

EGUSD Food and Nutrition Services

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

Oct 28, 2009

2 Lunch Choice

	Portion Size	Cals	g Carb
Mon - 11/02/2009			
2 Lunch Choice	Total		
MEATLOAF WITH M. POT. rack	1 EACH	313	25.52
LUNCHABLE NACHO 1 SVG rack	1 Lunchable	305	26.97
CHICKEN RINGS 5/SVG rack	5 Nuggets	265	11.90
PEANUT BUTTER/JELLY BAR	1 bar	322	28.50
Condiments Offered	2 packets	30	6.50
Carrots Packs 200/case	1 packet	19	4.35
Condiment -veggie (ranch)	1packet	70	1.00
Minute Maid Bar Very Berr case	1 each	60	15.00
Fruit Choice (Fresh Fruit)	1 each	69	17.70
Fruit Choice (Fresh Fruit)	1 each	69	17.70
Fruit Juice Choice	4 oz	64	16.26
Cracker Dolphin 100/.09 oz cs	1 package	92	13.36
Milk White/Chocolate Crystal	each	150	23.50
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
Field Trip Lunch	1	687	88.05
Weighted Daily Average		711	84.60
% of Calories			47.6%

Tue - 11/03/2009			
2 Lunch Choice	Total		
Burrito Bean and Cheese ra	1 Burrito	389	64.91
CHICKEN TERIYAKI with RICE rac	1 each	356	53.26
BAGELDOG	1 each	380	45.60
Sandwich PB Jamwich72/2.8	1 each	304	32.00
Condiments Offered	2 packets	30	6.50
Carrots Packs 200/case	1 packet	19	4.35
Condiment -veggie (ranch)	packet	70	1.00
PEAS FROZEN 1/2 C rack	.5 cup (2.8 oz)	62	11.41
APRICOTS 1/2 C. Serving ra	.5 cup	80	20.86
Fruit Choice (Fresh Fruit)	1 each	69	17.70
Fruit Choice (Fresh Fruit)	1 each	69	17.70
Fruit Juice Choice	4 oz	64	16.26
Milk White/Chocolate Crystal	each	150	23.50
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
Field Trip Lunch	1	687	88.05
Weighted Daily Average		668	101.46
% of Calories			60.8%

Wed - 11/04/2009			
2 Lunch Choice	Total		
TACO Soft Beef w/Gordito rack	1 EACH	326	36.59
FISH FILLET/BUN 1/SVG RAC/15	1 each	399	43.40
PIZZA GALAXY CHEESE case	1 EACH	330	32.00
PEANUT BUTTER/JELLY BAR	1 bar	322	28.50
Condiments -Fish (Tartar/Ket)	packet	15	2.23
Green Salad 1/2 C. SVG rack	1-1.5oz	80	2.58
WATERMELON CUBES 1/2 C rac	.5 Cup	24	6.04
Fruit Choice (Fresh Fruit)	1 each	69	17.70
Fruit Choice (Fresh Fruit)	1 each	69	17.70
Fruit Juice Choice	4 oz	64	16.26
Milk White/Chocolate Crystal	each	150	23.50
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
Field Trip Lunch	1	687	88.05

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

Oct 28, 2009

2 Lunch Choice

	Portion Size	Cals	g Carb
Weighted Daily Average		641	77.07
% of Calories			48.1%

Thu - 11/05/2009			
2 Lunch Choice	Total		
MACARONI & CHEESE rack	7 oz	300	33.00
CHEESBURGER MINI 2/PKG ca	1 package	472	50.92
SANDWICH SUB PREPACK ELM rack	1 Sandwich	281	29.55
Sandwich PB Jamwich72/2.8	1 each	304	32.00
Condiments -Hoagie (mayo/must)	packet	38	0.00
Condiments Offered	2 packets	30	6.50
Jicama rack	1/2 cup	72	1.48
Applesauce Motts Regular cs	4 oz cup	98	24.47
Fruit Choice (Fresh Fruit)	1 each	69	17.70
Fruit Choice (Fresh Fruit)	1 each	69	17.70
Fruit Juice Choice	4 oz	64	16.26
Milk White/Chocolate Crystal	each	150	23.50
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
Field Trip Lunch	1	687	88.05
Weighted Daily Average		660	82.89
% of Calories			50.2%

