

# EGUSD Food and Nutrition Services

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Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values

Oct 28, 2009

1 Brk Elem

	Portion Size	Cals	g Carb
Mon - 11/02/2009			
1 Brk Elem	Total		
PEARS DICED 1/2 C rack	.5 cup	72	19.04
Muffin Blueberry 2.7 oz Rack	2.7 oz.	234	17.44
Cereal Frosted Flk Bowlpak-Var	1 bowl pack	120	25.00
Cereal Honey Grm Bowlpak-Var	1 bowl pack	120	24.00
Cereal, Cheerios Bowlpk-Variet	1 bowl pack	70	13.89
Cereal Raisin Bran Bowlpak-Var	1 bowl pack	130	28.00
Cereal Honey Nut Tsty Os V	1 bowl pack	110	20.00
Milk White 1% Crystal	1 8 OZ. CARTON	130	16.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
Weighted Daily Average		546	74.66
% of Calories			54.7%

Tue - 11/03/2009			
1 Brk Elem	Total		
Fruit Cup Peach Case	1 Each	117	30.00
Bagel Pizza Breakfast Tony ra	1 each	180	19.00
Cereal Frosted Flk Bowlpak-Var	1 bowl pack	120	25.00
Cereal Honey Grm Bowlpak-Var	1 bowl pack	120	24.00
Cereal, Cheerios Bowlpk-Variet	1 bowl pack	70	13.89
Cereal Raisin Bran Bowlpak-Var	1 bowl pack	130	28.00
Cereal Honey Nut Tsty Os V	1 bowl pack	110	20.00
Milk White 1% Crystal	1 8 OZ. CARTON	130	16.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
Weighted Daily Average		537	87.18
% of Calories			64.9%

Wed - 11/04/2009			
1 Brk Elem	Total		
Fruit Choice (Fresh Breakfast)	1 each	69	17.70
Juice Apple 70/4oz	4 oz	57	14.51
Waffle, Snack-N-Waffle case	1 each	243	35.43
Cereal Frosted Flk Bowlpak-Var	1 bowl pack	120	25.00
Cereal Honey Grm Bowlpak-Var	1 bowl pack	120	24.00
Cereal, Cheerios Bowlpk-Variet	1 bowl pack	70	13.89
Cereal Raisin Bran Bowlpak-Var	1 bowl pack	130	28.00
Cereal Honey Nut Tsty Os V	1 bowl pack	110	20.00
Milk White 1% Crystal	1 8 OZ. CARTON	130	16.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
Weighted Daily Average		546	89.71
% of Calories			65.7%

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# EGUSD Food and Nutrition Services

1 Brk Elem

	Portion Size	Cals	g Carb
Thu - 11/05/2009			
1 Brk Elem	Total		
WATERMELON CUBES 1/2 C rac	.5 Cup	24	6.04
Fruit & Grain Bar, Apple Case	1 each	140	26.00
Yogurt Fruited	1 carton	90	14.00
Cereal Frosted Flk Bowlpak-Var	1 bowl pack	120	25.00
Cereal Honey Grm Bowlpak-Var	1 bowl pack	120	24.00
Cereal, Cheerios Bowlpk-Variet	1 bowl pack	70	13.89
Cereal Raisin Bran Bowlpak-Var	1 bowl pack	130	28.00
Cereal Honey Nut Tsty Os V	1 bowl pack	110	20.00
Milk White 1% Crystal	1 8 OZ. CARTON	130	16.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
Weighted Daily Average		494	84.22
% of Calories			68.2%

Fri - 11/06/2009			
1 Brk Elem	Total		
Fruit Choice (Fresh Breakfast)	1 each	69	17.70
Juice Orange 70/4oz	4 oz	55	14.41
Pancakes Mini 6 per Ser rack	6 Pancakes	120	22.50
Syrup 100/1 oz ppi	1 packet	80	21.00
Cereal Frosted Flk Bowlpak-Var	1 bowl pack	120	25.00
Cereal Honey Grm Bowlpak-Var	1 bowl pack	120	24.00
Cereal, Cheerios Bowlpk-Variet	1 bowl pack	70	13.89
Cereal Raisin Bran Bowlpak-Var	1 bowl pack	130	28.00
Cereal Honey Nut Tsty Os V	1 bowl pack	110	20.00
Milk White 1% Crystal	1 8 OZ. CARTON	130	16.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
Weighted Daily Average		502	97.73
% of Calories			77.9%

