

EGUSD Food and Nutrition Services

Nov 1, 2021 thru Nov 30, 2021

Planned Menu Spreadsheet

1 Brk Elem

Portion Values - Detailed

001 - CENTRAL KITCHEN

Page 1

Generated on: 10/19/2021 12:17:01 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 11/01/2021				
1 Brk Elem	Total			
Scrambled Eggs and Sausage rac	each	151	0.00	2.03
Fruit Delight Bar, Strberry Cs	each	160	1.00	27.0
Bagel mini case	each	120	2.00	25.93
Cream Cheese variety case	1 each	90	0.00	2.5
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bwlpk-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's BwlPk Va	1 bowl	70	2.00	14.0
Applesauce Regular cs	4.5 oz cup	70	2.00	18.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	each	130	0.00	16.0
Milk - Lactose Free White NF	8 oz. carton	90	0.00	13.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average		473	3.28	70.07
% of Calories				59.3%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 11/02/2021				
1 Brk Elem	Total			
Bagelfuls case	each	180	2.00	30.0
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Fruit & Grain Bar, Straw Case	1 each	160	3.00	30.0
Muffin Apple 2.75oz Rack	2.75 oz	256	2.07	32.47
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bwlpk-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's BwlPk Va	1 bowl	70	2.00	14.0
Pear, Cup, Orchard case	1 each	70	2.00	18.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	each	130	0.00	16.0
Milk - Lactose Free White NF	8 oz. carton	90	0.00	13.0
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		503	4.91	84.07
% of Calories				66.9%
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

Nov 1, 2021 thru Nov 30, 2021

Planned Menu Spreadsheet

1 Brk Elem

Portion Values - Detailed

001 - CENTRAL KITCHEN

Page 2

Generated on: 10/19/2021 12:17:01 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 11/03/2021				
1 Brk Elem	Total			
Egg Scramble rac	each	143	0.00	1.96
Pancakes, Silver Dollar, rack	1 each	195	4.50	39.0
Syrup 100/1 oz ppi	1 packet	80	0.00	21.0
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Fruit Delight Bar, Strberry Cs	each	160	1.00	27.0
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bwlpk-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's BwlPk Va	1 bowl	70	2.00	14.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	each	130	0.00	16.0
Milk - Lactose Free White NF	8 oz. carton	90	0.00	13.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		433	3.90	76.40
% of Calories				70.5%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 11/04/2021				
1 Brk Elem	Total			
Waffle Cin Mini case	1 each	200	4.00	35.0
Syrup 100/1 oz ppi	1 packet	80	0.00	21.0
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Fruit & Grain Bar, Apple Case	1 each	160	3.00	30.0
Muffin Pumpkin 2.75 oz Rack	2.75 muffin	230	2.10	36.89
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bwlpk-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's BwlPk Va	1 bowl pack	70	2.00	14.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	each	130	0.00	16.0
Milk - Lactose Free White NF	8 oz. carton	90	0.00	13.0
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		447	5.53	82.06
% of Calories				73.5%
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

Nov 1, 2021 thru Nov 30, 2021

Planned Menu Spreadsheet

1 Brk Elem

Portion Values - Detailed

001 - CENTRAL KITCHEN

Page 3

Generated on: 10/19/2021 12:17:01 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 11/05/2021				
1 Brk Elem	Total			
Chicken Sausage Bites rack	1 each	223	2.03	17.22
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Bagel mini case	each	120	2.00	25.93
Cream Cheese variety case	1 each	90	0.00	2.5
Fruit Delight Bar, Apple Case	each	160	1.00	27.0
CEREAL, Blueberry Chex cup	2 oz	228	1.36	46.72
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bwlpk-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's BwlPk Va	1 bowl	70	2.00	14.0
Applesauce Regular cs	4.5 oz cup	70	2.00	18.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	each	130	0.00	16.0
Milk - Lactose Free White NF	8 oz. carton	90	0.00	13.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		525	4.23	80.82
% of Calories				61.6%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 11/08/2021				
1 Brk Elem	Total			
Scrambled Eggs and Sausage rac	each	151	0.00	2.03
Fruit Delight Bar, Strawberry Cs	each	160	1.00	27.0
Bagel mini case	each	120	2.00	25.93
Cream Cheese variety case	1 each	90	0.00	2.5
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bwlpk-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's BwlPk Va	1 bowl	70	2.00	14.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	each	130	0.00	16.0
Milk - Lactose Free White NF	8 oz. carton	90	0.00	13.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	0	0	0.00	0.0
Weighted Daily Average		473	3.54	69.97
% of Calories				59.2%
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

