

Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

LINDHURST HIGH LUNCH

Generated on: 3/28/2018 2:42:04 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 04/09/2018						
LINDHURST HIGH LUNCH	Total					
Sand Chicken BBQ Hawaiian bun	#10 scoop	324	560	21.99	44.11	6.49
Veg Potato Seasoned Wedges	1/2 c	148	380	2.11	18.99	7.38
Veg Coleslaw Salad	1/2 c	44	82	0.34	3.39	3.33
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
Sand Cheeseburger Mesq DL	Sandwich	321	675	22.1	32.6	12.8
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	21	739	0.52	4.78	0.1
Veg Onion Breaded WG (HS Only)	5pcs	200	231	3.01	28.07	8.02
Pizza Meatlovers WGBlend Int/H	6 cut Slice	524	1037	30.13	52.64	21.47
Pizza Hawaiian WGBlend Int/H	6 cut Slice	489	849	27.43	54.6	17.78
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	507	943	25.71	52.72	22.47
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	512	1152	25.86	53.79	22.61
Calzone Pepperoni & Cheese HS	CALZONE	503	919	25.43	53.18	21.89
Nachos Cheese ONLY 2M/MA	2 #12CH	262	1110	16.15	8.08	18.17
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	188	702	14.77	6.6	11.6
Bread Tortilla Chips 2oz	2.0 oz	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	57	140	3.17	10.97	0.46
Salsa Nortena La Patrona#16scp	#16 scoop	22	611	0.0	4.36	0.0
Burrito Bean & Cheese LHS	ONE	395	1021	18.72	37.51	19.06
Corndog Turkey WG 72/4oz	CORNDOG	256	681	14.0	28.9	9.4
Veg Potato Seasoned Wedges	1/2 c	148	380	2.11	18.99	7.38
Sand Chick Spicy Patty 106/3oz	Sandwich	337	670	20.0	42.0	11.0
Sand Beef Sliders DL/Shann	2 Sandwiches	358	884	20.15	37.35	14.12
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
Sand Bread Variety High	1 each	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	421	1168	21.12	33.53	23.7
Salads, Spicy Chicken Patty RC	SERVING	310	709	22.1	20.35	16.6
Salads PBJ Uncrustable LHS	SERVING	864	817	28.44	101.01	43.39
Fruit Traditional Fresh Combo	ONE	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	63	9	0.0	15.29	0.0
Fruit Mandarin Orange 2ea	TWO	74	2	1.0	18.78	0.4
Fruit Raisins Ind Pack CDE	box	113	4	1.0	30.0	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	60	68	1.0	11.5	1.0
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
DRESSING RANCH, LOW FAT 1oz	1 OZ	59	190	0.69	2.01	6.23

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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LINDHURST HIGH LUNCH

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Sauce BBQ	1 OZ.	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	8	67	0.0	2.36	0.0
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 Broccoli Florets Sea 1/4c	1/4 cup	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
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
Veg Lettuce Shredded 1/2C	1/2 CUP	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEA	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C.SCOOP	20	2	0.19	4.93	0.05
Fruit Applesauce Canned 1/4c	1/4 C. SCOOP	28	1	0.11	7.44	0.03
Fruit Salad w/ Kiwi	1/4 c	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	19	2	0.29	4.72	0.09
Weighted Daily Average		751	1464	33.42	105.75	23.03
% of Calories				17.8%	56.4%	27.6%
Nutrient Guideline		750-850	1420			

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

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LINDHURST HIGH LUNCH

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 04/10/2018						
LINDHURST HIGH LUNCH						
	Total					
Turkey Taco Meat #16scoop	#16 Turk	112	172	10.41	2.6	6.51
Veg Lettuce Shredded 1/2C	1/2 CUP	3	3	0.27	0.55	0.05
Cheese Shredded Cheddar 1oz	#20 scoop	111	192	7.09	1.01	9.11
Veg Beans Refried-Dehy 1/2c	1/2 cup	164	488	7.97	23.92	1.99
Bread Tortilla Flour WG 8"	1 Tortilla	103	168	4.68	16.83	2.81
Bread Tortilla Chips 1oz	1.0 oz	135	55	2.0	19.0	5.0
Rice Brown ChilMixSpanCook1/2c	1/2 CUP	121	434	2.85	24.73	1.16
VEG JALAPENO PEPPERS, SLICED	1 OZ	25	2514	0.0	0.0	0.0
Sand Chicken Spic Filet w/ Bun	Sandwich	400	590	27.0	46.0	13.0
Veg Potato Seasoned Wedges	1/2 c	148	380	2.11	18.99	7.38
Chicken Sriracha Hon 176/3.9oz	3.9oz.	211	482	12.06	24.12	6.03
Veg Onion Breaded WG (HS Only)	5pcs	200	231	3.01	28.07	8.02
VEG CORN COB 96/1cob	COB	40	2	1.34	9.64	0.3
Bread Garlic Knot 2G	Garlic Knot	172	273	4.05	23.29	7.09
Pizza Meatlovers WGBlend Int/H	6 cut Slice	524	1037	30.13	52.64	21.47
Pizza Hawaiian WGBlend Int/H	6 cut Slice	489	849	27.43	54.6	17.78
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	507	943	25.71	52.72	22.47
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	512	1152	25.86	53.79	22.61
Chicken Tend Bowl w/Pot&Corn	Bowl	324	661	22.0	34.42	12.43
Taco Pocket 60/4.5oz Bell Tsty	one	260	390	17.0	31.0	8.0
Corndog Turkey WG 72/4oz	CORNDOG	256	681	14.0	28.9	9.4
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
Sand Bread Variety High	1 each	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz	Sandwich	201	868	15.13	3.53	14.7
Salads, Spicy Chicken AdvP	SERVING	333	609	24.1	21.35	18.6
Salads PBJ Twin Pack LHS	SERVING	864	917	30.44	100.01	42.39
Fruit Craisins Blueberry	1 EACH	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	82	1	0.89	21.12	0.27
Fruit Juice Crystal Var. 4oz	4 OZ CUP	60	6	0.0	11.5	0.0
Fruit Raisins Ind Pack CDE	box	113	4	1.0	30.0	0.0
Fruit Pears Fresh	ONE	101	2	0.64	27.11	0.25
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	60	68	1.0	11.5	1.0
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
DRESSING RANCH, LOW FAT 1oz	1 OZ	59	190	0.69	2.01	6.23

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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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Sauce BBQ	1 OZ.	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	61	61	0.0	1.01	6.07
Veg Broccoli Florets Sea 1/4c	1/4 cup	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
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
Veg Lettuce Shredded 1/2C	1/2 CUP	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEA	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C. SCOOP	20	2	0.19	4.93	0.05
Fruit Applesauce Canned 1/4c	1/4 C. SCOOP	28	1	0.11	7.44	0.03
Fruit Salad w/ Kiwi	1/4 c	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	19	2	0.29	4.72	0.09
Weighted Daily Average		767	1359	33.67	108.02	22.12
% of Calories				17.6%	56.3%	26.0%
Nutrient Guideline		750-850	1420			