Mon - 11/09/2009			
1 Brk Elem	Total		
MANDARIN ORANGES 1/2 C. rack	.5 cup	36	8.89
FRENCH TOAST STICKS rack	3 sticks	172	30.65
Syrup 100/1 oz ppi	1 packet	80	21.00
Cereal Frosted Flk Bowlpak-Var	1 bowl pack	120	25.00
Cereal Honey Grm Bowlpak-Var	1 bowl pack	120	24.00
Cereal, Cheerios Bowlpk-Variet	1 bowl pack	70	13.89
Cereal Raisin Bran Bowlpak-Var	1 bowl pack	130	28.00
Cereal Honey Nut Tsty Os V	1 bowl pack	110	20.00
Milk White 1% Crystal	1 8 OZ. CARTON	130	16.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
Weighted Daily Average		528	98.72
% of Calories			74.8%

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# EGUSD Food and Nutrition Services

1 Brk Elem

	Portion Size	Cals	g Carb
Tue - 11/10/2009			
1 Brk Elem	Total		
Applesauce Motts Regular cs	4 oz cup	98	24.47
Muffin Banana 2.75 oz Rack	2.75 oz	186	19.35
Cereal Frosted Flk Bowlpak-Var	1 bowl pack	120	25.00
Cereal Honey Grm Bowlpak-Var	1 bowl pack	120	24.00
Cereal, Cheerios Bowlpk-Variet	1 bowl pack	70	13.89
Cereal Raisin Bran Bowlpak-Var	1 bowl pack	130	28.00
Cereal Honey Nut Tsty Os V	1 bowl pack	110	20.00
Milk White 1% Crystal	1 8 OZ. CARTON	130	16.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
Weighted Daily Average		524	82.00
% of Calories			62.7%

Wed - 11/11/2009			
1 Brk Elem	Total		
RQ # _____	1	0	0.00
# Students Served _____	1	0	0.00
# of Adults Served _____	1	0	0.00
HOLIDAY	1	0	0.00
Weighted Daily Average		0	0.00
% of Calories			0.0%

Thu - 11/12/2009			
1 Brk Elem	Total		
ORANGE WEDGES 1 rack	1 orange	45	11.28
EGG, CHEESE OMELET case	package	130	1.00
Cereal Frosted Flk Bowlpak-Var	1 bowl pack	120	25.00
Cereal Honey Grm Bowlpak-Var	1 bowl pack	120	24.00
Cereal, Cheerios Bowlpk-Variet	1 bowl pack	70	13.89
Cereal Raisin Bran Bowlpak-Var	1 bowl pack	130	28.00
Cereal Honey Nut Tsty Os V	1 bowl pack	110	20.00
Milk White 1% Crystal	1 8 OZ. CARTON	130	16.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
Weighted Daily Average		415	50.46
% of Calories			48.6%

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## 1 Brk Elem

	Portion Size	Cals	g Carb
Fri - 11/13/2009			
1 Brk Elem	Total		
Fruit Choice (Fresh Breakfast)	1 each	69	17.70
Juice Apple 70/4oz	4 oz	57	14.51
Croissant Sliced 48/2 oz P&C	1 Each	221	22.78
Jelly Packets , 400/.5 oz. PPI	1 each	25	7.00
Cereal Frosted Flk Bowlpak-Var	1 bowl pack	120	25.00
Cereal Honey Grm Bowlpak-Var	1 bowl pack	120	24.00
Cereal, Cheerios Bowlpk-Variet	1 bowl pack	70	13.89
Cereal Raisin Bran Bowlpak-Var	1 bowl pack	130	28.00
Cereal Honey Nut Tsty Os V	1 bowl pack	110	20.00
Milk White 1% Crystal	1 8 OZ. CARTON	130	16.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
Weighted Daily Average		549	84.06
% of Calories			61.3%

