

Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

Elementary Lunch (K-6)

Generated on: 3/26/2018 2:51:01 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 04/10/2018						
Elementary Lunch (K-6)	Total					
Macaroni & Cheese w/Shred	#8 scoop	93	202	4.32	9.9	3.95
Chicken Tender WG 4/5# 107/3oz	3 pc Serv	179	419	11.96	11.96	8.97
Pkt Ketchup	1 PACKET	8	67	0.0	2.36	0.0
Sand Pepperoni Pocket	one	300	680	18.0	32.0	11.0
Veg Broccoli Salad	1/2 cup	80	138	1.66	7.08	5.23
Veg Potato Spirals Seasoned	1/2 cup	100	151	1.0	17.08	3.01
Fruit Banana Fresh	ONE	108	1	1.32	27.63	0.4
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	11	29	1.36	1.65	0.04
Veg Carrot Mini Peeled 1/4c	1/4 CUP	14	24	0.33	3.37	0.08
Veg Broccoli Raw 1/4c	1/4 cup	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	5	1	0.24	0.88	0.07
Veg Tomato Sliced/Diced	1/4 CUP	8	2	0.41	1.81	0.09
Veg Jicama Sticks 1/4c	1/4 cup	17	2	0.37	4.02	0.0
Fruit Peaches, Cnd,LtSyrup1/4c	1/4 c	35	3	0.29	9.51	0.02
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	5	95	0.0	1.0	0.0
Weighted Daily Average		638	1027	27.77	92.04	18.87
% of Calories				17.4%	57.7%	26.6%
Nutrient Guideline		600-650	1230			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 04/11/2018						
Elementary Lunch (K-6)	Total					
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	188	702	14.77	6.6	11.6
Nachos Cheese ONLY 1M/MA	#12CH	131	555	8.08	4.04	9.09
Bread Tortilla Chips 1.5oz	1.5 OZ	203	83	3.0	28.5	7.5
Pkt Taco Sauce	1 PKT	5	96	0.0	1.01	0.0
Veg Beans Refried-Dehy 1/2c	1/2 cup	164	488	7.97	23.92	1.99
Veg Carrot Baby PeeledBulk1/2c	1/2 CUP	29	49	0.65	6.74	0.17
Veg Carrot Snack Pack 1/2c	2.6oz pack	19	26	0.0	8.12	0.0
Fruit Applesauce Cup Mango 4.5	4.5 oz	50	15	0.0	14.0	0.0
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
VEG SALSA, CANNED (USDA)1/4c	1/4 CUP	20	242	0.85	3.94	0.11
Veg Lettuce Shredded 1/4C	1/4 CUP	2	1	0.14	0.27	0.03
Veg Broccoli Raw 1/4c	1/4 cup	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	5	1	0.24	0.88	0.07
Veg Tomato Sliced/Diced	1/4 CUP	8	2	0.41	1.81	0.09
Veg Jicama Sticks 1/4c	1/4 cup	17	2	0.37	4.02	0.0
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	5	95	0.0	1.0	0.0
Weighted Daily Average		605	1164	27.24	76.29	20.53
% of Calories				18.0%	50.4%	30.5%
Nutrient Guideline		600-650	1230			

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Apr 1, 2018 thru Apr 30, 2018

Elementary Lunch (K-6)