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 04/11/2018						
LINDHURST HIGH LUNCH	Total					
Chicken Tangerine AF 176/3.9oz	3.9oz.	189	379	13.95	24.9	3.98
Egg Roll WG Pork 60/3ozSchwans	Egg Roll	180	370	9.0	20.01	7.0
Rice Seasoned Cooked1/2c	1/2 CUP	114	376	2.65	23.61	1.17
VEG GARDEN BLEND 1/2c	1/2 CUP	33	27	1.33	6.67	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
Pkt Soy Sauce	1 PKT	0	170	0.0	0.0	0.0
Pizza Meatlovers WGBlend Int/H	6 cut Slice	524	1037	30.13	52.64	21.47
Pizza Hawaiian WGBlend Int/H	6 cut Slice	489	849	27.43	54.6	17.78
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	507	943	25.71	52.72	22.47
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	188	702	14.77	6.6	11.6
Bread Tortilla Chips 2oz	2.0 oz	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	57	140	3.17	10.97	0.46
Veg Salsa Primo homemade1/2c	1/2 CUP	6	7	0.2	1.3	0.07
VEG JALAPENO PEPPERS, SLICED	1 OZ	25	2514	0.0	0.0	0.0
Burrito Chicken & RiceVerdeLHS	ONE	512	1214	30.18	52.62	17.86
Sand Chick WG Spicy Patty	1 Each	360	570	22.01	43.01	13.01
Sand Beef Sliders DL/Shann	2 Sandwiches	358	884	20.15	37.35	14.12
Corndog Turkey WG 72/4oz	CORNDOG	256	681	14.0	28.9	9.4
Veg Potato Seasoned Wedges	1/2 c	148	380	2.11	18.99	7.38
Taco Pocket 60/4.5oz Bell Tsty	one	260	390	17.0	31.0	8.0
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
Sand Bread Variety High	1 each	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	421	1168	21.12	33.53	23.7
Salads, Spicy Chicken AdvP	SERVING	333	609	24.1	21.35	18.6
Salads PBJ Uncrustable LHS	SERVING	864	817	28.44	101.01	43.39
Fruit Craisins Blueberry	1 EACH	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	82	1	0.89	21.12	0.27
Fruit Juice Crystal Var. 4oz	4 OZ CUP	60	6	0.0	11.5	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	100	177	4.22	12.95	3.23
Veg Juice V Blend Mango 4.23oz	4.23 OZ.	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	60	68	1.0	11.5	1.0
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
DRESSING RANCH, LOW FAT 1oz	1 OZ	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	8	67	0.0	2.36	0.0
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 Broccoli Florets Sea 1/4c	1/4 cup	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
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
Veg Lettuce Shredded 1/2C	1/2 CUP	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEA	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C.SCOOP	20	2	0.19	4.93	0.05
Fruit Salad w/ Kiwi	1/4 c	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	19	2	0.29	4.72	0.09

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Weighted Daily Average % of Calories		763	1401	35.66 18.7%	109.03 57.2%	21.08 24.9%
Nutrient Guideline		750-850	1420			

Thu - 04/12/2018						
LINDHURST HIGH LUNCH	Total					
Chicken Alfredo	#8 scoop	174	655	14.18	3.03	12.13
Bread Garlic Knot 2G	Garlic Knot	172	273	4.05	23.29	7.09
Veg Salad RomSpinCucTom1.5c	1.5 CUP	34	62	3.26	6.23	0.21
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
JELLO	1/2 CUP	3	2	0.05	0.61	0.0
Sand Meatball Sub 6" Hoage	1 each	392	722	22.35	40.59	15.36
Veg Potato Seasoned Wedges	1/2 c	148	380	2.11	18.99	7.38
Pizza Meatlovers WGBlend Int/H	6 cut Slice	524	1037	30.13	52.64	21.47
Pizza Hawaiian WGBlend Int/H	6 cut Slice	489	849	27.43	54.6	17.78
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	507	943	25.71	52.72	22.47
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	512	1152	25.86	53.79	22.61
Chicken Honey Sriracha Chunks	6 pieces	296	377	22.44	22.44	13.26
Veg Potato Seasoned Wedges	1/2 c	148	380	2.11	18.99	7.38
BREAD CHOCOLATE ELF GRAHAM	ONE	120	125	2.0	20.0	4.0
Corndog Turkey WG 72/4oz	CORNDOG	256	681	14.0	28.9	9.4
Taco Pocket 60/4.5oz Bell Tsty	one	260	390	17.0	31.0	8.0
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
Sand Bread Variety High	1 each	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	421	1168	21.12	33.53	23.7
Cheese Crescents Italian-Style	3pcs	350	390	24.0	34.0	13.0
Salads, Spicy Chicken Patty RC	SERVING	310	709	22.1	20.35	16.6
Salads PBJ Uncrustable LHS	SERVING	864	817	28.44	101.01	43.39
Fruit Craisins Blueberry	1 EACH	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	82	1	0.89	21.12	0.27
Fruit Juice Crystal Var. 4oz	4 OZ CUP	60	6	0.0	11.5	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	100	177	4.22	12.95	3.23
Veg Juice V Blend Mango 4.23oz	4.23 OZ.	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	60	68	1.0	11.5	1.0
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
DRESSING RANCH, LOW FAT 1oz	1 OZ	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	8	67	0.0	2.36	0.0
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 Broccoli Florets Sea 1/4c	1/4 cup	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0

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

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

LINDHURST HIGH LUNCH

Generated on: 3/28/2018 2:42:04 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
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
Veg Lettuce Shredded 1/2C	1/2 CUP	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEA	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C.SCOOP	20	2	0.19	4.93	0.05
Fruit Salad w/ Kiwi	1/4 c	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	19	2	0.29	4.72	0.09
Weighted Daily Average		704	1306	31.55	93.79	22.67
% of Calories				17.9%	53.3%	29.0%
Nutrient Guideline		750-850	1420			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