Nov 1, 2021 thru Nov 30, 2021

Planned Menu Spreadsheet

1 Brk Elem

Portion Values - Detailed

001 - CENTRAL KITCHEN

Page 4

Generated on: 10/19/2021 12:17:01 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 11/09/2021				
1 Brk Elem	Total			
Bagelfuls case	each	180	2.00	30.0
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Fruit & Grain Bar, Apple Case	1 each	160	3.00	30.0
Muffin Blueberry 2.75 oz Rack	2.75 muffin	253	1.93	31.65
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bwlpk-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's Bwlpk Va	1 bowl	70	2.00	14.0
Applesauce Regular cs	4.5 oz cup	70	2.00	18.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	each	130	0.00	16.0
Milk - Lactose Free White NF	8 oz. carton	90	0.00	13.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		502	4.85	83.74
% of Calories				66.8%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 11/10/2021				
1 Brk Elem	Total			
Egg Scramble rac	each	143	0.00	1.96
Pancakes, Silver Dollar, rack	1 each	195	4.50	39.0
Syrup 100/1 oz ppi	1 packet	80	0.00	21.0
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Fruit Delight Bar, Strberry Cs	each	160	1.00	27.0
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bwlpk-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's Bwlpk Va	1 bowl	70	2.00	14.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	each	130	0.00	16.0
Milk - Lactose Free White NF	8 oz. carton	90	0.00	13.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		433	3.90	76.40
% of Calories				70.5%
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

Nov 1, 2021 thru Nov 30, 2021

Planned Menu Spreadsheet

1 Brk Elem

Portion Values - Detailed

001 - CENTRAL KITCHEN

Page 5

Generated on: 10/19/2021 12:17:01 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 11/12/2021				
1 Brk Elem	Total			
Chicken Sausage Bites rack	1 each	223	2.03	17.22
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Bagel mini case	each	120	2.00	25.93
Cream Cheese variety case	1 each	90	0.00	2.5
Fruit Delight Bar, Apple Case	each	160	1.00	27.0
CEREAL, Blueberry Chex cup	2 oz	228	1.36	46.72
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bwlpk-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's BwlPk Va	1 bowl	70	2.00	14.0
Applesauce Regular cs	4.5 oz cup	70	2.00	18.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	each	130	0.00	16.0
Milk - Lactose Free White NF	8 oz. carton	90	0.00	13.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		525	4.23	80.82
% of Calories				61.6%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 11/15/2021				
1 Brk Elem	Total			
Scrambled Eggs and Sausage rac	each	151	0.00	2.03
Fruit Delight Bar, Strawberry Cs	each	160	1.00	27.0
Bagel mini case	each	120	2.00	25.93
Cream Cheese variety case	1 each	90	0.00	2.5
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bwlpk-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's BwlPk Va	1 bowl	70	2.00	14.0
Applesauce Regular cs	4.5 oz cup	70	2.00	18.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	each	130	0.00	16.0
Milk - Lactose Free White NF	8 oz. carton	90	0.00	13.0
ADD/SUB	0	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		473	3.28	70.07
% of Calories				59.3%
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

Nov 1, 2021 thru Nov 30, 2021

Planned Menu Spreadsheet

1 Brk Elem

Portion Values - Detailed

001 - CENTRAL KITCHEN

Page 6

Generated on: 10/19/2021 12:17:01 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 11/16/2021				
1 Brk Elem	Total			
Bagelfuls case	each	180	2.00	30.0
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Fruit & Grain Bar, Straw Case	1 each	160	3.00	30.0
Muffin Banana 2.75 oz Rack	2.75 oz	264	1.94	34.28
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bowlpak-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's BowlPk Va	1 bowl	70	2.00	14.0
Pear, Cup, Orchard case	1 each	70	2.00	18.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	each	130	0.00	16.0
Milk - Lactose Free White NF	8 oz. carton	90	0.00	13.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		446	4.86	77.22
% of Calories				69.2%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 11/17/2021				
1 Brk Elem	Total			
Egg Scramble rac	each	143	0.00	1.96
Pancakes, Silver Dollar, rack	1 each	195	4.50	39.0
Syrup 100/1 oz ppi	1 packet	80	0.00	21.0
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Fruit Delight Bar, Strberry Cs	each	160	1.00	27.0
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bowlpak-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's BowlPk Va	1 bowl	70	2.00	14.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	each	130	0.00	16.0
Milk - Lactose Free White NF	8 oz. carton	90	0.00	13.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		433	3.90	76.40
% of Calories				70.5%
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