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Thu - 04/12/2018						
Elementary Lunch (K-6)	Total					
Chicken Brd WG 8 Pc Pilgrims	3 oz.	246	675	13.71	12.57	14.86
LASAGNA, BEEF Elem/Int	1 Piece	382	827	23.54	44.5	11.78
Bread Wheat Dinner Roll	ROLL	100	160	6.0	17.0	1.0
Veg Beans Green Seas. 1/2c	1/2 CUP	28	339	1.53	5.99	0.13
Veg Juice V Blend 4.23 OZ.	4.23 OZ.	55	30	0.0	14.0	0.0
Fruit Apple Slices Bulk 1/2c	6 slices	69	51	0.0	14.17	0.0
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	11	29	1.36	1.65	0.04
Veg Carrot Mini Peeled 1/4c	1/4 CUP	14	24	0.33	3.37	0.08
Veg Broccoli Raw 1/4c	1/4 cup	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	5	1	0.24	0.88	0.07
Veg Tomato Wedges 1/4 Cup	1/4 CUP	8	2	0.41	1.81	0.09
Veg Jicama Sticks 1/4c	1/4 cup	17	2	0.37	4.02	0.0
Fruit Apricots Can Dice1/4 cup	1/4 CUP	39	3	0.33	10.32	0.03
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	5	95	0.0	1.0	0.0
Weighted Daily Average		623	1206	31.68	87.25	15.48
% of Calories				20.3%	56.0%	22.3%
Nutrient Guideline		600-650	1230			

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Fri - 04/13/2018						
Elementary Lunch (K-6)	Total					
Pizza Pepp & Chz WGBlend Elem	8 cut Slice	455	845	23.93	44.62	20.67
Pizza Cheese WGBlendFlour Elem	8 cut slice	409	667	21.83	44.27	16.12
Pizza Pepp & Chz 16"Crust Elem	8 cut slice	427	868	23.63	30.53	23.69
Pizza Cheese 16" WG Crust Elem	8 cut slice	382	690	21.53	30.18	19.14
Veg Rom/Spin Salad w/ Ranch	1 Cup	40	138	3.23	4.3	1.72
Veg Jicama Sticks 1/2c	1/2 cup	34	4	0.73	8.04	0.0
Fruit Grapes Bunches 1/2c	1/2 CUP	58	2	0.55	14.85	0.3
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Milk Strawberry Non Fat	HALF PINT	120	135	9.0	22.0	0.0
Veg Carrot Mini Peeled 1/4c	1/4 CUP	14	24	0.33	3.37	0.08
Veg Broccoli Raw 1/4c	1/4 cup	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	5	1	0.24	0.88	0.07
Veg Tomato Wedges 1/4 Cup	1/4 CUP	8	2	0.41	1.81	0.09
Fruit Pears Can1/4c USDA	1/4c Scoop	33	2	0.1	8.52	0.02
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	5	95	0.0	1.0	0.0
Weighted Daily Average		613	968	31.61	77.41	21.24
% of Calories				20.6%	50.5%	31.2%
Nutrient Guideline		600-650	1230			

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Elementary Lunch (K-6)

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Mon - 04/16/2018						
Elementary Lunch (K-6)	Total					
Burrito Bean & Cheese Chipotle	Burrito	360	390	17.01	44.03	13.01
Pkt Taco Sauce	1 PKT	5	96	0.0	1.01	0.0
Sand Turkey Breast wChz on Ciaba	1 Sandwich	303	681	21.82	30.52	11.79
Pkt Mayonnaise	1 EACH	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	6	86	0.0	0.0	0.0
Veg Carrot Baby Peeled Bulk 1/2c	1/2 CUP	29	49	0.65	6.74	0.17
Veg Carrot Snack Pack 1/2c	2.6oz pack	19	26	0.0	8.12	0.0
Veg Beans Green Seas. 1/2c	1/2 CUP	28	339	1.53	5.99	0.13
Fruit Orange - 2 halves 1/2c	1/2 c	50	0	1.01	12.6	0.13
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Veg Salad Romaine & Spn 1/2c port	1/2 c	11	29	1.36	1.65	0.04
Veg Broccoli Raw 1/4c	1/4 cup	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	5	1	0.24	0.88	0.07
Veg Tomato Wedges 1/4 Cup	1/4 CUP	8	2	0.41	1.81	0.09
Fruit Mixed Lt Syrup 1/4c	1/4 c	42	4	0.0	10.52	0.0
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	5	95	0.0	1.0	0.0
Weighted Daily Average		487	772	26.62	69.14	13.27
% of Calories				21.8%	56.7%	24.5%
Nutrient Guideline		600-650	1230			