Page 8

Apr 1, 2018 thru Apr 30, 2018

LINDHURST HIGH LUNCH

Generated on: 3/28/2018 2:42:04 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 04/13/2018						
LINDHURST HIGH LUNCH	Total					
Chicken Fajita Meat	3.4 oz	122	607	18.02	2.0	4.01
Macaroni & Cheese w/Shred	#8 scoop	93	202	4.32	9.9	3.95
VEG JALAPENO PEPPERS, SLICED	1 OZ	25	2514	0.0	0.0	0.0
Veg onion, cilantro, lime	portion	15	3	0.39	4.7	0.1
Veg Tomato Sliced/Diced	1/4 CUP	8	2	0.41	1.81	0.09
Bread Garlic Knot 2G	Garlic Knot	172	273	4.05	23.29	7.09
Sauce BBQ 0.5oz	.5oz (#40scp)	22	106	0.0	5.76	0.0
Veg Potato Seasoned Wedges	1/2 c	148	380	2.11	18.99	7.38
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
Cookie Oatmeal	1 Each	200	168	3.66	27.95	8.41
Sand Polish Dog	1 Sandwich	340	760	13.0	32.98	18.0
Veg Potato SraighCutFries#3621	1/2 CUP	131	342	2.01	17.08	6.03
VEG CELERY STICKS 1/2c	1/2 CUP	12	59	0.51	2.21	0.13
Dressing Ranch Lowfat (2Tbsp)	#30 scoop	40	168	1.1	2.14	3.49
Pizza Meatlovers WGBlend Int/H	6 cut Slice	524	1037	30.13	52.64	21.47
Pizza Hawaiian WGBlend Int/H	6 cut Slice	489	849	27.43	54.6	17.78
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	507	943	25.71	52.72	22.47
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	512	1152	25.86	53.79	22.61
Calzone Pepperoni & Cheese HS	CALZONE	487	919	24.56	54.98	20.46
Nachos Cheese ONLY 2M/MA	2 #12CH	262	1110	16.15	8.08	18.17
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	188	702	14.77	6.6	11.6
Bread Tortilla Chips 2oz	2.0 oz	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	57	140	3.17	10.97	0.46
Salsa Nortena La Patrona#16scp	#16 scoop	22	611	0.0	4.36	0.0
Burrito Bean & Cheese LHS	ONE	395	1021	18.72	37.51	19.06
Corndog Turkey WG 72/4oz	CORNDOG	256	681	14.0	28.9	9.4
Veg Potato Seasoned Wedges	1/2 c	148	380	2.11	18.99	7.38
Sand Chick WG Spicy Patty	1 Each	360	570	22.01	43.01	13.01
Sand Beef Sliders DL/Shann	2 Sandwiches	358	884	20.15	37.35	14.12
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
Sand Bread Variety High	1 each	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	421	1168	21.12	33.53	23.7
Taco Pocket 60/4.5oz Bell Tsty	one	260	390	17.0	31.0	8.0
Salads, Spicy Chicken Patty RC	SERVING	310	709	22.1	20.35	16.6
Salads PBJ Uncrustable LHS	SERVING	864	817	28.44	101.01	43.39
Fruit Traditional Fresh Combo	ONE	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	63	9	0.0	15.29	0.0
Fruit Pears Fresh	ONE	101	2	0.64	27.11	0.25

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

LINDHURST HIGH LUNCH

Generated on: 3/28/2018 2:42:05 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Fruit Raisins Ind Pack CDE	box	113	4	1.0	30.0	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	60	68	1.0	11.5	1.0
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
DRESSING RANCH, LOW FAT 1oz	1 OZ	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	8	67	0.0	2.36	0.0
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 Broccoli Florets Sea 1/4c	1/4 cup	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
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
Veg Lettuce Shredded 1/2C	1/2 CUP	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEA	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C.SCOOP	20	2	0.19	4.93	0.05
Fruit Applesauce Canned 1/4c	1/4 C. SCOOP	28	1	0.11	7.44	0.03
Fruit Salad w/ Kiwi	1/4 c	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	19	2	0.29	4.72	0.09
Weighted Daily Average		823	1514	33.44	112.85	28.08
% of Calories				16.3%	54.9%	30.7%
Nutrient Guideline		750-850	1420			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

LINDHURST HIGH LUNCH

Generated on: 3/28/2018 2:42:05 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 04/16/2018						
LINDHURST HIGH LUNCH	Total					
Sand Cheeseburger Mesq DL	Sandwich	321	675	22.1	32.6	12.8
Veg Potato Seasoned Wedges	1/2 c	148	380	2.11	18.99	7.38
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
Fruit Pineapple Chunks 1/2c	1/2 C	73	1	0.51	19.13	0.1
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	21	739	0.52	4.78	0.1
Beef Sliced Season 190/2.53 oz	1/2 c	152	290	22.04	3.65	4.5
VEG BLEND FAJITA 1/4c	1/4 CUP	13	3	0.0	3.34	0.0
Sauce Queso Blanco 240/2oz JTM	2 oz Serving	118	433	7.0	2.0	9.0
Sand Bread Variety High	1 each	159	237	5.83	29.93	2.52
Pizza Meatlovers WGBlend Int/H	6 cut Slice	524	1037	30.13	52.64	21.47
Pizza Hawaiian WGBlend Int/H	6 cut Slice	489	849	27.43	54.6	17.78
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	507	943	25.71	52.72	22.47
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	512	1152	25.86	53.79	22.61
Calzone Pepperoni & Cheese HS	CALZONE	503	919	25.43	53.18	21.89
Nachos Cheese ONLY 2M/MA	2 #12CH	262	1110	16.15	8.08	18.17
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	188	702	14.77	6.6	11.6
Bread Tortilla Chips 2oz	2.0 oz	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	57	140	3.17	10.97	0.46
Salsa Nortena La Patrona#16scp	#16 scoop	22	611	0.0	4.36	0.0
Burrito Bean & Cheese LHS	ONE	395	1021	18.72	37.51	19.06
Corndog Turkey WG 72/4oz	CORNDOG	256	681	14.0	28.9	9.4
Veg Potato Seasoned Wedges	1/2 c	148	380	2.11	18.99	7.38
Sand Chick Spicy Patty 106/3oz	Sandwich	337	670	20.0	42.0	11.0
Sand Beef Sliders DL/Shann	2 Sandwiches	358	884	20.15	37.35	14.12
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
Sand Bread Variety High	1 each	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	421	1168	21.12	33.53	23.7
Salads, Spicy Chicken Patty RC	SERVING	310	709	22.1	20.35	16.6
Salads PBJ Uncrustable LHS	SERVING	864	817	28.44	101.01	43.39
Fruit Traditional Fresh Combo	ONE	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	63	9	0.0	15.29	0.0
Fruit Mandarin Orange 2ea	TWO	74	2	1.0	18.78	0.4
Fruit Raisins Ind Pack CDE	box	113	4	1.0	30.0	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

LINDHURST HIGH LUNCH

Generated on: 3/28/2018 2:42:05 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	8	67	0.0	2.36	0.0
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 Broccoli Florets Sea 1/4c	1/4 cup	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
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
Veg Lettuce Shredded 1/2C	1/2 CUP	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEA	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C.SCOOP	20	2	0.19	4.93	0.05
Fruit Applesauce Canned 1/4c	1/4 C. SCOOP	28	1	0.11	7.44	0.03
Fruit Salad w/ Kiwi	1/4 c	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	19	2	0.29	4.72	0.09
Weighted Daily Average		707	1431	33.89	95.33	22.42
% of Calories				19.2%	54.0%	28.6%
Nutrient Guideline		750-850	1420			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