Mon - 11/16/2009			
1 Brk Elem	Total		
Mixed Fruit 1/2 C. SVG rack	.5 cup	80	18.00
French Toast Lumberjack rack	1 Slice	161	19.99
Syrup 100/1 oz ppi	1 packet	80	21.00
Cereal Frosted Flk Bowlpak-Var	1 bowl pack	120	25.00
Cereal Honey Grm Bowlpak-Var	1 bowl pack	120	24.00
Cereal, Cheerios Bowlpk-Variet	1 bowl pack	70	13.89
Cereal Raisin Bran Bowlpak-Var	1 bowl pack	130	28.00
Cereal Honey Nut Tsty Os V	1 bowl pack	110	20.00
Milk White 1% Crystal	1 8 OZ. CARTON	130	16.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
Weighted Daily Average		561	97.17
% of Calories			69.2%

Tue - 11/17/2009			
1 Brk Elem	Total		
Fruit Cup Peach Case	1 Each	117	30.00
BISCUIT 40/Rack	1 each	240	32.00
Jelly Packets , 400/.5 oz. PPI	1 each	25	7.00
Honey Packets 500/9gms	1 each	25	7.00
Cereal Frosted Flk Bowlpak-Var	1 bowl pack	120	25.00
Cereal Honey Grm Bowlpak-Var	1 bowl pack	120	24.00
Cereal, Cheerios Bowlpk-Variet	1 bowl pack	70	13.89
Cereal Raisin Bran Bowlpak-Var	1 bowl pack	130	28.00
Cereal Honey Nut Tsty Os V	1 bowl pack	110	20.00
Milk White 1% Crystal	1 8 OZ. CARTON	130	16.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
Weighted Daily Average		622	107.18
% of Calories			68.9%

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Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values

Oct 28, 2009

1 Brk Elem

	Portion Size	Cals	g Carb
Wed - 11/18/2009			
1 Brk Elem	Total		
Juice Orange 70/4oz	4 oz	55	14.41
Fruit Choice (Fresh Breakfast)	1 each	69	17.70
Bagel mini 2 oz rack	each 2 oz	163	32.38
Cream Cheese strawberry	1 each	80	4.00
Cereal Frosted Flk Bowlpak-Var	1 bowl pack	120	25.00
Cereal Honey Grm Bowlpak-Var	1 bowl pack	120	24.00
Cereal, Cheerios Bowlpk-Variet	1 bowl pack	70	13.89
Cereal Raisin Bran Bowlpak-Var	1 bowl pack	130	28.00
Cereal Honey Nut Tsty Os V	1 bowl pack	110	20.00
Milk White 1% Crystal	1 8 OZ. CARTON	130	16.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
Weighted Daily Average		545	90.61
% of Calories			66.5%

Thu - 11/19/2009			
1 Brk Elem	Total		
KIWI WEDGES 1 rack	1 each	46	11.14
Breakfast Sandwich, Don Lee ra	1 each	235	25.72
Cereal Frosted Flk Bowlpak-Var	1 bowl pack	120	25.00
Cereal Honey Grm Bowlpak-Var	1 bowl pack	120	24.00
Cereal, Cheerios Bowlpk-Variet	1 bowl pack	70	13.89
Cereal Raisin Bran Bowlpak-Var	1 bowl pack	130	28.00
Cereal Honey Nut Tsty Os V	1 bowl pack	110	20.00
Milk White 1% Crystal	1 8 OZ. CARTON	130	16.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
Weighted Daily Average		522	75.04
% of Calories			57.5%

Fri - 11/20/2009			
1 Brk Elem	Total		
Fruit Choice (Fresh Breakfast)	1 each	69	17.70
Juice Fruit Blend 70/4oz	4 oz	66	17.11
Pancake, Turkey wrap cs 68/2.8	1 each	250	42.00
Cereal Frosted Flk Bowlpak-Var	1 bowl pack	120	25.00
Cereal Honey Grm Bowlpak-Var	1 bowl pack	120	24.00
Cereal, Cheerios Bowlpk-Variet	1 bowl pack	70	13.89
Cereal Raisin Bran Bowlpak-Var	1 bowl pack	130	28.00
Cereal Honey Nut Tsty Os V	1 bowl pack	110	20.00
Milk White 1% Crystal	1 8 OZ. CARTON	130	16.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
Weighted Daily Average		557	97.58
% of Calories			70.0%