Tue - 04/17/2018						
Elementary Lunch (K-6)	Total					
Chicken Tangerine AF 176/3.9oz	3.9oz.	189	379	13.95	24.9	3.98
Rice Brown 1/2c Cook	1/2 CUP	29	3	0.67	5.97	0.24
Sand Beef Rib Hoagie 3.25 oz.	Sandwich	340	885	18.0	40.0	12.0
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	124	329	4.04	28.65	1.54
VEG CORN : FROZEN YELLOW 1/2c	1/2 CUP	101	13	3.78	23.94	1.26
Veg Juice V Blend 4.23 OZ.	4.23 OZ.	55	30	0.0	14.0	0.0
Fruit Banana Fresh	ONE	108	1	1.32	27.63	0.4
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Veg Salad Romaine & Spn 1/2c port	1/2 c	11	29	1.36	1.65	0.04
Veg Carrot Mini Peeled 1/4c	1/4 CUP	14	24	0.33	3.37	0.08
Veg Broccoli Raw 1/4c	1/4 cup	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	5	1	0.24	0.88	0.07
Veg Tomato Wedges 1/4 Cup	1/4 CUP	8	2	0.41	1.81	0.09
Veg Jicama Sticks 1/4c	1/4 cup	17	2	0.37	4.02	0.0
Fruit Peaches, Cnd, Lt Syrup 1/4c	1/4 c	35	3	0.29	9.51	0.02
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	5	95	0.0	1.0	0.0
Weighted Daily Average		633	969	28.49	113.10	10.78
% of Calories				18.0%	71.5%	15.3%
Nutrient Guideline		600-650	1230			

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Apr 1, 2018 thru Apr 30, 2018

Elementary Lunch (K-6)

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 04/18/2018						
Elementary Lunch (K-6)	Total					
Sand Hamburger Mesquite DonLee	Sandwich	271	450	19.6	32.1	8.3
Sand Cheeseburger Mesq DL	Sandwich	321	675	22.1	32.6	12.8
Pkt Ketchup	1 PACKET	8	67	0.0	2.36	0.0
Pkt Mustard	1 PACKET	6	86	0.0	0.0	0.0
Veg Beans Baked 1/2c	1/2 CUP	137	386	7.43	25.77	0.95
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	21	739	0.52	4.78	0.1
Fruit Mixed Fruit Cup Wawona	1 Each	61	15	0.0	17.24	0.0
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	11	29	1.36	1.65	0.04
Veg Carrot Mini Peeled 1/4c	1/4 CUP	14	24	0.33	3.37	0.08
Veg Broccoli Raw 1/4c	1/4 cup	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	17	2	0.37	4.02	0.0
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	5	95	0.0	1.0	0.0
Weighted Daily Average		1165	2988	71.34	166.32	27.10
% of Calories				24.5%	57.1%	20.9%
Nutrient Guideline		600-650	1230			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 04/19/2018						
Elementary Lunch (K-6)	Total					
Corndog Turkey WG 72/4oz	Corndog	256	681	14.0	28.9	9.4
Pkt Ketchup	1 PACKET	8	67	0.0	2.36	0.0
Pkt Mustard	1 PACKET	6	86	0.0	0.0	0.0
Sand Chicken BBQ Panini	#10 scoop	319	513	23.47	40.53	7.69
Veg Potato Seasoned Wedges	1/2 c	148	380	2.11	18.99	7.38
Pkt Ketchup	1 PACKET	8	67	0.0	2.36	0.0
Veg Coleslaw Salad	1/2 c	44	82	0.34	3.39	3.33
Fruit Pineapple Tidbits 1/2c	1/2 cup	59	8	0.84	14.31	0.0
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	11	29	1.36	1.65	0.04
Veg Carrot Mini Peeled 1/4c	1/4 CUP	14	24	0.33	3.37	0.08
Veg Broccoli Raw 1/4c	1/4 cup	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	5	1	0.24	0.88	0.07
Veg Tomato Wedges 1/4 Cup	1/4 CUP	8	2	0.41	1.81	0.09
Veg Jicama Sticks 1/4c	1/4 cup	17	2	0.37	4.02	0.0
Fruit Apricots Can Dice1/4 cup	1/4 CUP	39	3	0.33	10.32	0.03
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	5	95	0.0	1.0	0.0
Weighted Daily Average		1237	2458	63.19	174.45	32.87
% of Calories				20.4%	56.4%	23.9%
Nutrient Guideline		600-650	1230			

