

Marysville JUSD

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Elementary Lunch (K-6)

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 12/03/2018							
Elementary Lunch (K-6)	Total	1					
Burrito Bean & Cheese Chipotle	Burrito	1	360	390	17.01	44.03	13.01
Corndog Turkey WG 72/4oz	Corndog	1	256	681	14.0	28.9	9.4
Fruit Mixed Fruit Cup Wawona	1 Each	1	61	15	0.0	17.24	0.0
Veg Carrots Steamed	1/2 Cup	1	34	53	0.0	7.46	1.24
VEG CORN : FROZEN YELLOW 1/2c	1/2 CUP	1	101	13	3.78	23.94	1.26
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			1152	1730	56.82	172.59	29.93
% of Calories					19.7%	59.9%	23.4%
Nutrient Guideline			600-650	1230			

Tue - 12/04/2018							
Elementary Lunch (K-6)	Total	1					
Bread Tortilla Chips 1.5oz	1.5 OZ	1	203	83	3.0	28.5	7.5
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	1	188	702	14.77	6.6	11.6
Nachos Cheese ONLY 1M/MA	#12CH	1	131	555	8.08	4.04	9.09
Fruit Banana Fresh	ONE	1	108	1	1.32	27.63	0.4
VEG SALSA, CANNED (USDA)1/2c	1/2 CUP	1	42	498	1.74	8.1	0.23
Veg Beans Refried-Dehy 1/2c	1/2 cup	1	164	488	7.97	23.92	1.99
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	1	3	3	0.27	0.55	0.05
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Weighted Daily Average			1183	2902	58.14	152.08	35.93
% of Calories					19.7%	51.4%	27.3%
Nutrient Guideline			600-650	1230			

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Marysville JUSD

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Elementary Lunch (K-6)

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 12/05/2018							
Elementary Lunch (K-6)	Total	1					
Sand Hamburger Mesquite DonLee	Sandwich	1	271	450	19.6	32.1	8.3
Sand Cheeseburger Mesq DL	Sandwich	1	321	675	22.1	32.6	12.8
Pkt Ketchup	1 PACKET	1	8	67	0.0	2.36	0.0
Pkt Mustard	1 PACKET	1	6	86	0.0	0.0	0.0
Pkt Mayonnaise	1 EACH	1	61	61	0.0	1.01	6.07
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	1	21	739	0.52	4.78	0.1
Veg Potato Spirals Seasoned	1/2 cup	1	100	151	1.0	17.08	3.01
Fruit Mandarin Orange Jumbo1ea	one	1	82	2	1.11	20.87	0.44
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			1217	2830	66.28	163.38	35.74
% of Calories					21.8%	53.7%	26.4%
Nutrient Guideline			600-650	1230			

Thu - 12/06/2018							
Elementary Lunch (K-6)	Total	1					
Sand Chick Patty RichCh WG	Sandwich	1	339	619	18.96	42.96	10.97
Sand Chick Spicy Patty 106/3oz	Sandwich	1	337	670	20.0	42.0	11.0
Pkt Ketchup	1 PACKET	1	8	67	0.0	2.36	0.0
Sand Meatball w/ French Bread	4 Meatballs	1	321	630	19.33	33.12	12.88
Fruit Kiwi 2 fruit	2 ea	1	93	5	1.73	22.28	0.79
Veg Broccoli Florets Seas 1/2c	1/2 cup	1	58	26	1.6	4.8	3.8
Veg Cucumber with Tajin 1/2c	1/2 CUP	1	12	168	0.48	1.76	0.13
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	1	2	1	0.14	0.27	0.03
Veg Tomato Sliced/Diced	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			1505	2756	82.71	200.57	44.55
% of Calories					22.0%	53.3%	26.6%
Nutrient Guideline			600-650	1230			

