

# EGUSD Food and Nutrition Services

#18 - B YMCA Cold Lunch

March 2021

Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 1 Soy Butter Sandwich String Cheese Juice, Fruitables Plus Veg eac Applesauce Cup Cinnamon Goldfish Graham 1% White Milk Spork Packet	Mar - 2 LUNCHABLE PIZZA Supper ov Baby Carrots w/ Ranch Orchard Peaches 1% White Milk Spork Packet	Mar - 3 Low Fat Fruited Yogurt String Cheese Granola Baby Carrots w/ Ranch Applesauce Cup 1% White Milk Spork Packet	Mar - 4 TURKEY & CHEESE SLIDER Baby Carrots w/ Ranch Strawberry Fruity Cup 1% White Milk Spork Packet	Mar - 5 LUNCHABLE Turkey each Fresh Veggies Mix Fresh Apple Chocolate Spread Goldfish Pretzel Snack 1% White Milk
Mar - 8 Low Fat Fruited Yogurt String Cheese Granola Baby Carrots w/ Ranch Fresh Orange 1% White Milk Spork Packet	Mar - 9 Soy Butter Sandwich String Cheese Broccoli Florets w/ Ranch Tropical Fruits Cup 1% White Milk Spork Packet	Mar - 10 LUNCHABLE Turkey each Baby Carrots w/ Ranch Fresh Apple Scooby-Doo Graham 1% White Milk Spork Packet	Mar - 11 TURKEY & CHEESE SLIDER Baby Carrots w/ Ranch Applesauce Cup 1% White Milk Spork Packet	Mar - 12 LUNCHABLE PIZZA Supper ov Fresh Veggies Mix Fresh Pear Chocolate Chip Oatmeal Cookie 1% White Milk
Mar - 15 Soy Butter Sandwich String Cheese Juice, Fruitables Plus Veg eac Applesauce Cup Cinnamon Goldfish Graham 1% White Milk Spork Packet	Mar - 16 LUNCHABLE PIZZA Supper ov Baby Carrots w/ Ranch Orchard Peaches 1% White Milk Spork Packet	Mar - 17 Low Fat Fruited Yogurt String Cheese Granola Baby Carrots w/ Ranch Applesauce Cup Sugar Cookies 1% White Milk Spork Packet	Mar - 18 TURKEY & CHEESE SLIDER Baby Carrots w/ Ranch Strawberry Fruity Cup 1% White Milk Spork Packet	Mar - 19 LUNCHABLE Turkey each Fresh Veggies Mix Fresh Apple Chocolate Spread Goldfish Pretzel Snack 1% White Milk
Mar - 22 Low Fat Fruited Yogurt String Cheese Granola Baby Carrots w/ Ranch Fresh Orange 1% White Milk Spork Packet	Mar - 23 Soy Butter Sandwich String Cheese Broccoli Florets w/ Ranch Tropical Fruits Cup 1% White Milk Spork Packet	Mar - 24 LUNCHABLE Turkey each Baby Carrots w/ Ranch Fresh Apple Scooby-Doo Graham 1% White Milk Spork Packet	Mar - 25 TURKEY & CHEESE SLIDER Baby Carrots w/ Ranch Applesauce Cup 1% White Milk Spork Packet	Mar - 26 LUNCHABLE PIZZA Supper ov Fresh Veggies Mix Fresh Pear Chocolate Chip Oatmeal Cookie 1% White Milk

*\*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.*

**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

#18 - B YMCA Cold Lunch  
March 2021

Feb 12, 2021

Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 29  Soy Butter Sandwich String Cheese Juice, Fruitables Plus Veg eac Applesauce Cup Cinnamon Goldfish Graham 1% White Milk Spork Packet	Mar - 30  LUNCHABLE PIZZA Supper ov Baby Carrots w/ Ranch Orchard Peaches 1% White Milk Spork Packet	Mar - 31  Low Fat Fruited Yogurt String Cheese Granola Baby Carrots w/ Ranch Applesauce Cup 1% White Milk Spork Packet		

*\*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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