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 04/20/2018						
Elementary Lunch (K-6)	Total					
Pizza Pepp & Chz WGBlend Elem	8 cut Slice	455	845	23.93	44.62	20.67
Pizza Cheese WGBlendFlour Elem	8 cut slice	409	667	21.83	44.27	16.12
Pizza Hawaiian WG Blend Elem	8 cut Slice	441	775	25.23	46.02	17.15
Pizza Pepp & Chz 16"Crust Elem	8 cut slice	427	868	23.63	30.53	23.69
Pizza Cheese 16" WG Crust Elem	8 cut slice	382	690	21.53	30.18	19.14
Pizza Hawaiian 16" Crust Elem	8 cut slice	414	798	24.92	31.94	20.17
Veg Fresh Market Salad	1 Cup	42	150	1.63	9.48	0.11
Veg Carrot Baby PeeledBulk1/2c	1/2 CUP	29	49	0.65	6.74	0.17
Veg Carrot Snack Pack 1/2c	2.6oz pack	19	26	0.0	8.12	0.0
Fruit Grapes Bunches 1/2c	1/2 CUP	58	2	0.55	14.85	0.3
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Milk Strawberry Non Fat	HALF PINT	120	135	9.0	22.0	0.0
Veg Broccoli Raw 1/4c	1/4 cup	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	5	1	0.24	0.88	0.07
Veg Tomato Wedges 1/4 Cup	1/4 CUP	8	2	0.41	1.81	0.09
Veg Jicama Sticks 1/4c	1/4 cup	17	2	0.37	4.02	0.0
Fruit Pears Can1/4c USDA	1/4c Scoop	33	2	0.1	8.52	0.02
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	5	95	0.0	1.0	0.0
Weighted Daily Average		3153	5524	173.39	345.54	122.46
% of Calories				22.0%	43.8%	35.0%
Nutrient Guideline		600-650	1230			

Mon - 04/23/2018						
Elementary Lunch (K-6)	Total					
Sand Grilled Cheese	ONE	392	1226	18.0	32.0	23.56
Sand Meatball w/ French Bread	4 Meatballs	321	630	19.33	33.12	12.88
Veg Carrot Baby PeeledBulk1/2c	1/2 CUP	29	49	0.65	6.74	0.17
Veg Carrot Snack Pack 1/2c	2.6oz pack	19	26	0.0	8.12	0.0
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	124	329	4.04	28.65	1.54
VEG CORN : FROZEN YELLOW 1/2c	1/2 CUP	101	13	3.78	23.94	1.26
Fruit Orange - 2 halves 1/2c	1/2 c	50	0	1.01	12.6	0.13
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	11	29	1.36	1.65	0.04
Veg Broccoli Raw 1/4c	1/4 cup	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	5	1	0.24	0.88	0.07
Veg Tomato Wedges 1/4 Cup	1/4 CUP	8	2	0.41	1.81	0.09
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	5	95	0.0	1.0	0.0
Weighted Daily Average		1355	2818	68.21	191.06	44.49
% of Calories				20.1%	56.4%	29.6%
Nutrient Guideline		600-650	1230			

