

Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2018 thru Apr 29, 2018

Intermediate Lunch (6-8)

Generated on: 3/28/2018 2:23:07 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 04/10/2018						
Intermediate Lunch (6-8)	Total					
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	507	943	25.71	52.72	22.47
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	446	705	22.91	52.26	16.41
Pizza Hawaiian WGBlend Int/H	6 cut Slice	489	849	27.43	54.6	17.78
Pizza Pepp & Chz 16"CrustInt/H	6 cut slice	502	1004	26.35	39.98	26.92
Pizza Cheese 16"WGCrust HS/INT	6 cut slice	441	766	23.55	39.51	20.86
Pizza Hawaiian 16"Crust Int/HS	6 cut slice	484	910	28.07	41.85	22.23
Chicken Alfredo	#8 scoop	174	655	14.18	3.03	12.13
Pasta Penne WG CDE 20#	1/2 c	106	7	3.02	21.11	1.01
Pasta Spiral Rotini WG CDE 20#	1/2 c	97	9	4.08	20.94	0.39
Bread Wheat Dinner Roll	ROLL	100	160	6.0	17.0	1.0
Sand Pepperoni Pocket	one	300	680	18.0	32.0	11.0
Veg Rom/Spin Salad w/ Ranch	1 Cup	40	138	3.23	4.3	1.72
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 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 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,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		4392	7716	232.69	520.65	162.13
% of Calories				21.2%	47.4%	33.2%
Nutrient Guideline		600-700	1360			

Wed - 04/11/2018						
Intermediate Lunch (6-8)	Total					
Sand Hot Dog Turkey 160/2.0oz	Sandwich	260	470	11.0	30.0	11.0
Chili w/ Beans	1/4 cup	64	255	3.58	11.69	0.07
Sand Chick Patty RichCh WG	Sandwich	339	619	18.96	42.96	10.97
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 Potato Tater Tots RedSodiu	1/2 Cup	90	170	1.0	14.04	3.51
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	21	739	0.52	4.78	0.1
Fruit Kiwi 2 fruit	2 ea	93	5	1.73	22.28	0.79
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 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

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

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Apr 1, 2018 thru Apr 29, 2018

Intermediate Lunch (6-8)

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories		1812	4078	99.23 21.9%	244.45 54.0%	52.55 26.1%
Nutrient Guideline		600-700	1360			

Thu - 04/12/2018						
Intermediate Lunch (6-8)	Total					
Chicken Fajita & Chz CDE/LOL	3.5oz+0.5oz	181	720	22.07	2.57	8.67
Bread Tortilla Flour WG 8"	1 Tortilla	103	168	4.68	16.83	2.81
Burrito Bean & Cheese Chipotle	Burrito	360	390	17.01	44.03	13.01
Chicken Fajita & Chz CDE/LOL	3.5oz+0.5oz	181	720	22.07	2.57	8.67
Rice Brown Tom/Span Cook 1/2c	1/2 C	123	408	3.05	25.76	1.28
Pkt Taco Sauce	1 PKT	5	96	0.0	1.01	0.0
Veg Jicama Sticks 1/2c	1/2 cup	34	4	0.73	8.04	0.0
Veg Carrot Snack Pack 1/2c	2.6oz pack	19	26	0.0	8.12	0.0
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 Lettuce Shredded 1/4C	1/4 CUP	2	1	0.14	0.27	0.03
Veg Tomato Sliced/Diced	1/4 CUP	8	2	0.41	1.81	0.09
Veg Cucumber Raw 1/4c	1/4 CUP	5	1	0.24	0.88	0.07
VEG JALAPENO PEPPERS, SLICED	1 OZ	25	2514	0.0	0.0	0.0
Fruit Apricots Can Dice 1/4 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 % of Calories		1437	5583	89.84 25.0%	180.16 50.2%	39.37 24.7%
Nutrient Guideline		600-700	1360			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2018 thru Apr 29, 2018

Intermediate Lunch (6-8)