Nov 1, 2021 thru Nov 30, 2021

Planned Menu Spreadsheet

1 Brk Elem

Portion Values - Detailed

001 - CENTRAL KITCHEN

Page 7

Generated on: 10/19/2021 12:17:01 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 11/18/2021				
1 Brk Elem	Total			
Waffle Cin Mini case	1 each	200	4.00	35.0
Syrup 100/1 oz ppi	1 packet	80	0.00	21.0
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Fruit & Grain Bar, Apple Case	1 each	160	3.00	30.0
Muffin Pumpkin 2.75 oz Rack	2.75 muffin	230	2.10	36.89
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bwlpk-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's BwlPk Va	1 bowl pack	70	2.00	14.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	each	130	0.00	16.0
Milk - Lactose Free White NF	8 oz. carton	90	0.00	13.0
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		447	5.53	82.06
% of Calories				73.5%
Nutrient Guideline		450-500		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 11/19/2021				
1 Brk Elem	Total			
Chicken Sausage Bites rack	1 each	223	2.03	17.22
Yogurt Fruited 4 oz case	1 carton	110	0.00	19.07
Bagel mini case	each	120	2.00	25.93
Cream Cheese variety case	1 each	90	0.00	2.5
Fruit Delight Bar, Apple Case	each	160	1.00	27.0
CEREAL, Blueberry Chex cup	2 oz	228	1.36	46.72
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bwlpk-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's BwlPk Va	1 bowl	70	2.00	14.0
Applesauce Regular cs	4.5 oz cup	70	2.00	18.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	each	130	0.00	16.0
Milk - Lactose Free White NF	8 oz. carton	90	0.00	13.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		525	4.23	80.82
% of Calories				61.6%
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

Nov 1, 2021 thru Nov 30, 2021

Planned Menu Spreadsheet

1 Brk Elem

Portion Values - Detailed

001 - CENTRAL KITCHEN

Page 8

Generated on: 10/19/2021 12:17:01 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 11/29/2021				
1 Brk Elem	Total			
Scrambled Eggs and Sausage rac	each	151	0.00	2.03
Fruit Delight Bar, Strberry Cs	each	160	1.00	27.0
Bagel mini case	each	120	2.00	25.93
Cream Cheese variety case	1 each	90	0.00	2.5
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bowlpak-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's BowlPk Va	1 bowl	70	2.00	14.0
Applesauce Regular cs	4.5 oz cup	70	2.00	18.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	each	130	0.00	16.0
Milk - Lactose Free White NF	8 oz. carton	90	0.00	13.0
ADD/SUB	0	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		429	3.28	62.44
% of Calories				58.2%
Nutrient Guideline		450-500		

Tue - 11/30/2021				
1 Brk Elem	Total			
Bagelfuls case	each	180	2.00	30.0
Fruit & Grain Bar, Straw Case	1 each	160	3.00	30.0
Muffin Banana 2.75 oz Rack	2.75 oz	264	1.94	34.28
Cereal Golden Grhm Bowlpak-Var	1 bowl pack	110	1.00	24.0
Cereal Cinn Chex Bowlpak-Var	1 bowl pack	114	0.68	23.36
Cereal Cinn Toasters Bowlpak-Var	1 bowl pack	120	1.42	22.21
Cereal Honey O's BowlPk Va	1 bowl	70	2.00	14.0
Pear, Cup, Orchard case	1 each	70	2.00	18.0
Fruit Choice (Breakfast)	1 each	69	2.77	17.7
Fruit Juice Choice (Breakfast)	4 oz	59	0.00	15.34
Milk White 1%	each	130	0.00	16.0
Milk - Lactose Free White NF	8 oz. carton	90	0.00	13.0
ADD/SUB	1	0	0.00	0.0
ADD/SUB	1	0	0.00	0.0
Weighted Daily Average		402	4.86	69.60
% of Calories				69.2%
Nutrient Guideline		450-500		

Weighted Average		467	4.27	76.43
				65.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	467		450 - 500	100%				
Fiber (g)	4.27							
Carbohydrate (g)	76.43	65.50%						

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.