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 04/24/2018						
Elementary Lunch (K-6)	Total					
Break Sausage Link -2 pc	Two Links	120	160	12.0	0.0	8.0
Break Dutch Waffle	Tray	293	342	3.9	41.96	12.69
Pkt Syrup, Pancake 1oz	1 Pkt	80	0	0.0	21.0	0.0
Sand Chick Patty RichCh WG	Sandwich	339	619	18.96	42.96	10.97
Veg Potato Rounds - Simplot	1/2 cup	143	214	2.38	16.67	8.33
Pkt Ketchup	1 PACKET	8	67	0.0	2.36	0.0
VEG CUCUMBER,RAW 1/2c	1/2 CUP	10	2	0.48	1.76	0.13
Fruit Banana Fresh	ONE	108	1	1.32	27.63	0.4
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	2	1	0.14	0.27	0.03
Veg Carrot Mini Peeled 1/4c	1/4 CUP	14	24	0.33	3.37	0.08
Veg Broccoli Raw 1/4c	1/4 cup	5	0	0.29	0.86	0.04
Veg Tomato Wedges 1/4 Cup	1/4 CUP	8	2	0.41	1.81	0.09
Veg Jicama Sticks 1/4c	1/4 cup	17	2	0.37	4.02	0.0
Fruit Peaches, Cnd,LtSyrup1/4c	1/4 c	35	3	0.29	9.51	0.02
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	5	95	0.0	1.0	0.0
Weighted Daily Average		1471	1951	59.98	214.88	45.50
% of Calories				16.3%	58.4%	27.8%
Nutrient Guideline		600-650	1230			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 04/25/2018						
Elementary Lunch (K-6)	Total					
Chicken Nugget 106/3oz (5 pc)	Serving	180	420	12.0	12.0	9.0
Chicken Nugget SpicyWG 106/3oz	Serving	177	470	13.0	11.0	9.0
Bread Breadstick Garlic 1G	Breadstick	100	150	3.0	15.0	3.5
Pkt Ketchup	1 PACKET	8	67	0.0	2.36	0.0
Pkt Mustard	1 PACKET	6	86	0.0	0.0	0.0
Veg Carrot & Raisin/Pin Salad	1/2 Cup	69	103	0.59	10.02	3.27
Veg Beans Baked 1/2c	1/2 CUP	137	386	7.43	25.77	0.95
Fruit Strawberry Fruit Pop	Serving	81	2	0.5	20.91	0.0
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	11	29	1.36	1.65	0.04
Veg Carrot Mini Peeled 1/4c	1/4 CUP	14	24	0.33	3.37	0.08
Veg Broccoli Raw 1/4c	1/4 cup	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	5	1	0.24	0.88	0.07
Veg Tomato Wedges 1/4 Cup	1/4 CUP	8	2	0.41	1.81	0.09
Veg Jicama Sticks 1/4c	1/4 cup	17	2	0.37	4.02	0.0
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	5	95	0.0	1.0	0.0
Weighted Daily Average		1107	2256	58.61	150.34	30.76
% of Calories				21.2%	54.3%	25.0%
Nutrient Guideline		600-650	1230			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

Elementary Lunch (K-6)

