of Calories				70.4%
Nutrient Guideline		600-650		

Mon - 03/22/2021				
2 Lunch Choice	Total			
Sandwich, Sun Butter case	1 each	280	4.00	27.0
1-day shelfstable meal pack	1 each	*N/A*	*N/A*	*N/A*
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		270	2.00	29.50
% of Calories				43.7%
Nutrient Guideline		600-650		

Tue - 03/23/2021				
2 Lunch Choice	Total			
PIZZA WG CHEESE CASE	1 EACH	336	3.02	30.21
F/V Pack - Tue	1 pkg	*N/A*	*N/A*	*N/A*
BROCCOLI Florets 3/4 C. w/ Ran	.75 cup/1 packet	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		423	3.84	53.17
% of Calories				50.3%
Nutrient Guideline		600-650		

Wed - 03/24/2021				
2 Lunch Choice	Total			
Bean Dip w/ chips rack	1 each	385	10.09	50.7
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

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average		712	11.87	103.98
% of Calories				58.4%
Nutrient Guideline		600-650		

Thu - 03/25/2021				
2 Lunch Choice	Total			
LUNCHABLE NACHO rack/case	1 each 1 each	150	0.79	8.97
Tortilla Chips mini 112/case	1 each	203	3.00	28.5
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		559	7.27	69.01
% of Calories				49.4%
Nutrient Guideline		600-650		

Fri - 03/26/2021				
2 Lunch Choice	Total			
PIZZA GALAXY CHEESE case	EACH	300	3.00	32.0
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	43	2.87	8.79
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		989	22.51	153.98
% of Calories				62.3%
Nutrient Guideline		600-650		

Sat - 03/27/2021				
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

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average		1553	17.62	196.93
% of Calories				50.7%
Nutrient Guideline		600-650		

Mon - 03/29/2021				
2 Lunch Choice	Total			
BURRITO BEAN & CHEESE CASE	1 Burrito	310	9.00	40.0
TURKEY TACO NADA, case	1 each	264	3.80	31.0
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		520	10.77	70.52
% of Calories				54.3%
Nutrient Guideline		600-650		

Tue - 03/30/2021				
2 Lunch Choice	Total			
PIZZA WG CHEESE CASE	1 EACH	336	3.02	30.21
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		484	7.31	72.53
% of Calories				59.9%
Nutrient Guideline		600-650		

Wed - 03/31/2021				
2 Lunch Choice	Total			
Bean Dip w/ chips rack	1 each	385	10.09	50.7
CHEESBURGER MINI 2/PKG ca	1 package	440	3.74	41.65
GREEN BEANS frozen 3/4 C. svg	3/4 c (4.5 oz)	39	3.15	6.3
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		652	12.06	86.47
% of Calories				53.1%
Nutrient Guideline		600-650		

Weighted Average		670	9.48	92.45
				55.2%

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.

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EGUSD Food and Nutrition Services

Mar 1, 2021 thru Mar 31, 2021

Planned Menu Spreadsheet

2 Lunch Choice

Portion Values - Detailed

001 - CENTRAL KITCHEN

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Nutrient	Menu AVG	% of Cals	Weekly Target	Portion Size % of Target	Cals (kcal) Miss Data	Fiber (g) Shortfall	Carb (g) Overage	Error Messages (if any)
Calories	670		600 - 650	103%			20	Correction Required - Calories too High
Fiber (g)	9.48							
Carbohydrate (g)	92.45	55.19%						

**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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