Fri - 11/06/2009			
2 Lunch Choice	Total		
SANDWICH GRILLED CHEESE cs	1 sandwich	256	30.80
CHICKEN DRUMSTICK rack	1 drumstick	220	8.00
PIZZA FRENCH BREAD rack	1 pizza	350	30.00
PEANUT BUTTER/JELLY BAR	1 bar	322	28.50
Condiments Offered	2 packets	30	6.50
Corn Cobbette rack	1 each	59	14.07
Carrots Packs 200/case	1 packet	19	4.35
Condiment -veggie (ranch)	packet	70	1.00
MANDARIN ORANGES 1/2 C. rack	.5 cup	36	8.89
Fruit Choice (Fresh Fruit)	1 each	69	17.70
Fruit Choice (Fresh Fruit)	1 each	69	17.70
Fruit Juice Choice	4 oz	64	16.26
Cookie, Chocolate Chip LF Ra	1 cookie	111	17.72
Milk White/Chocolate Crystal	each	150	23.50
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
Field Trip Lunch	1	687	88.05
Weighted Daily Average		695	92.90
% of Calories			53.4%

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2 Lunch Choice

	Portion Size	Cals	g Carb
Mon - 11/09/2009			
2 Lunch Choice	Total		
MEATLOAF WITH M. POT. rack	1 EACH	313	25.52
LUNCHABLE NACHO 1 SVG rack	1 Lunchable	305	26.97
CHICKEN RINGS 5/SVG rack	5 Nuggets	265	11.90
PEANUT BUTTER/JELLY BAR	1 bar	322	28.50
Condiments Offered	2 packets	30	6.50
Carrots Packs 200/case	1 packet	19	4.35
Condiment -veggie (ranch)	packet	70	1.00
Fruit Ice Singles, Peach cs	1 each	52	12.44
Fruit Choice (Fresh Fruit)	1 each	69	17.70
Fruit Choice (Fresh Fruit)	1 each	69	17.70
Fruit Juice Choice	4 oz	64	16.26
cracker, Goldfish Graham	pouch	120	19.00
Milk White/Chocolate Crystal	each	150	23.50
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
Field Trip Lunch	1	687	88.05
Weighted Daily Average		738	89.60
% of Calories			48.6%

Tue - 11/10/2009			
2 Lunch Choice	Total		
Burrito Bean and Cheese ra	1 Burrito	389	64.91
CHICKEN TERIYAKI with RICE rac	1 each	356	53.26
BAGELDOG	1 each	380	45.60
Sandwich PB Jamwich72/2.8	1 each	304	32.00
Condiments Offered	2 packets	30	6.50
Carrots Packs 200/case	1 packet	19	4.35
Condiment -veggie (ranch)	packet	70	1.00
CORN Whole Kernel 1/2 C rack	.5 cup (2.8 oz)	66	15.83
PINEAPPLE TIDBITS 1/2 C rack	1/2 CUP	66	16.95
Fruit Choice (Fresh Fruit)	1 each	69	17.70
Fruit Choice (Fresh Fruit)	1 each	69	17.70
Fruit Juice Choice	4 oz	64	16.26
Milk White/Chocolate Crystal	each	150	23.50
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
Field Trip Lunch	1	687	88.05
Weighted Daily Average		666	102.69
% of Calories			61.7%

Wed - 11/11/2009			
2 Lunch Choice	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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Nov 2, 2009 thru Nov 30, 2009 Spreadsheet - Portion Values

Oct 28, 2009

2 Lunch Choice

	Portion Size	Cals	g Carb
Thu - 11/12/2009			
2 Lunch Choice	Total		
MACARONI & CHEESE rack	7 oz	300	33.00
CHEESBURGER MINI 2/PKG ca	1 package	472	50.92
SANDWICH SUB PREPACK ELM rack	1 Sandwich	281	29.55
Sandwich PB Jamwich72/2.8	1 each	304	32.00
Condiments -Hoagie (mayo/must)	packet	38	0.00
Condiments Offered	2 packets	30	6.50
Zucchini & Carrot Sticks rack	.5 cup	99	6.72
Fruit Cup Peach Case	1 Each	117	30.00
Fruit Choice (Fresh Fruit)	1 each	69	17.70
Fruit Choice (Fresh Fruit)	1 each	69	17.70
Fruit Juice Choice	4 oz	64	16.26
Milk White/Chocolate Crystal	1 each	150	23.50
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
Field Trip Lunch	1	687	88.05
Weighted Daily Average		692	89.51
% of Calories			51.7%

Fri - 11/13/2009			
2 Lunch Choice	Total		
SANDWICH GRILLED CHEESE cs	1 sandwich	256	30.80
CHICKEN DRUMSTICK rack	1 drumstick	220	8.00
PIZZA FRENCH BREAD rack	1 pizza	350	30.00
Condiments Offered	2 packets	30	6.50
PEANUT BUTTER/JELLY BAR	1 bar	322	28.50
CARROT COINS 1/2 c. serving ra	.5 cup (2.6 oz)	27	5.64
Carrots Packs 200/case	1 packet	19	4.35
Condiment -veggie (ranch)	packet	70	1.00
Mixed Fruit 1/2 C. SVG rack	.5 cup	80	18.00
Fruit Choice (Fresh Fruit)	1 each	69	17.70
Fruit Choice (Fresh Fruit)	1 each	69	17.70
Fruit Juice Choice	4 oz	64	16.26
Cookie Oatmeal 1 oz Rack	1 cookie	114	17.05
Milk White/Chocolate Crystal	each	150	23.50
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
Field Trip Lunch	1	687	88.05
Weighted Daily Average		694	90.29
% of Calories			52.0%