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# EGUSD Food and Nutrition Services

1 Brk Elem

	Portion Size	Cals	g Carb
<b>Mon - 11/23/2009</b>			
1 Brk Elem	Total		
Tropical Fruit 1/2 C/ser ra	.5 cup	79	19.77
Muffin Apple 2.75oz Rack	2.75 oz	229	17.82
Cereal Frosted Flk Bowlpak-Var	1 bowl pack	120	25.00
Cereal Honey Grm Bowlpak-Var	1 bowl pack	120	24.00
Cereal, Cheerios Bowlpk-Variet	1 bowl pack	70	13.89
Cereal Raisin Bran Bowlpak-Var	1 bowl pack	130	28.00
Cereal Honey Nut Tsty Os V	1 bowl pack	110	20.00
Milk White 1% Crystal	1 8 OZ. CARTON	130	16.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
Weighted Daily Average		548	75.76
% of Calories			55.3%

<b>Tue - 11/24/2009</b>			
1 Brk Elem	Total		
Applesauce Motts Regular cs	4 oz cup	98	24.47
Waffle Cin toast 1 Serving ra	2 waffles	193	30.66
Syrup 100/1 oz ppi	1 packet	80	21.00
Cereal Frosted Flk Bowlpak-Var	1 bowl pack	120	25.00
Cereal Honey Grm Bowlpak-Var	1 bowl pack	120	24.00
Cereal, Cheerios Bowlpk-Variet	1 bowl pack	70	13.89
Cereal Raisin Bran Bowlpak-Var	1 bowl pack	130	28.00
Cereal Honey Nut Tsty Os V	1 bowl pack	110	20.00
Milk White 1% Crystal	1 8 OZ. CARTON	130	16.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
Weighted Daily Average		611	114.31
% of Calories			74.8%

<b>Wed - 11/25/2009</b>			
1 Brk Elem	Total		
RQ # _____	1	0	0.00
# Students Served _____	1	0	0.00
# of Adults Served _____	1	0	0.00
HOLIDAY	1	0	0.00
Weighted Daily Average		0	0.00
% of Calories			0.0%

<b>Thu - 11/26/2009</b>			
1 Brk Elem	Total		
RQ # _____	1	0	0.00
# Students Served _____	1	0	0.00
# of Adults Served _____	1	0	0.00
HOLIDAY	1	0	0.00
Weighted Daily Average		0	0.00
% of Calories			0.0%

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# EGUSD Food and Nutrition Services

1 Brk Elem

	Portion Size	Cals	g Carb
Fri - 11/27/2009			
1 Brk Elem	Total		
RQ # _____	1	0	0.00
# Students Served _____	1	0	0.00
# of Adults Served _____	1	0	0.00
HOLIDAY	1	0	0.00
Weighted Daily Average		0	0.00
% of Calories			0.0%

Mon - 11/30/2009			
1 Brk Elem	Total		
PEARS DICED 1/2 C rack	.5 cup	72	19.04
Muffin Blueberry 2.7 oz Rack	2.7 oz.	234	17.44
Cereal Frosted Flk Bowlpak-Var	1 bowl pack	120	25.00
Cereal Honey Grm Bowlpak-Var	1 bowl pack	120	24.00
Cereal, Cheerios Bowlpk-Variet	1 bowl pack	70	13.89
Cereal Raisin Bran Bowlpak-Var	1 bowl pack	130	28.00
Cereal Honey Nut Tsty Os V	1 bowl pack	110	20.00
Milk White 1% Crystal	1 8 OZ. CARTON	130	16.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
Weighted Daily Average		546	74.66
% of Calories			54.7%

Weighted Average		538	87.12
			64.7%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	538		500	108%			
Carbohydrate (g)	87.12	64.73%	0.00				

Note: \* - asterisk denotes nutrients with either missing or incomplete nutrient data.