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 04/13/2018						
Intermediate Lunch (6-8)	Total					
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	507	943	25.71	52.72	22.47
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	446	705	22.91	52.26	16.41
Pizza Pepp & Chz 16"CrustInt/H	6 cut slice	502	1004	26.35	39.98	26.92
Pizza Cheese 16"WGCrust HS/INT	6 cut slice	441	766	23.55	39.51	20.86
Chicken General Tso's Schwan's	2.8 oz serv	140	320	14.0	8.0	5.0
Rice Brown 1/2c Cook	1/2 CUP	29	3	0.67	5.97	0.24
Sand Bread Variety Intermediat	1 each	151	214	5.64	28.34	2.46
Sand Deli Meat Variety	3-6 slices	93	419	11.96	1.01	4.68
Sand Cheese Variety	Slice	68	177	4.0	0.5	5.67
Pkt Mayonnaise	1 EACH	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	6	86	0.0	0.0	0.0
Cookie Dough WG Chocolate Chip	One	147	120	2.3	24.3	4.9
Veg Carrot & Raisin/Pin Salad	1/2 Cup	69	103	0.59	10.02	3.27
Veg Juice V Blend 4.23 OZ.	4.23 OZ.	55	30	0.0	14.0	0.0
FRUIT APPLES FRESH	1 APPLE	75	1	0.38	20.05	0.25
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 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
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		3277	5660	168.87	377.44	124.24
% of Calories				20.6%	46.1%	34.1%
Nutrient Guideline		600-700	1360			

Mon - 04/16/2018						
Intermediate Lunch (6-8)	Total					
Chicken Brd WG 8 Pc Pilgrims	3 oz.	246	675	13.71	12.57	14.86
Veg Onion Breaded WG (HS Only)	5pcs	200	231	3.01	28.07	8.02
Sand Beef Rib Hoagie 3.25 oz.	Sandwich	340	885	18.0	40.0	12.0
Sand Chicken Slider Tyson/Shan	2 Sandwiches	468	753	28.54	54.82	16.31
Pkt Ketchup	1 PACKET	8	67	0.0	2.36	0.0
VEG CORN : FROZEN YELLOW 1/2c	1/2 CUP	101	13	3.78	23.94	1.26
Veg Coleslaw Salad	1/2 c	44	82	0.34	3.39	3.33
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 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

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Intermediate Lunch (6-8)

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories		1832	3280	90.12 19.7%	237.54 51.9%	60.94 29.9%
Nutrient Guideline		600-700	1360			

Tue - 04/17/2018						
Intermediate Lunch (6-8)	Total					
LASAGNA, BEEF Elem/Int	1 Piece	382	827	23.54	44.5	11.78
Bread Garlic Knot 2G	Garlic Knot	172	273	4.05	23.29	7.09
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	507	943	25.71	52.72	22.47
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	446	705	22.91	52.26	16.41
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	512	1152	25.86	53.79	22.61
Pizza Pepp & Chz 16"CrustInt/H	6 cut slice	502	1004	26.35	39.98	26.92
Pizza Cheese 16"WGCrust HS/INT	6 cut slice	441	766	23.55	39.51	20.86
Pizza Pepp/Jalap16"CrustInt/HS	6 cut slice	507	1214	26.5	41.04	27.06
Cheese Crescents Italian-Style	3pcs	350	390	24.0	34.0	13.0
Veg Marinara Sauce 1/2c	1/2 CUP	73	671	1.81	9.98	3.63
Veg Salad RomSpinCucTomGarb	1-1/8 CUP	65	68	4.11	11.26	1.01
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 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,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 % of Calories		4494	8592	230.74 20.5%	505.08 45.0%	178.26 35.7%
Nutrient Guideline		600-700	1360			

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Intermediate Lunch (6-8)