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Elementary Lunch (K-6)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 12/07/2018							
Elementary Lunch (K-6)	Total	1					
Pizza Cheese WGBlendFlour Elem	8 cut slice	1	320	521	17.06	34.58	12.6
Pizza Pepp & Chz WGBlend Elem	8 cut Slice	1	355	660	18.7	34.86	16.15
Pizza Cheese 16" WG Crust Elem	8 cut slice	1	382	690	21.53	30.18	19.14
Pizza Pepp & Chz 16"Crust Elem	8 cut slice	1	427	868	23.63	30.53	23.69
Sand Grilled Cheese	ONE	1	392	1226	18.0	32.0	23.56
Fruit Grapes Bunches 1/2c	1/2 CUP	1	58	2	0.55	14.85	0.3
Veg Rom/Spin Salad w/ Ranch	1 Cup	1	40	138	3.23	4.3	1.72
Veg Carrot Baby PeeledBulk1/2c	1/2 CUP	1	29	49	0.65	6.74	0.17
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Fruit Pears Can1/4c USDA	1/4c Scoop	1	33	2	0.1	8.52	0.02
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			2349	4702	123.73	241.91	102.33
% of Calories					21.1%	41.2%	39.2%
Nutrient Guideline			600-650	1230			

Mon - 12/10/2018							
Elementary Lunch (K-6)	Total	1					
Macaroni & Cheese Entree	2 #10 scoops	1	323	1634	15.56	30.6	16.12
Pancake Tacos	2 tacos	1	305	475	19.0	29.0	14.5
Pkt Syrup, Pancake 1oz	1 Pkt	1	80	0	0.0	21.0	0.0
Fruit Pop- Variety	one fruit pop	1	73	5	0.62	18.69	0.12
Veg Carrot Baby PeeledBulk1/2c	1/2 CUP	1	29	49	0.65	6.74	0.17
Veg Potato Tater Tots RedSodiu	1/2 Cup	1	90	170	1.0	14.04	3.51
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	1	2	1	0.14	0.27	0.03
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Weighted Daily Average			1232	2882	57.64	169.71	39.43
% of Calories					18.7%	55.1%	28.8%
Nutrient Guideline			600-650	1230			

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Elementary Lunch (K-6)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 12/11/2018							
Elementary Lunch (K-6)	Total	1					
Chicken Alfredo	#8 scoop	1	174	655	14.18	3.03	12.13
Pasta Spiral Rotini WG CDE 20#	1/2 c	1	97	9	4.08	20.94	0.39
Bread Wheat Dinner Roll	ROLL	1	100	160	6.0	17.0	1.0
Sand Meatloaf A/P	Sandwich	1	330	590	19.0	39.0	12.0
Pkt Ketchup	1 PACKET	1	8	67	0.0	2.36	0.0
Pkt Mustard	1 PACKET	1	6	86	0.0	0.0	0.0
Pkt Mayonnaise	1 EACH	1	61	61	0.0	1.01	6.07
Fruit Banana Fresh	ONE	1	108	1	1.32	27.63	0.4
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	1	21	739	0.52	4.78	0.1
Veg Juice V Blend 4.23 OZ.	4.23 OZ.	1	55	30	0.0	14.0	0.0
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Fruit Mixed Lt Syrup 1/4c	1/4 c	1	42	4	0.0	10.52	0.0
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Weighted Daily Average			1348	3001	67.05	192.86	37.11
% of Calories					19.9%	57.2%	24.8%
Nutrient Guideline			600-650	1230			