LINDHURST HIGH LUNCH

Generated on: 3/28/2018 2:42:05 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 04/17/2018						
LINDHURST HIGH LUNCH	Total					
Beef Taco Meat RF JTM 3.17oz	3.17 oz	111	293	13.04	5.01	5.01
Cheese Shredded Cheddar 1oz	#20 scoop	111	192	7.09	1.01	9.11
Veg Beans Refried-Dehy 1/2c	1/2 cup	164	488	7.97	23.92	1.99
Veg Lettuce Shredded 1/2C	1/2 CUP	3	3	0.27	0.55	0.05
Bread Taco Shell Large	one	119	0	1.19	14.23	5.93
Bread Tortilla Chips 1oz	1.0 oz	135	55	2.0	19.0	5.0
Rice Brown ChilMixSpanCook1/2c	1/2 CUP	121	434	2.85	24.73	1.16
VEG JALAPENO PEPPERS, SLICED	1 OZ	25	2514	0.0	0.0	0.0
Veg onion, cilantro, lime	portion	15	3	0.39	4.7	0.1
Sand Chicken Spic Filet w/ Bun	Sandwich	400	590	27.0	46.0	13.0
Veg Potato Seasoned Wedges	1/2 c	148	380	2.11	18.99	7.38
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	21	739	0.52	4.78	0.1
Chicken Sriracha Hon 176/3.9oz	3.9oz.	211	482	12.06	24.12	6.03
Veg Potato Seasoned Wedges	1/2 c	148	380	2.11	18.99	7.38
VEG CORN COB 96/1cob	COB	40	2	1.34	9.64	0.3
Bread Garlic Knot 2G	Garlic Knot	172	273	4.05	23.29	7.09
BREAD CHOC. GRAHAMS BELLY BEAR	1 EACH	120	85	2.0	20.0	4.0
Pizza Meatlovers WGBlend Int/H	6 cut Slice	524	1037	30.13	52.64	21.47
Pizza Hawaiian WGBlend Int/H	6 cut Slice	489	849	27.43	54.6	17.78
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	507	943	25.71	52.72	22.47
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	512	1152	25.86	53.79	22.61
Chicken Tend Bowl w/Pot&Corn	Bowl	324	661	22.0	34.42	12.43
Taco Pocket 60/4.5oz Bell Tsty	one	260	390	17.0	31.0	8.0
Corndog Turkey WG 72/4oz	CORNDOG	256	681	14.0	28.9	9.4
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
Sand Bread Variety High	1 each	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	421	1168	21.12	33.53	23.7
Salads, Spicy Chicken Patty RC	SERVING	310	709	22.1	20.35	16.6
Salads PBJ Uncrustable LHS	SERVING	864	817	28.44	101.01	43.39
Fruit Craisins Blueberry	1 EACH	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	63	9	0.0	15.29	0.0
Fruit Raisins Ind Pack CDE	box	113	4	1.0	30.0	0.0
Fruit Pears Fresh	ONE	101	2	0.64	27.11	0.25
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	60	68	1.0	11.5	1.0

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

LINDHURST HIGH LUNCH

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
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
DRESSING RANCH, LOW FAT 1oz	1 OZ	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	61	61	0.0	1.01	6.07
Veg Broccoli Florets Sea 1/4c	1/4 cup	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
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
Veg Lettuce Shredded 1/2C	1/2 CUP	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEA	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C.SCOOP	20	2	0.19	4.93	0.05
Fruit Applesauce Canned 1/4c	1/4 C. SCOOP	28	1	0.11	7.44	0.03
Fruit Salad w/ Kiwi	1/4 c	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	19	2	0.29	4.72	0.09
Weighted Daily Average		751	1446	31.99	107.78	22.42
% of Calories				17.0%	57.4%	26.9%
Nutrient Guideline		750-850	1420			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

LINDHURST HIGH LUNCH

Generated on: 3/28/2018 2:42:05 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Wed - 04/18/2018						
LINDHURST HIGH LUNCH	Total					
Chicken Teriyaki Schwans	#10scp	175	363	18.75	10.0	5.62
Egg Roll WG Pork 60/3ozSchwans	Egg Roll	180	370	9.0	20.01	7.0
Bread Noodles Yakisoba WG	1/2 c	111	25	3.02	21.14	1.51
VEG GARDEN BLEND 1/2c	1/2 CUP	33	27	1.33	6.67	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
Pkt Soy Sauce	1 PKT	0	170	0.0	0.0	0.0
Pizza Meatlovers WGBlend Int/H	6 cut Slice	524	1037	30.13	52.64	21.47
Pizza Hawaiian WGBlend Int/H	6 cut Slice	489	849	27.43	54.6	17.78
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	507	943	25.71	52.72	22.47
Nachos Cheese ONLY 2M/MA	2 #12CH	262	1110	16.15	8.08	18.17
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	188	702	14.77	6.6	11.6
Bread Tortilla Chips 2oz	2.0 oz	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	57	140	3.17	10.97	0.46
VEG SALSA, CANNED (USDA)1/2c	1/2 CUP	42	498	1.74	8.1	0.23
VEG JALAPENO PEPPERS, SLICED	1 OZ	25	2514	0.0	0.0	0.0
Burrito Chicken & RiceVerdeLHS	ONE	512	1214	30.18	52.62	17.86
Sand Chick Spicy Patty 106/3oz	Sandwich	337	670	20.0	42.0	11.0
Sand Beef Sliders DL/Shann	2 Sandwiches	358	884	20.15	37.35	14.12
Corndog Turkey WG 72/4oz	CORNDOG	256	681	14.0	28.9	9.4
Veg Potato Seasoned Wedges	1/2 c	148	380	2.11	18.99	7.38
Taco Pocket 60/4.5oz Bell Tsty	one	260	390	17.0	31.0	8.0
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
Sand Bread Variety High	1 each	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	421	1168	21.12	33.53	23.7
Salads, Spicy Chicken AdvP	SERVING	333	609	24.1	21.35	18.6
Salads PBJ Uncrustable LHS	SERVING	864	817	28.44	101.01	43.39
Fruit Craisins Blueberry	1 EACH	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	63	9	0.0	15.29	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	100	177	4.22	12.95	3.23
Veg Juice V Blend Mango 4.23oz	4.23 OZ.	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	60	68	1.0	11.5	1.0
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
DRESSING RANCH, LOW FAT 1oz	1 OZ	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	8	67	0.0	2.36	0.0
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 Broccoli Florets Sea 1/4c	1/4 cup	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
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
Veg Lettuce Shredded 1/2C	1/2 CUP	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEA	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C.SCOOP	20	2	0.19	4.93	0.05
Fruit Salad w/ Kiwi	1/4 c	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	19	2	0.29	4.72	0.09

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

LINDHURST HIGH LUNCH

Generated on: 3/28/2018 2:42:05 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories		758	1333	36.96 19.5%	106.66 56.3%	21.42 25.4%
Nutrient Guideline		750-850	1420			