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 04/18/2018						
Intermediate Lunch (6-8)	Total					
Chili Cheese Fries,beef wedges	#6scp/#12scp	375	950	18.03	26.63	22.92
Bread Muff Bat Corn 2gr	Square	268	192	4.2	45.43	8.81
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
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
Veg Potato Wedge 8-Cut Fries	1/2 CUP	120	140	2.0	20.01	4.0
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	21	739	0.52	4.78	0.1
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 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		2077	4554	103.05	267.00	71.37
% of Calories				19.8%	51.4%	30.9%
Nutrient Guideline		600-700	1360			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 04/19/2018						
Intermediate Lunch (6-8)	Total					
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	188	702	14.77	6.6	11.6
Bread Tortilla Chips 1.5oz	1.5 OZ	203	83	3.0	28.5	7.5
Taco Pocket 60/4.5oz Bell Tsty	one	260	390	17.0	31.0	8.0
Quesadilla Chicken8"TortillaLT	quesadilla	336	687	25.17	18.9	17.92
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 Salsa Primo homemade1/2c	1/2 CUP	6	7	0.2	1.3	0.07
Fruit Juice Orange CDE	4 OZ CUP	61	2	1.0	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 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 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
VEG JALAPENO PEPPERS, SLICED	1 OZ	25	2514	0.0	0.0	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		1627	5516	90.32	187.48	52.14
% of Calories				22.2%	46.1%	28.8%
Nutrient Guideline		600-700	1360			

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Intermediate Lunch (6-8)

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 04/20/2018						
Intermediate Lunch (6-8)	Total					
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	507	943	25.71	52.72	22.47
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	446	705	22.91	52.26	16.41
Pizza Pepp & Chz 16"CrustInt/H	6 cut slice	502	1004	26.35	39.98	26.92
Pizza Cheese 16"WGCrust HS/INT	6 cut slice	441	766	23.55	39.51	20.86
Chicken Sriracha Hon 176/3.9oz	3.9oz.	211	482	12.06	24.12	6.03
Rice Brown 1/2c Cook	1/2 CUP	29	3	0.67	5.97	0.24
Sand Monte Cristo - Full Sand	Sand	551	1199	26.6	58.53	23.06
Veg Carrot Snack Pack 1/2c	2.6oz pack	19	26	0.0	8.12	0.0
Veg Broccoli Florets Seas 1/2c	1/2 cup	58	26	1.6	4.8	3.8
Fruit Kiwi 2 fruit	2 ea	93	5	1.73	22.28	0.79
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 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
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		3328	5843	171.67	384.70	125.55
% of Calories				20.6%	46.2%	34.0%
Nutrient Guideline		600-700	1360			

Mon - 04/23/2018						
Intermediate Lunch (6-8)	Total					
Chicken Honey Sriracha Chunks	6 pieces	296	377	22.44	22.44	13.26
Turkey & Gravy Whit 112/4.16oz	4.16 oz	120	500	18.0	2.0	5.0
Chicken Buffalo Drumstick	Drumstick	172	303	17.18	4.04	10.1
Bread Garlic Knot 2G	Garlic Knot	172	273	4.05	23.29	7.09
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 Potato Mashed Loaded1/2cup	1/2 Cup	65	245	1.46	13.75	0.63
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 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		1474	2614	93.69	190.49	44.05
% of Calories				25.4%	51.7%	26.9%
Nutrient Guideline		600-700	1360			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Intermediate Lunch (6-8)

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 04/24/2018						
Intermediate Lunch (6-8)	Total					
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	507	943	25.71	52.72	22.47
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	446	705	22.91	52.26	16.41
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	512	1152	25.86	53.79	22.61
Pizza Pepp & Chz 16"CrustInt/H	6 cut slice	502	1004	26.35	39.98	26.92
Pizza Cheese 16"WGCrust HS/INT	6 cut slice	441	766	23.55	39.51	20.86
Pizza Pepp/Jalap16"CrustInt/HS	6 cut slice	507	1214	26.5	41.04	27.06
Chicken Parmeseanw/BreastFilet	serving	372	483	24.04	45.44	12.42
Pasta Spiral Rotini WG CDE 20#	1/2 c	97	9	4.08	20.94	0.39
Pasta Penne WG CDE 20#	1/2 c	106	7	3.02	21.11	1.01
Sand Meatball w/ French Bread	4 Meatballs	321	630	19.33	33.12	12.88
Veg Salad Romaine&Spnch1c port	1 CUP	21	59	2.71	3.29	0.09
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 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		4319	7522	226.64	492.85	168.59
% of Calories				21.0%	45.6%	35.1%
Nutrient Guideline		600-700	1360			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 04/25/2018						
Intermediate Lunch (6-8)	Total					
Broc & Chz w/ Baked Potato	#6scp	291	754	14.27	31.37	12.39
Bread Breadstick Garlic 1G	Breadstick	100	150	3.0	15.0	3.5
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
Chicken Nugget SpicyWG 106/3oz	Serving	177	470	13.0	11.0	9.0
Veg Potato SraighCutFries#3621	1/2 CUP	131	342	2.01	17.08	6.03
Veg Broccoli Salad	1/2 cup	80	138	1.66	7.08	5.23
FRUIT APPLES FRESH	1 APPLE	75	1	0.38	20.05	0.25
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 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		1797	3677	96.60	219.69	62.48
% of Calories				21.5%	48.9%	31.3%
Nutrient Guideline		600-700	1360			