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 04/26/2018						
Elementary Lunch (K-6)	Total					
Egg Roll WG Pork 60/3ozSchwans	Egg Roll	180	370	9.0	20.01	7.0
Chicken Teriyaki Schwans	#10scp	175	363	18.75	10.0	5.62
Rice Veg Fried WG	#8 scoop	137	229	3.05	28.0	2.29
Veg Broccoli Florets Seas 1/2c	1/2 cup	58	26	1.6	4.8	3.8
Veg Juice V Blend 4.23 OZ.	4.23 OZ.	55	30	0.0	14.0	0.0
Fruit Apple Slices Bulk 1/2c	6 slices	69	51	0.0	14.17	0.0
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	11	29	1.36	1.65	0.04
Veg Carrot Mini Peeled 1/4c	1/4 CUP	14	24	0.33	3.37	0.08
Veg Broccoli Raw 1/4c	1/4 cup	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	5	1	0.24	0.88	0.07
Veg Tomato Wedges 1/4 Cup	1/4 CUP	8	2	0.41	1.81	0.09
Veg Jicama Sticks 1/4c	1/4 cup	17	2	0.37	4.02	0.0
Fruit Apricots Can Dice1/4 cup	1/4 CUP	39	3	0.33	10.32	0.03
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	5	95	0.0	1.0	0.0
Weighted Daily Average		1063	1643	54.84	154.59	23.79
% of Calories				20.6%	58.2%	20.1%
Nutrient Guideline		600-650	1230			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 04/27/2018						
Elementary Lunch (K-6)	Total					
Pizza Pepp & Chz WGBlend Elem	8 cut Slice	455	845	23.93	44.62	20.67
Pizza Cheese WGBlendFlour Elem	8 cut slice	409	667	21.83	44.27	16.12
Pizza Pepp & Chz 16"Crust Elem	8 cut slice	427	868	23.63	30.53	23.69
Pizza Cheese 16" WG Crust Elem	8 cut slice	382	690	21.53	30.18	19.14
Veg Rom/Spin Salad w/ Ranch	1 Cup	40	138	3.23	4.3	1.72
Veg Carrot Baby PeeledBulk1/2c	1/2 CUP	29	49	0.65	6.74	0.17
Veg Carrot Snack Pack 1/2c	2.6oz pack	19	26	0.0	8.12	0.0
Fruit Grapes Bunches 1/2c	1/2 CUP	58	2	0.55	14.85	0.3
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Milk Strawberry Non Fat	HALF PINT	120	135	9.0	22.0	0.0
Veg Broccoli Raw 1/4c	1/4 cup	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	5	1	0.24	0.88	0.07
Veg Tomato Wedges 1/4 Cup	1/4 CUP	8	2	0.41	1.81	0.09
Veg Jicama Sticks 1/4c	1/4 cup	17	2	0.37	4.02	0.0
Fruit Pears Can1/4c USDA	1/4c Scoop	33	2	0.1	8.52	0.02
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	5	95	0.0	1.0	0.0
Weighted Daily Average		2296	3940	124.85	262.40	86.75
% of Calories				21.8%	45.7%	34.0%
Nutrient Guideline		600-650	1230			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

Elementary Lunch (K-6)

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 04/30/2018						
Elementary Lunch (K-6)						
	Total					
Cheese Crescents Italian-Style	3pcs	350	390	24.0	34.0	13.0
Sand Pork Rib Hoagie 3.25 oz.	Sandwich	210	660	13.0	12.0	12.0
Veg Marinara Sauce 1/2c	1/2 CUP	73	671	1.81	9.98	3.63
VEG CUCUMBER,RAW 1/2c	1/2 CUP	10	2	0.48	1.76	0.13
Fruit Orange - 2 halves 1/2c	1/2 c	50	0	1.01	12.6	0.13
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	11	29	1.36	1.65	0.04
Veg Carrot Mini Peeled 1/4c	1/4 CUP	14	24	0.33	3.37	0.08
Veg Broccoli Raw 1/4c	1/4 cup	5	0	0.29	0.86	0.04
Veg Tomato Wedges 1/4 Cup	1/4 CUP	8	2	0.41	1.81	0.09
Fruit Mixed Lt Syrup 1/4c	1/4 c	42	4	0.0	10.52	0.0
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	5	95	0.0	1.0	0.0
Weighted Daily Average		1062	2296	61.79	129.24	33.86
% of Calories				23.3%	48.7%	28.7%
Nutrient Guideline		600-650	1230			

Weighted Average		1167	2132	60.64 20.8%	153.60 52.6%	36.52 28.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1167		600 - 650	180%			517	Correction Required - Calories too High Correction Required - Sodium too High
Sodium (mg)	2132		1230				902	
Protein (g)	60.64	20.78%						
Carbohydrate (g)	153.60	52.63%						
Total Fat (g)	36.52	28.15%						

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