Thu - 04/19/2018						
LINDHURST HIGH LUNCH	Total					
LASAGNA, BEEF High	1 Piece	336	1096	22.28	25.24	17.74
Bread Breadstick ChzGarlic 1G	Breadstick	100	140	3.0	15.0	3.0
Bread Breadstick ChzGarlic 1G	Breadstick	100	140	3.0	15.0	3.0
Veg Salad RomSpinCucTom1.5c	1.5 CUP	34	62	3.26	6.23	0.21
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
Cake Chocolate	One Slice	121	237	2.1	20.47	3.67
Frosting Peanut Butter-3 cakes	Portions	103	22	1.14	20.08	2.45
Sand Chicken BBQ Panini	#10 scoop	319	513	23.47	40.53	7.69
Pizza Meatlovers WGBlend Int/H	6 cut Slice	524	1037	30.13	52.64	21.47
Pizza Hawaiian WGBlend Int/H	6 cut Slice	489	849	27.43	54.6	17.78
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	507	943	25.71	52.72	22.47
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	512	1152	25.86	53.79	22.61
Cheese Crescents Italian-Style	3pcs	350	390	24.0	34.0	13.0
Chicken Hot & Spicy Bonles Win	5 pieces	203	343	19.06	10.16	10.16
Veg Potato Seasoned Wedges	1/2 c	148	380	2.11	18.99	7.38
BREAD CHOCOLATE ELF GRAHAM	ONE	120	125	2.0	20.0	4.0
Sand Pork Rib Hoagie 3.25 oz.	Sandwich	210	660	13.0	12.0	12.0
Corn dog Turkey WG 72/4oz	CORNDOG	256	681	14.0	28.9	9.4
Taco Pocket 60/4.5oz Bell Tsty	one	260	390	17.0	31.0	8.0
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
Sand Bread Variety High	1 each	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	421	1168	21.12	33.53	23.7
Salads, Spicy Chicken Patty RC	SERVING	310	709	22.1	20.35	16.6
Salads PBJ Uncrustable LHS	SERVING	864	817	28.44	101.01	43.39
Fruit Craisins Blueberry	1 EACH	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	63	9	0.0	15.29	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	100	177	4.22	12.95	3.23
Veg Juice V Blend Mango 4.23oz	4.23 OZ.	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	60	68	1.0	11.5	1.0
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
DRESSING RANCH, LOW FAT 1oz	1 OZ	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	6	86	0.0	0.0	0.0

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

LINDHURST HIGH LUNCH

Generated on: 3/28/2018 2:42:05 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Veg Broccoli Florets Sea	1/4 cup	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack	ONE PACK	19	26	0.0	8.12	0.0
Veg Cucumber Raw	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
Veg Lettuce Shredded	1/2 CUP	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEA	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch	1 CUP	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup	1/4 C. Scoop	168	14	0.0	42.09	0.0
Fruit Peach Diced	1/4 C.SCOOP	20	2	0.19	4.93	0.05
Fruit Salad w/ Kiwi	1/4 c	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	19	2	0.29	4.72	0.09
Weighted Daily Average		766	1437	34.82	107.68	23.47
% of Calories				18.2%	56.2%	27.6%
Nutrient Guideline		750-850	1420			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

LINDHURST HIGH LUNCH

Generated on: 3/28/2018 2:42:05 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 04/20/2018						
LINDHURST HIGH LUNCH	Total					
Chicken Brd WG 8 Pc Pilgrims	3 oz.	246	675	13.71	12.57	14.86
Veg Potato Seasoned Wedges	1/2 c	148	380	2.11	18.99	7.38
Bread Garlic Knot 2G	Garlic Knot	172	273	4.05	23.29	7.09
VEG CORN COB 96/1cob	COB	40	2	1.34	9.64	0.3
Cookie Chocolate Chip	#30 scoop	196	120	2.63	25.56	9.37
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
Veg Juice V Blend Mango 4.23oz	4.23 OZ.	55	30	0.0	14.0	0.0
Chili Cheese Fries,chix wedges	#6scp/#12scp	394	946	19.62	31.71	22.31
Veg Potato Seasoned Wedges	1/2 c	148	380	2.11	18.99	7.38
VEG CELERY STICKS 1/2c	1/2 CUP	12	59	0.51	2.21	0.13
DRESSING RANCH, LOW FAT 1oz	1 OZ	59	190	0.69	2.01	6.23
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	507	943	25.71	52.72	22.47
Pizza Hawaiian WGBlend Int/H	6 cut Slice	489	849	27.43	54.6	17.78
Pizza Meatlovers WGBlend Int/H	6 cut Slice	524	1037	30.13	52.64	21.47
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	512	1152	25.86	53.79	22.61
Calzone Pepperoni & Cheese HS	CALZONE	503	919	25.43	53.18	21.89
Nachos Cheese ONLY 2M/MA	2 #12CH	262	1110	16.15	8.08	18.17
Bread Tortilla Chips 2oz	2.0 oz	270	110	4.0	38.0	10.0
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	188	702	14.77	6.6	11.6
Veg Beans, Chili	1/2 Cup	57	140	3.17	10.97	0.46
VEG SALSA, CANNED (USDA)1/2c	1/2 CUP	42	498	1.74	8.1	0.23
Burrito Bean & Cheese LHS	ONE	395	1021	18.72	37.51	19.06
Sand Chick Spicy Patty 106/3oz	Sandwich	337	670	20.0	42.0	11.0
Taco Pocket 60/4.5oz Bell Tsty	one	260	390	17.0	31.0	8.0
Sand Beef Sliders DL/Shann	2 CT	358	884	20.15	37.35	14.12
Corndog Turkey WG 72/4oz	CORNDOG	256	681	14.0	28.9	9.4
Veg Potato Seasoned Wedges	1/2 c	148	380	2.11	18.99	7.38
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
Sand Bread Variety High	1 each	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	421	1168	21.12	33.53	23.7
Salads PBJ Uncrustable LHS	SERVING	864	817	28.44	101.01	43.39
Salads, Spicy Chicken Patty RC	SERVING	310	709	22.1	20.35	16.6
Fruit Craisins Blueberry	1 EACH	110	0	0.0	28.0	0.0
BREAD CHOCOLATE ELF GRAHAM	ONE	120	125	2.0	20.0	4.0
VEG CELERY STICKS 1/2c	1/2 CUP	12	59	0.51	2.21	0.13
Sunbutter Tub #30scoop CDE	#30 scoop	225	135	7.87	7.87	19.12
Fruit Applesauce Cup Mango 4.5	4.5 oz	50	15	0.0	14.0	0.0
Fruit Traditional Fresh Combo	ONE	82	1	0.89	21.12	0.27

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

Page 18

Apr 1, 2018 thru Apr 30, 2018

LINDHURST HIGH LUNCH

Generated on: 3/28/2018 2:42:05 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fruit Juice A&E Var 4.23oz	4.23 oz	63	9	0.0	15.29	0.0
Fruit Pears Fresh	ONE	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	113	4	1.0	30.0	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	100	177	4.22	12.95	3.23
CHIPS, LAYS CLASSIC	1 PKG	60	68	1.0	11.5	1.0
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
DRESSING RANCH, LOW FAT 1oz	1 OZ	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	8	67	0.0	2.36	0.0
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 Broccoli Florets Sea 1/4c	1/4 cup	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
Veg Celery Sticks 1/4c	1/4 CUP	6	30	0.26	1.1	0.06
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
VEG JALAPENO PEPPERS, SLICED	1 OZ	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEA	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C.SCOOP	20	2	0.19	4.93	0.05
Fruit Salad w/ Kiwi	1/4 c	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	19	2	0.29	4.72	0.09
Weighted Daily Average		830	1501	33.20	114.82	28.12
% of Calories				16.0%	55.3%	30.5%
Nutrient Guideline		750-850	1420			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

