

EGUSD Food and Nutrition Services

May 1, 2021 thru May 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)
Sat - 05/01/2021				
2 Lunch Choice	Total			
Weekend Meal	1	*N/A*	*N/A*	*N/A*
Chicken Teriyaki w/ Rice Suppe	1 Bowl	774	7.21	117.06
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
Kiwi, 80/case	1 each	52	2.55	12.47
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		1218	16.36	189.39
% of Calories				62.2%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 05/03/2021				
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
F/V Fresh Pack	1 pkg	*N/A*	*N/A*	*N/A*
F/V Frozen Pack	1 pkg	*N/A*	*N/A*	*N/A*
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% 1/2 gal	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		529	9.82	71.75
% of Calories				54.2%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 05/04/2021				
2 Lunch Choice	Total			
Breadstick Stuffed case	1 each	318	3.50	35.0
BROCCOLI Florets 3/4 C. w/ Ran	.75 cup/1packet	45	1.33	4.07
APPLES, Fresh #138 case	1 EACH	36	1.65	9.47
Milk White 1/2pt 1%	each	130	0.00	16.0
ADD/SUB	0	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average		369	4.72	47.04
% of Calories				50.9%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 05/05/2021				
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

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)
Weighted Daily Average		697	13.12	97.01
% of Calories				55.7%
Nutrient Guideline		600-650		

Thu - 05/06/2021				
2 Lunch Choice	Total			
MACARONI & CHEESE RACK	1 each	392	4.00	50.0
SHEPHERD'S PIE rack	1 each	477	4.55	62.47
Roll Dinner WG 1.5oz box	1.5 oz	122	2.48	23.78
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		773	9.58	111.87
% of Calories				57.9%
Nutrient Guideline		600-650		

Fri - 05/07/2021				
2 Lunch Choice	Total			
PIZZA, Nardone Cheese case	1 pizza	330	3.00	33.0
CHICKEN NUGGETS WG 5/SVG RACK	5 Nuggets	209	2.61	13.06
CHANA MASALA rack	1 each	373	8.11	75.84
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, Chocolate case	1 cookie	139	1.18	20.76
Milk White 1/2pt 1%	1 each	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average		937	21.95	142.40
% of Calories				60.8%
Nutrient Guideline		600-650		

Sat - 05/08/2021				
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" -weekend	1 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
Strawberries, diced, rack	1 each	90	1.99	21.93
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		1089	7.77	155.92
% of Calories				57.3%
Nutrient Guideline		600-650		

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 05/10/2021				
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
F/V Fresh Pack	1 pkg	*N/A*	*N/A*	*N/A*
F/V Frozen Pack	1 pkg	*N/A*	*N/A*	*N/A*
Carrots Packs each Ranch	1 packet/1 dres	58	2.06	7.74
ORANGE, Fresh	orange	45	2.30	11.28
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	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		

Tue - 05/11/2021				
2 Lunch Choice	Total			
Breadstick Stuffed case	1 each	318	3.50	35.0
PEAS AND CORN 3/4 cup each	.75 CUP	96	4.80	20.43
Kiwi, 80/case	1 each	52	2.55	12.47
Milk White 1/2pt 1%	each	130	0.00	16.0
ADD/SUB	0	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average		437	9.10	66.40
% of Calories				60.8%
Nutrient Guideline		600-650		

Wed - 05/12/2021				
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		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 05/13/2021				
2 Lunch Choice	Total			
MACARONI & CHEESE RACK	1 each	392	4.00	50.0
SHEPHERD'S PIE rack	1 each	477	4.55	62.47
Roll Dinner WG 1.5oz box	1.5 oz	122	2.48	23.78
CARROT COINS 3/4 c. serving	.5 cup (2.6 oz)	41	3.64	8.54
Strawberries, diced, 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		756	11.14	114.60
% of Calories				60.6%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 05/14/2021				
2 Lunch Choice	Total			
PIZZA, Nardone Cheese case	1 pizza	330	3.00	33.0
FISH STICKS RACK	5 STICKS	352	4.25	39.69
CHANA MASALA rack	1 each	373	8.11	75.84
Veggie Mix each 3/4 cup	1 each	43	2.87	8.79
APPLES, Fresh #138	1 EACH	36	1.65	9.47
Cookie, Chocolate case	1 cookie	139	1.18	20.76
Milk White 1/2pt 1%	each	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average		695	10.21	99.26
% of Calories				57.2%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Sat - 05/15/2021				
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" -weekend	1 each	420	2.00	64.0
Beans, Pinto	8 oz	195	10.39	34.59
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
Kiwi, 80/case	1 each	52	2.55	12.47
Milk White 1%	each	130	0.00	16.0
Milk White 1%	each	130	0.00	16.0
Weighted Daily Average		1487	24.11	204.59
% of Calories				55.0%
Nutrient Guideline		600-650		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 05/17/2021				
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
F/V Fresh Pack	1 pkg	*N/A*	*N/A*	*N/A*
F/V Frozen Pack	1 pkg	*N/A*	*N/A*	*N/A*
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
Milk White 1% 1/2 gal	1 each	*N/A*	*N/A*	*N/A*
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		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 05/18/2021				
2 Lunch Choice	Total			
Breadstick Stuffed case	1 each	318	3.50	35.0
BROCCOLI Florets 3/4 C. w/ Ran	.75 cup/1packet	45	1.33	4.07
APPLES, Fresh #138 case	1 EACH	36	1.65	9.47
Milk White 1/2pt 1%	each	130	0.00	16.0
ADD/SUB	0	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average		369	4.72	47.04
% of Calories				50.9%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 05/19/2021				
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
Weighted Daily Average		712	11.87	103.98
% of Calories				58.4%
Nutrient Guideline		600-650		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 05/20/2021				
2 Lunch Choice	Total			
MACARONI & CHEESE RACK	1 each	392	4.00	50.0
SHEPHERD'S PIE rack	1 each	477	4.55	62.47
Roll Dinner WG 1.5oz box	1.5 oz	122	2.48	23.78
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