Wed - 12/12/2018							
Elementary Lunch (K-6)	Total	1					
Chicken Brd WG 8 Pc Pilgrims	3 oz.	1	246	675	13.71	12.57	14.86
Bread Breadstick Garlic 1G	Breadstick	1	100	150	3.0	15.0	3.5
Pork Carnitas, CDE 132/#8 scp	#8 scoop	1	276	584	26.67	0.0	12.12
Bread Tortilla Flour WG 8"	1 Tortilla	1	103	168	4.68	16.83	2.81
Pkt Taco Sauce	1 PKT	1	5	96	0.0	1.01	0.0
Fruit Mandarin Orange Jumbo1ea	one	1	82	2	1.11	20.87	0.44
Veg Carrot Baby PeeledBulk1/2c	1/2 CUP	1	29	49	0.65	6.74	0.17
Veg Beans Baked 1/2c	1/2 CUP	1	137	386	7.43	25.77	0.95
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	1	3	3	0.27	0.55	0.05
Veg Tomato Sliced/Diced	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Weighted Daily Average			1311	2662	78.20	148.70	39.87
% of Calories					23.9%	45.4%	27.4%
Nutrient Guideline			600-650	1230			

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 12/13/2018							
Elementary Lunch (K-6)	Total	1					
Turkey & Gravy Whit 112/4.16oz	4.16 oz	1	120	500	18.0	2.0	5.0
Bread Wheat Dinner Roll	ROLL	1	100	160	6.0	17.0	1.0
Fruit Orange - 2 halves 1/2c	1/2 c	1	50	0	1.01	12.6	0.13
Veg Potato Mashed Loaded 1/2cup	1/2 Cup	1	65	245	1.46	13.75	0.63
Veg Beans Green Seas. 1/2c	1/2 CUP	1	28	339	1.53	5.99	0.13
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	1	2	1	0.14	0.27	0.03
Veg Tomato Sliced/Diced	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/2c	1/2 CUP	1	10	2	0.48	1.76	0.13
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Weighted Daily Average			691	1787	48.75	100.11	11.98
% of Calories					28.2%	58.0%	15.6%
Nutrient Guideline			600-650	1230			

Fri - 12/14/2018							
Elementary Lunch (K-6)	Total	1					
Pizza Pepp & Chz 16"Crust Elem	8 cut slice	1	427	868	23.63	30.53	23.69
Pizza Pepp & Chz WGBlend Elem	8 cut Slice	1	355	660	18.7	34.86	16.15
Pizza Cheese 16" WG Crust Elem	8 cut slice	1	382	690	21.53	30.18	19.14
Pizza Cheese WGBlendFlour Elem	8 cut slice	1	320	521	17.06	34.58	12.6
Pizza Pepp/Jalap16"Crust Elem	8 cut slice	1	431	1025	23.74	31.33	23.79
Pizza Pepp/Jalep WGBlend Elem	8 cut Slice	1	358	783	18.79	35.48	16.23
Cheese Green Tamale Del Real	one	1	380	470	12.0	29.0	27.0
Veg Salsa Verde Del Real	oz.	1	9	139	0.28	1.42	0.28
Beans Refried-Dehy 1/2c	1/2 cup	1	164	488	7.97	23.92	1.99
Pkt Taco Sauce	1 PKT	1	5	96	0.0	1.01	0.0
Fruit Grapes Bunches 1/2c	1/2 CUP	1	58	2	0.55	14.85	0.3
Veg Salad Romaine&Spnch 1c port	1 CUP	1	21	59	2.71	3.29	0.09
Veg Cucumber Raw 1/2c	1/2 CUP	1	10	2	0.48	1.76	0.13
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Fruit Pears Can 1/4c USDA	1/4c Scoop	1	33	2	0.1	8.52	0.02
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Weighted Daily Average			3276	6375	167.91	328.58	146.42
% of Calories					20.5%	40.1%	40.2%
Nutrient Guideline			600-650	1230			

Weighted Average			1526	3163	80.72	187.05	52.33
					21.2%	49.0%	30.9%

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Sodm (mg) Shortfall	Protn (g) Overage	Carb (g)	T-Fat (g) Error Messages (if any)
Calories	1526		600 - 650	235%				876	Correction Required - Calories too High Correction Required - Sodium too High
Sodium (mg)	3163		1230				1933		
Protein (g)	80.72	21.15%							
Carbohydrate (g)	187.05	49.02%							
Total Fat (g)	52.33	30.85%							

**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*

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.