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EGUSD Food and Nutrition Services

2 Lunch Choice

	Portion Size	Cals	g Carb
Mon - 11/16/2009			
2 Lunch Choice	Total		
MEATLOAF WITH M. POT. rack	1 EACH	313	25.52
LUNCHABLE NACHO 1 SVG rack	1 Lunchable	305	26.97
CHICKEN RINGS 5/SVG rack	5 Nuggets	265	11.90
PEANUT BUTTER/JELLY BAR	1 bar	322	28.50
Condiments Offered	2 packets	30	6.50
Carrots Packs 200/case	1 packet	19	4.35
Condiment -veggie (ranch)	packet	70	1.00
Minute Maid sour app. bar Case	1 each	60	15.00
Fruit Choice (Fresh Fruit)	1 each	69	17.70
Fruit Choice (Fresh Fruit)	1 each	69	17.70
Fruit Juice Choice	4 oz	64	16.26
Cookie, Strawberry Dino Graham	bag	107	18.43
Milk White/Chocolate Crystal	each	150	23.50
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
Field Trip Lunch	1	687	88.05
Weighted Daily Average		726	89.67
% of Calories			49.4%

Tue - 11/17/2009			
2 Lunch Choice	Total		
Burrito Bean and Cheese ra	1 Burrito	389	64.91
CHICKEN TERIYAKI with RICE rac	1 each	356	53.26
BAGELDOG	1 each	380	45.60
Sandwich PB Jamwich72/2.8	1 each	304	32.00
Condiments Offered	2 packets	30	6.50
Carrots Packs 200/case	1 packet	19	4.35
Condiment -veggie (ranch)	packet	70	1.00
VEGETABLES Mixed 1/2 C SVG rac	.5 cup (3.2 oz)	59	11.91
Raisins	1 box	127	33.67
Fruit Choice (Fresh Fruit)	1 each	69	17.70
Fruit Choice (Fresh Fruit)	1 each	69	17.70
Fruit Juice Choice	4 oz	64	16.26
Milk White/Chocolate Crystal	each	150	23.50
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
Field Trip Lunch	1	687	88.05
Weighted Daily Average		678	104.91
% of Calories			61.9%

Wed - 11/18/2009			
2 Lunch Choice	Total		
TACO Soft Beef w/Gordito rack	1 EACH	326	36.59
FISH FILLET/BUN 1/SVG RAC/15	1 each	399	43.40
PIZZA GALAXY CHEESE case	1 EACH	330	32.00
PEANUT BUTTER/JELLY BAR	1 bar	322	28.50
Condiments -Fish (Tartar/Ket)	packet	15	2.23
Green Salad 1/2 C. SVG rack	1-1.5oz	80	2.58
KIWI WEDGES 1 rack	1 each	46	11.14
Fruit Choice (Fresh Fruit)	1 each	69	17.70
Fruit Choice (Fresh Fruit)	1 each	69	17.70
Fruit Juice Choice	4 oz	64	16.26
Milk White/Chocolate Crystal	each	150	23.50
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
Field Trip Lunch	1	687	88.05

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EGUSD Food and Nutrition Services

2 Lunch Choice

	Portion Size	Cals	g Carb
Weighted Daily Average		646	78.34
% of Calories			48.5%

Thu - 11/19/2009			
2 Lunch Choice	Total		
MACARONI & CHEESE rack	7 oz	300	33.00
CHEESBURGER MINI 2/PKG ca	1 package	472	50.92
SANDWICH SUB PREPACK ELM rack	1 Sandwich	281	29.55
Sandwich PB Jamwich72/2.8	1 each	304	32.00
Condiments -Hoagie (mayo/must)	packet	38	0.00
Condiments Offered	2 packets	30	6.50
BROCCOLI Florets 1/2 C. rac	.5 cup	85	3.92
Applesauce Motts Regular cs	4 oz cup	98	24.47
Fruit Choice (Fresh Fruit)	1 each	69	17.70
Fruit Choice (Fresh Fruit)	1 each	69	17.70
Fruit Juice Choice	4 oz	64	16.26
Milk White/Chocolate Crystal	each	150	23.50
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
Field Trip Lunch	1	687	88.05
Weighted Daily Average		673	85.33
% of Calories			50.7%