LINDHURST HIGH LUNCH

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 04/23/2018						
LINDHURST HIGH LUNCH	Total					
Sand Pork Rib Hoagie 3.25 oz.	Sandwich	210	660	13.0	12.0	12.0
Veg Potato Seasoned Wedges	1/2 c	148	380	2.11	18.99	7.38
Veg Coleslaw Salad	1/2 c	44	82	0.34	3.39	3.33
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
Sand Cheeseburger Mesq DL	Sandwich	321	675	22.1	32.6	12.8
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	21	739	0.52	4.78	0.1
Veg Onion Breaded WG (HS Only)	5pcs	200	231	3.01	28.07	8.02
Pizza Meatlovers WGBlend Int/H	6 cut Slice	524	1037	30.13	52.64	21.47
Pizza Hawaiian WGBlend Int/H	6 cut Slice	489	849	27.43	54.6	17.78
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	507	943	25.71	52.72	22.47
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	512	1152	25.86	53.79	22.61
Calzone Pepperoni & Cheese HS	CALZONE	503	919	25.43	53.18	21.89
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	188	702	14.77	6.6	11.6
Bread Tortilla Chips 2oz	2.0 oz	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	57	140	3.17	10.97	0.46
Salsa Nortena La Patrona#16scop	#16 scoop	22	611	0.0	4.36	0.0
Burrito Bean & Cheese LHS	ONE	395	1021	18.72	37.51	19.06
Corndog Turkey WG 72/4oz	CORNDOG	256	681	14.0	28.9	9.4
Veg Potato Seasoned Wedges	1/2 c	148	380	2.11	18.99	7.38
Sand Chick WG Spicy Patty	1 Each	360	570	22.01	43.01	13.01
Sand Beef Sliders DL/Shann	2 Sandwiches	358	884	20.15	37.35	14.12
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
Sand Bread Variety High	1 each	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	421	1168	21.12	33.53	23.7
Salads, Spicy Chicken AdvP	SERVING	333	609	24.1	21.35	18.6
Salads PBJ Uncrustable LHS	SERVING	864	817	28.44	101.01	43.39
Fruit Traditional Fresh Combo	ONE	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	63	9	0.0	15.29	0.0
Fruit Mandarin Orange 2ea	TWO	74	2	1.0	18.78	0.4
Fruit Raisins Ind Pack CDE	box	113	4	1.0	30.0	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	60	68	1.0	11.5	1.0
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
DRESSING RANCH, LOW FAT 1oz	1 OZ	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	63	343	0.0	12.7	0.0

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

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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LINDHURST HIGH LUNCH

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Pkt Ketchup	1 PACKET	8	67	0.0	2.36	0.0
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 Broccoli Florets Sea 1/4c	1/4 cup	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
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
Veg Lettuce Shredded 1/2C	1/2 CUP	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEA	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C. SCOOP	20	2	0.19	4.93	0.05
Fruit Applesauce Canned 1/4c	1/4 C. SCOOP	28	1	0.11	7.44	0.03
Fruit Salad w/ Kiwi	1/4 c	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	19	2	0.29	4.72	0.09
Weighted Daily Average		733	1467	32.02	100.00	24.29
% of Calories				17.5%	54.6%	29.8%
Nutrient Guideline		750-850	1420			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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LINDHURST HIGH LUNCH

Generated on: 3/28/2018 2:42:05 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 04/24/2018						
LINDHURST HIGH LUNCH	Total					
ENCHILADA, CARNITAS	2 EACH	379	339	23.66	28.83	18.77
VEG JALAPENO PEPPERS, SLICED	1 OZ	25	2514	0.0	0.0	0.0
Rice Brown ChilMixSpanCook1/2c	1/2 CUP	121	434	2.85	24.73	1.16
Veg Beans Refried-Dehy 1/2c	1/2 cup	164	488	7.97	23.92	1.99
Sour Cream, Light Crystal	1 Tablespoons	28	12	0.47	0.95	2.83
Salsa Nortena La Patrona#16scp	#16 scoop	22	611	0.0	4.36	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
Sand Chicken Filet w/ Bun	Sandwich	350	530	26.0	47.0	8.8
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	21	739	0.52	4.78	0.1
Veg Potato Seasoned Wedges	1/2 c	148	380	2.11	18.99	7.38
Chicken Sriracha Hon 176/3.9oz	3.9oz.	211	482	12.06	24.12	6.03
VEG CORN COB 96/1cob	COB	40	2	1.34	9.64	0.3
Bread Garlic Knot 2G	Garlic Knot	172	273	4.05	23.29	7.09
BREAD CHOCOLATE ELF GRAHAM	ONE	120	125	2.0	20.0	4.0
Pizza Meatlovers WGBlend Int/H	6 cut Slice	524	1037	30.13	52.64	21.47
Pizza Hawaiian WGBlend Int/H	6 cut Slice	489	849	27.43	54.6	17.78
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	507	943	25.71	52.72	22.47
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	512	1152	25.86	53.79	22.61
Chicken Tend Bowl w/Pot&Corn	Bowl	324	661	22.0	34.42	12.43
BREAD CHOC. GRAHAMS BELLY BEAR	1 EACH	120	85	2.0	20.0	4.0
Taco Pocket 60/4.5oz Bell Tsty	one	260	390	17.0	31.0	8.0
Corndog Turkey WG 72/4oz	CORNDOG	256	681	14.0	28.9	9.4
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
Sand Bread Variety High	1 each	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	421	1168	21.12	33.53	23.7
Salads, Spicy Chicken Patty RC	SERVING	310	709	22.1	20.35	16.6
Salads PBJ Uncrustable LHS	SERVING	864	817	28.44	101.01	43.39
Fruit Craisins Blueberry	1 EACH	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	63	9	0.0	15.29	0.0
Fruit Raisins Ind Pack CDE	box	113	4	1.0	30.0	0.0
Fruit Pears Fresh	ONE	101	2	0.64	27.11	0.25
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	60	68	1.0	11.5	1.0
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

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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LINDHURST HIGH LUNCH

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
DRESSING RANCH, LOW FAT 1oz	1 OZ	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	8	67	0.0	2.36	0.0
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 Broccoli Florets Sea 1/4c	1/4 cup	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
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
Veg Lettuce Shredded 1/2C	1/2 CUP	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEA	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch 1c port	1 CUP	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C.SCOOP	20	2	0.19	4.93	0.05
Fruit Applesauce Canned 1/4c	1/4 C. SCOOP	28	1	0.11	7.44	0.03
Fruit Salad w/ Kiwi	1/4 c	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	19	2	0.29	4.72	0.09
Weighted Daily Average		752	1442	33.50	107.61	21.93
% of Calories				17.8%	57.2%	26.2%
Nutrient Guideline		750-850	1420			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