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Base Menu Spreadsheet

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Intermediate Lunch (6-8)

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 04/26/2018						
Intermediate Lunch (6-8)	Total					
Beef Sliced Season 190/2.53 oz	1/2 c	152	290	22.04	3.65	4.5
Bread Tortilla Corn 6" - 2pc	two	121	10	2.01	24.15	2.01
Veg onion, cilantro, lime	portion	15	3	0.39	4.7	0.1
Empanada Chili Cheese 45/5.5oz	1 Each	390	320	20.99	43.98	15.99
Chicken Crispito 36/2 ea	Crispito	540	740	24.01	46.01	28.01
Pkt Taco Sauce	1 PKT	5	96	0.0	1.01	0.0
Veg Beans Black & Pinto Season	1/2 c	129	157	7.46	23.5	0.64
Veg Carrot Snack Pack 1/2c	2.6oz pack	19	26	0.0	8.12	0.0
Fruit Kiwi 2 fruit	2 ea	93	5	1.73	22.28	0.79
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 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 Cucumber Raw 1/4c	1/4 CUP	5	1	0.24	0.88	0.07
VEG JALAPENO PEPPERS, SLICED	1 OZ	25	2514	0.0	0.0	0.0
Fruit Apricots Can Dice 1/4 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		1842	4682	99.38	233.14	57.08
% of Calories				21.6%	50.6%	27.9%
Nutrient Guideline		600-700	1360			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 04/27/2018						
Intermediate Lunch (6-8)	Total					
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	507	943	25.71	52.72	22.47
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	446	705	22.91	52.26	16.41
Pizza Pepp & Chz 16"CrustInt/H	6 cut slice	502	1004	26.35	39.98	26.92
Pizza Cheese 16"WGCrust HS/INT	6 cut slice	441	766	23.55	39.51	20.86
Sand Chick Spicy Patty 106/3oz	Sandwich	337	670	20.0	42.0	11.0
Pkt Ketchup	1 PACKET	8	67	0.0	2.36	0.0
Pkt Mustard	1 PACKET	6	86	0.0	0.0	0.0
Egg Roll WG Pork 60/3ozSchwans	Egg Roll	180	370	9.0	20.01	7.0
Rice Veg Fried WG	#8 scoop	137	229	3.05	28.0	2.29
Veg Carrots Steamed	1/2 Cup	34	53	0.0	7.46	1.24
Veg Juice V Blend 4.23 OZ.	4.23 OZ.	55	30	0.0	14.0	0.0
Fruit Peach Cup National	1/2 CUP	70	10	1.0	18.0	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
Milk Strawberry Non Fat	HALF PINT	120	135	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
Fruit Pears Can 1/4c 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		3209	5642	162.39	396.08	113.26
% of Calories				20.2%	49.4%	31.8%
Nutrient Guideline		600-700	1360			

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Intermediate Lunch (6-8)

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Average		2637	5354	139.66 21.2%	316.91 48.1%	93.71 32.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	2637		600 - 700	377%			1937	Correction Required - Calories too High Correction Required - Sodium too High
Sodium (mg)	5354		1360				3994	
Protein (g)	139.66	21.19%						
Carbohydrate (g)	316.91	48.07%						
Total Fat (g)	93.71	31.99%						

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