Fri - 11/20/2009			
2 Lunch Choice	Total		
SANDWICH GRILLED CHEESE cs	1 sandwich	256	30.80
CHICKEN DRUMSTICK rack	1 drumstick	220	8.00
PIZZA FRENCH BREAD rack	1 pizza	350	30.00
PEANUT BUTTER/JELLY BAR	1 bar	322	28.50
Condiments Offered	2 packets	30	6.50
Corn Cobbette rack	1 each	59	14.07
Carrots Packs 200/case	1 packet	19	4.35
Condiment -veggie (ranch)	packet	70	1.00
Tropical Fruit 1/2 C/ser ra	.5 cup	79	19.77
Fruit Choice (Fresh Fruit)	1 each	69	17.70
Fruit Choice (Fresh Fruit)	1 each	69	17.70
Fruit Juice Choice	4 oz	64	16.26
Cookie, Chocolate Chip LF Ra	1 cookie	111	17.72
Milk White/Chocolate Crystal	each	150	23.50
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
Field Trip Lunch	1	687	88.05
Weighted Daily Average		706	95.62
% of Calories			54.2%

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EGUSD Food and Nutrition Services

2 Lunch Choice

	Portion Size	Cals	g Carb
Mon - 11/23/2009			
2 Lunch Choice	Total		
MEATLOAF WITH M. POT. rack	1 EACH	313	25.52
LUNCHABLE NACHO 1 SVG rack	1 Lunchable	305	26.97
CHICKEN RINGS 5/SVG rack	5 Nuggets	265	11.90
PEANUT BUTTER/JELLY BAR	1 bar	322	28.50
Condiments Offered	2 packets	30	6.50
Carrots Packs 200/case	1 packet	19	4.35
Condiment -veggie (ranch)	1packet	70	1.00
Fruit Ice Singles, Strawber cs	1 each	56	13.25
Fruit Choice (Fresh Fruit)	1 each	69	17.70
Fruit Choice (Fresh Fruit)	1 each	69	17.70
Fruit Juice Choice	4 oz	64	16.26
Cracker, Scooby-Doo Graham cs	1 each	120	20.00
Milk White/Chocolate Crystal	each	150	23.50
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
Field Trip Lunch	1	687	88.05
Weighted Daily Average		739	90.80
% of Calories			49.2%

Tue - 11/24/2009			
2 Lunch Choice	Total		
Burrito Bean and Cheese ra	1 Burrito	389	64.91
CHICKEN TERIYAKI with RICE rac	1 each	356	53.26
BAGELDOG	1 each	380	45.60
Sandwich PB Jamwich72/2.8	1 each	304	32.00
Condiments Offered	2 packets	30	6.50
Carrots Packs 200/case	1 packet	19	4.35
Condiment -veggie (ranch)	packet	70	1.00
GREEN BEANS fr. 1/2 C. svg rac	.5 cup (2.4 oz)	19	4.35
PEACHES DICED 1/2 C rack	.5 cup	68	18.26
Fruit Choice (Fresh Fruit)	1 each	69	17.70
Fruit Choice (Fresh Fruit)	1 each	69	17.70
Fruit Juice Choice	4 oz	64	16.26
Milk White/Chocolate Crystal	each	150	23.50
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
Field Trip Lunch	1	687	88.05
Weighted Daily Average		643	97.28
% of Calories			60.5%

Wed - 11/25/2009			
2 Lunch Choice	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 - 11/26/2009			
2 Lunch Choice	Total		
RQ # _____	1	0	0.00
# Students Served _____	1	0	0.00
# of Adults Served _____	1	0	0.00
HOLIDAY	1	0	0.00

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2 Lunch Choice

	Portion Size	Cals	g Carb
Weighted Daily Average		0	0.00
% of Calories			0.0%

Fri - 11/27/2009			
2 Lunch Choice	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			
2 Lunch Choice	Total		
MEATLOAF WITH M. POT. rack	1 EACH	313	25.52
LUNCHABLE NACHO 1 SVG rack	1 Lunchable	305	26.97
CHICKEN RINGS 5/SVG rack	5 Nuggets	265	11.90
PEANUT BUTTER/JELLY BAR	1 bar	322	28.50
Condiments Offered	2 packets	30	6.50
Carrots Packs 200/case	1 packet	19	4.35
Condiment -veggie (ranch)	1packet	70	1.00
Minute Maid Bar Very Berr case	1 each	60	15.00
Fruit Choice (Fresh Fruit)	1 each	69	17.70
Fruit Choice (Fresh Fruit)	1 each	69	17.70
Fruit Juice Choice	4 oz	64	16.26
Cracker Dolphin 100/.09 oz cs	1 package	92	13.36
Milk White/Chocolate Crystal	each	150	23.50
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
ADD/SUB	1	0	0.00
Field Trip Lunch	1	687	88.05
Weighted Daily Average		711	84.60
% of Calories			47.6%

Weighted Average		687	90.44 52.6%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)
Calories	687		667	103%			
Carbohydrate (g)	90.44	52.63%	0.00				

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