LINDHURST HIGH LUNCH

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Wed - 04/25/2018						
LINDHURST HIGH LUNCH						
	Total					
Chicken Cherry Blossm 176/3.9oz	3.9oz.	200	350	13.0	27.0	4.0
Egg Roll WG Pork 60/3ozSchwans	Egg Roll	180	370	9.0	20.01	7.0
Rice Seasoned Cooked1/2c	1/2 CUP	114	376	2.65	23.61	1.17
VEG GARDEN BLEND 1/2c	1/2 CUP	33	27	1.33	6.67	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
Pkt Soy Sauce	1 PKT	0	170	0.0	0.0	0.0
Pizza Meatlovers WGBlend Int/H	6 cut Slice	524	1037	30.13	52.64	21.47
Pizza Hawaiian WGBlend Int/H	6 cut Slice	489	849	27.43	54.6	17.78
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	507	943	25.71	52.72	22.47
Nachos Cheese ONLY 2M/MA	2 #12CH	262	1110	16.15	8.08	18.17
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	188	702	14.77	6.6	11.6
Bread Tortilla Chips 2oz	2.0 oz	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	57	140	3.17	10.97	0.46
VEG SALSA, CANNED (USDA)1/2c	1/2 CUP	42	498	1.74	8.1	0.23
VEG JALAPENO PEPPERS, SLICED	1 OZ	25	2514	0.0	0.0	0.0
Burrito Chicken & RiceVerdeLHS	ONE	512	1214	30.18	52.62	17.86
Sand Chick Spicy Patty 106/3oz	Sandwich	337	670	20.0	42.0	11.0
Sand Beef Sliders DL/Shann	2 Sandwiches	358	884	20.15	37.35	14.12
Corndog Turkey WG 72/4oz	CORNDOG	256	681	14.0	28.9	9.4
Veg Potato Seasoned Wedges	1/2 c	148	380	2.11	18.99	7.38
Taco Pocket 60/4.5oz Bell Tsty	one	260	390	17.0	31.0	8.0
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
Sand Bread Variety High	1 each	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	421	1168	21.12	33.53	23.7
Salads, Spicy Chicken AdvP	SERVING	333	609	24.1	21.35	18.6
Salads PBJ Uncrustable LHS	SERVING	864	817	28.44	101.01	43.39
Fruit Craisins Blueberry	1 EACH	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	63	9	0.0	15.29	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	100	177	4.22	12.95	3.23
Veg Juice V Blend Mango 4.23oz	4.23 OZ.	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	60	68	1.0	11.5	1.0
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
DRESSING RANCH, LOW FAT 1oz	1 OZ	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	8	67	0.0	2.36	0.0
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 Broccoli Florets Sea 1/4c	1/4 cup	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
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
Veg Lettuce Shredded 1/2C	1/2 CUP	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEA	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C. SCOOP	20	2	0.19	4.93	0.05
Fruit Salad w/ Kiwi	1/4 c	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	19	2	0.29	4.72	0.09

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

LINDHURST HIGH LUNCH

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories		766	1429	35.23 18.4%	112.18 58.6%	20.86 24.5%
Nutrient Guideline		750-850	1420			

Thu - 04/26/2018						
LINDHURST HIGH LUNCH	Total					
Chicken Parmeseanw/BreastFilet	serving	372	483	24.04	45.44	12.42
Bread Breadstick ChzGarlic 1G	Breadstick	100	140	3.0	15.0	3.0
Veg Salad RomSpinCucTom1.5c	1.5 CUP	34	62	3.26	6.23	0.21
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
Cake Chocolate	One Slice	121	237	2.1	20.47	3.67
Frosting Vanilla Cream-3 cakes	Portions	109	29	0.09	19.02	3.74
Sand Pig in a Blanket - 2G	Sandwich	310	540	14.0	30.0	15.0
Veg Potato Seasoned Wedges	1/2 c	148	380	2.11	18.99	7.38
Pizza Meatlovers WGBlend Int/H	6 cut Slice	524	1037	30.13	52.64	21.47
Pizza Hawaiian WGBlend Int/H	6 cut Slice	489	849	27.43	54.6	17.78
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	507	943	25.71	52.72	22.47
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	512	1152	25.86	53.79	22.61
Cheese Crescents Italian-Style	3pcs	350	390	24.0	34.0	13.0
Chicken Honey Sriracha Chunks	6 pieces	296	377	22.44	22.44	13.26
Veg Potato Seasoned Wedges	1/2 c	148	380	2.11	18.99	7.38
BREAD CHOCOLATE ELF GRAHAM	ONE	120	125	2.0	20.0	4.0
Sand Pork Rib Hoagie 3.25 oz.	Sandwich	210	660	13.0	12.0	12.0
Corn dog Turkey WG 72/4oz	CORNDOG	256	681	14.0	28.9	9.4
Taco Pocket 60/4.5oz Bell Tsty	one	260	390	17.0	31.0	8.0
VEG CELERY STICKS 1/2c	1/2 CUP	12	59	0.51	2.21	0.13
Sunbutter Cup IW 160/1.1oz	1 Each	200	120	7.0	7.0	16.0
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
Sand Bread Variety High	1 each	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	421	1168	21.12	33.53	23.7
Salads, Spicy Chicken Patty RC	SERVING	310	709	22.1	20.35	16.6
Salads PBJ Uncrustable LHS	SERVING	864	817	28.44	101.01	43.39
Fruit Craisins Blueberry	1 EACH	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	63	9	0.0	15.29	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	100	177	4.22	12.95	3.23
Veg Juice V Blend Mango 4.23oz	4.23 OZ.	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	60	68	1.0	11.5	1.0
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
DRESSING RANCH, LOW FAT 1oz	1 OZ	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	8	67	0.0	2.36	0.0

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Base Menu Spreadsheet

Portion Values - Detailed

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LINDHURST HIGH LUNCH

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
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 Broccoli Florets Sea 1/4c	1/4 cup	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
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
Veg Lettuce Shredded 1/2C	1/2 CUP	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEA	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C.SCOOP	20	2	0.19	4.93	0.05
Fruit Salad w/ Kiwi	1/4 c	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	19	2	0.29	4.72	0.09
Weighted Daily Average		817	1356	35.29	114.93	25.87
% of Calories				17.3%	56.2%	28.5%
Nutrient Guideline		750-850	1420			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