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average % of Calories		773	9.58	111.87 57.9%
Nutrient Guideline		600-650		

Fri - 05/21/2021				
2 Lunch Choice	Total			
PIZZA, Nardone Cheese case	1 pizza	330	3.00	33.0
CHICKEN NUGGETS WG 5/SVG RACK	5 Nuggets	209	2.61	13.06
CHANA MASALA rack	1 each	373	8.11	75.84
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, Chocolate case	1 cookie	139	1.18	20.76
Milk White 1/2pt 1%	1 each	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average % of Calories		937	21.95	142.40 60.8%
Nutrient Guideline		600-650		

Sat - 05/22/2021				
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" -weekend	1 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
Strawberries, diced, rack	1 each	90	1.99	21.93
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		1089	7.77	155.92 57.3%
Nutrient Guideline		600-650		

Mon - 05/24/2021				
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
F/V Fresh Pack	1 pkg	*N/A*	*N/A*	*N/A*
F/V Frozen Pack	1 pkg	*N/A*	*N/A*	*N/A*
Carrots Packs each Ranch	1 packet/1 dres	58	2.06	7.74
ORANGE, Fresh	orange	45	2.30	11.28
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	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		523	10.37	70.02 53.6%
Nutrient Guideline		600-650		

Tue - 05/25/2021				
2 Lunch Choice	Total			
Breadstick Stuffed case	1 each	318	3.50	35.0
PEAS AND CORN 3/4 cup each	.75 CUP	96	4.80	20.43
Kiwi, 80/case	1 each	52	2.55	12.47
Milk White 1/2pt 1%	each	130	0.00	16.0
ADD/SUB	0	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average % of Calories		437	9.10	66.40 60.8%
Nutrient Guideline		600-650		

Wed - 05/26/2021				
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 % of Calories		652	12.06	86.47 53.1%
Nutrient Guideline		600-650		

Thu - 05/27/2021				
2 Lunch Choice	Total			
MACARONI & CHEESE RACK	1 each	392	4.00	50.0
SHEPHERD'S PIE rack	1 each	477	4.55	62.47
Roll Dinner WG 1.5oz box	1.5 oz	122	2.48	23.78
CARROT COINS 3/4 c. serving	.5 cup (2.6 oz)	41	3.64	8.54
Strawberries, diced, 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 % of Calories		756	11.14	114.60 60.6%
Nutrient Guideline		600-650		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 05/28/2021				
2 Lunch Choice	Total			
PIZZA, Nardone Cheese case	1 pizza	330	3.00	33.0
FISH STICKS RACK	5 STICKS	352	4.25	39.69
CHANA MASALA rack	1 each	373	8.11	75.84
Veggie Mix each 3/4 cup	1 each	43	2.87	8.79
APPLES,Fresh #138	1 EACH	36	1.65	9.47
Cookie, Chocolate case	1 cookie	139	1.18	20.76
Milk White 1/2pt 1%	each	130	0.00	16.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average		695	10.21	99.26
% of Calories				57.2%
Nutrient Guideline		600-650		

Sat - 05/29/2021				
2 Lunch Choice	Total			
Weekend Meal	1	*N/A*	*N/A*	*N/A*
Chicken Teriyaki w/ Rice Suppe	1 Bowl	774	7.21	117.06
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
Kiwi, 80/case	1 each	52	2.55	12.47
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		1218	16.36	189.39
% of Calories				62.2%
Nutrient Guideline		600-650		

Weighted Average		754	11.81	108.63
				57.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	754		600 - 650	116%			104	Correction Required - Calories too High
Fiber (g)	11.81							
Carbohydrate (g)	108.63	57.63%						

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.