Page 26

Apr 1, 2018 thru Apr 30, 2018

LINDHURST HIGH LUNCH

Generated on: 3/28/2018 2:42:05 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 04/27/2018						
LINDHURST HIGH LUNCH	Total					
Sand Beef Roast -Tri Tip	SANDWICHES	269	263	19.0	26.0	9.5
Sand Polish Dog	1 Sandwich	340	760	13.0	32.98	18.0
Veg Potato Seasoned Wedges	1/2 c	148	380	2.11	18.99	7.38
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
Pudding - Chocolate	1/2 CUP	401	74	1.52	36.99	19.29
Meatloaf 100/2.90oz AdvP#69190	Slice	170	390	12.0	8.0	10.0
Chicken Brd WG 8 Pc Pilgrims	3 oz.	246	675	13.71	12.57	14.86
Veg Potato Mashed Loaded1/2cup	1/2 Cup	65	245	1.46	13.75	0.63
VEG CORN COB 96/2cob	2 COBS	80	4	2.68	19.28	0.6
Bread Garlic Knot 2G	Garlic Knot	172	273	4.05	23.29	7.09
Pizza Meatlovers WGBlend Int/H	6 cut Slice	524	1037	30.13	52.64	21.47
Pizza Hawaiian WGBlend Int/H	6 cut Slice	489	849	27.43	54.6	17.78
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	507	943	25.71	52.72	22.47
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	512	1152	25.86	53.79	22.61
Calzone Pepperoni & Cheese HS	CALZONE	487	919	24.56	54.98	20.46
Nachos Cheese ONLY 2M/MA	2 #12CH	262	1110	16.15	8.08	18.17
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	188	702	14.77	6.6	11.6
Bread Tortilla Chips 2oz	2.0 oz	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	57	140	3.17	10.97	0.46
Salsa Nortena La Patrona#16scp	#16 scoop	22	611	0.0	4.36	0.0
Burrito Bean & Cheese LHS	ONE	395	1021	18.72	37.51	19.06
Corndog Turkey WG 72/4oz	CORNDOG	256	681	14.0	28.9	9.4
Veg Potato Seasoned Wedges	1/2 c	148	380	2.11	18.99	7.38
Sand Chick WG Spicy Patty	1 Each	360	570	22.01	43.01	13.01
Sand Beef Sliders DL/Shann	2 Sandwiches	358	884	20.15	37.35	14.12
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
Sand Bread Variety High	1 each	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	421	1168	21.12	33.53	23.7
Taco Pocket 60/4.5oz Bell Tsty	one	260	390	17.0	31.0	8.0
Salads, Spicy Chicken Patty RC	SERVING	310	709	22.1	20.35	16.6
Salads PBJ Uncrustable LHS	SERVING	864	817	28.44	101.01	43.39
Fruit Traditional Fresh Combo	ONE	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	63	9	0.0	15.29	0.0
Fruit Pears Fresh	ONE	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	113	4	1.0	30.0	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	55	30	0.0	14.0	0.0

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

Page 27

Apr 1, 2018 thru Apr 30, 2018

LINDHURST HIGH LUNCH

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
CHIPS, LAYS CLASSIC	1 PKG	60	68	1.0	11.5	1.0
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
DRESSING RANCH, LOW FAT 1oz	1 OZ	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	8	67	0.0	2.36	0.0
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 Broccoli Florets Sea 1/4c	1/4 cup	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
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
Veg Lettuce Shredded 1/2C	1/2 CUP	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEA	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C.SCOOP	20	2	0.19	4.93	0.05
Fruit Applesauce Canned 1/4c	1/4 C. SCOOP	28	1	0.11	7.44	0.03
Fruit Salad w/ Kiwi	1/4 c	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	19	2	0.29	4.72	0.09
Weighted Daily Average		904	1364	33.40	118.02	31.43
% of Calories				14.8%	52.2%	31.3%
Nutrient Guideline		750-850	1420			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

Page 28

Apr 1, 2018 thru Apr 30, 2018

LINDHURST HIGH LUNCH

Generated on: 3/28/2018 2:42:05 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 04/30/2018						
LINDHURST HIGH LUNCH						
	Total					
Sand Chicken BBQ Hawaiian bun	#10 scoop	324	560	21.99	44.11	6.49
Veg Potato Seasoned Wedges	1/2 c	148	380	2.11	18.99	7.38
Veg Coleslaw Salad	1/2 c	44	82	0.34	3.39	3.33
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
Sand Cheeseburger Mesq DL	Sandwich	321	675	22.1	32.6	12.8
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	21	739	0.52	4.78	0.1
Veg Onion Breaded WG (HS Only)	5pcs	200	231	3.01	28.07	8.02
Pizza Meatlovers WGBlend Int/H	6 cut Slice	524	1037	30.13	52.64	21.47
Pizza Hawaiian WGBlend Int/H	6 cut Slice	489	849	27.43	54.6	17.78
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	507	943	25.71	52.72	22.47
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	512	1152	25.86	53.79	22.61
Calzone Pepperoni & Cheese HS	CALZONE	503	919	25.43	53.18	21.89
Nachos Cheese ONLY 2M/MA	2 #12CH	262	1110	16.15	8.08	18.17
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	188	702	14.77	6.6	11.6
Bread Tortilla Chips 2oz	2.0 oz	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	57	140	3.17	10.97	0.46
Salsa Nortena La Patrona#16scp	#16 scoop	22	611	0.0	4.36	0.0
Burrito Bean & Cheese LHS	ONE	395	1021	18.72	37.51	19.06
Corndog Turkey WG 72/4oz	CORNDOG	256	681	14.0	28.9	9.4
Veg Potato Seasoned Wedges	1/2 c	148	380	2.11	18.99	7.38
Sand Chick Spicy Patty 106/3oz	Sandwich	337	670	20.0	42.0	11.0
Sand Beef Sliders DL/Shann	2 Sandwiches	358	884	20.15	37.35	14.12
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
Sand Bread Variety High	1 each	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	421	1168	21.12	33.53	23.7
Salads, Spicy Chicken Patty RC	SERVING	310	709	22.1	20.35	16.6
Salads PBJ Uncrustable LHS	SERVING	864	817	28.44	101.01	43.39
Fruit Traditional Fresh Combo	ONE	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	63	9	0.0	15.29	0.0
Fruit Mandarin Orange 2ea	TWO	74	2	1.0	18.78	0.4
Fruit Raisins Ind Pack CDE	box	113	4	1.0	30.0	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	60	68	1.0	11.5	1.0
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
DRESSING RANCH, LOW FAT 1oz	1 OZ	59	190	0.69	2.01	6.23

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

LINDHURST HIGH LUNCH

Generated on: 3/28/2018 2:42:06 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Sauce BBQ	1 OZ.	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	8	67	0.0	2.36	0.0
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 Broccoli Florets Sea 1/4c	1/4 cup	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
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
Veg Lettuce Shredded 1/2C	1/2 CUP	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEA	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C. SCOOP	20	2	0.19	4.93	0.05
Fruit Applesauce Canned 1/4c	1/4 C. SCOOP	28	1	0.11	7.44	0.03
Fruit Salad w/ Kiwi	1/4 c	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	19	2	0.29	4.72	0.09
Weighted Daily Average		751	1464	33.42	105.75	23.03
% of Calories				17.8%	56.4%	27.6%
Nutrient Guideline		750-850	1420			

Weighted Average		771	1420	33.84	107.51	23.89
				17.5%	55.8%	27.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	771		750 - 850	100%				
Sodium (mg)	1420		1420					
Protein (g)	33.84	17.55%						
Carbohydrate (g)	107.51	55.75%						
Total Fat (g)	23.89	27.88%						

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