

Marysville JUSD

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

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							
LINDHURST HIGH LUNCH	Total	834					
Turkey & Gravy DarkMeat112/4oz	4 oz	168	120	460	16.0	2.0	6.0
Veg Potato Mashed Loaded1/2cup	1/2 Cup	260	65	245	1.46	13.75	0.63
Veg Green Bean Frozen 1/2c	1/2 CUP	160	19	6	1.01	4.35	0.11
STUFFING	4OZ. SERVING	160	50	204	1.36	7.25	1.72
Bread Garlic Knot 2G	Garlic Knot	260	172	273	4.05	23.29	7.09
Chicken Breaded Drumstick	Drumstick	100	190	450	16.0	5.0	11.0
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	524	1037	30.13	52.64	21.47
Pizza Hawaiian WGBlend Int/H	6 cut Slice	6	489	849	27.43	54.6	17.78
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	120	507	943	25.71	52.72	22.47
Nachos Cheese ONLY 2M/MA	2 #12CH	50	262	1110	16.15	8.08	18.17
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	70	188	702	14.77	6.6	11.6
Bread Tortilla Chips 2oz	2.0 oz	100	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	75	57	140	3.17	10.97	0.46
VEG SALSA, CANNED (USDA)1/2c	1/2 CUP	24	42	498	1.74	8.1	0.23
Burrito Colossal Bean & Chick	ONE	0	508	1583	30.4	60.76	14.86
Corndog Turkey WG 72/4oz	CORNDOG	36	256	681	14.0	28.9	9.4
Veg Potato Seasoned Wedges	1/2 c	80	148	380	2.11	18.99	7.38
Sand Chick Spicy Patty 106/3oz	Sandwich	100	337	670	20.0	42.0	11.0
Sand Beef Sliders DL/Shann	2 Sandwiches	48	358	884	20.15	37.35	14.12
Sand Deli Meat Variety	3-6 slices	70	93	419	11.96	1.01	4.68
Sand Cheese Variety	Slice	70	68	177	4.0	0.5	5.67
Sand Bread Variety High	1 each	70	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	24	421	1168	21.12	33.53	23.7
Salads, Spicy Chicken Patty RC	SERVING	6	310	709	22.1	20.35	16.6
Salads PBJ Uncrustable LHS	SERVING	12	864	817	28.44	101.01	43.39
Fruit Traditional Fresh Combo	ONE	300	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	700	63	9	0.0	15.29	0.0
Fruit Mandarin Orange 2ea	TWO	25	74	2	1.0	18.78	0.4
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	32	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	0	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07

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

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Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	16	5	1	0.24	0.88	0.07
VEG JALAPENO PEPPERS, SLICED	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	32	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	8	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	0	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C. SCOOP	0	20	2	0.19	4.93	0.05
Fruit Applesauce Canned 1/4c	1/4 C. SCOOP	0	28	1	0.11	7.44	0.03
Fruit Salad w/ Kiwi	1/4 c	290	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
Weighted Daily Average			722	1417	32.93	98.95	22.93
% of Calories					18.2%	54.8%	28.6%
Nutrient Guideline			750-850	1420			

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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)
Tue - 12/04/2018							
LINDHURST HIGH LUNCH	Total	856					
Beef Taco Meat RF JTM 3.17oz	3.17 oz	151	111	293	13.04	5.01	5.01
Veg Lettuce Shredded 1/2C	1/2 CUP	111	3	3	0.27	0.55	0.05
Cheese Shredded Cheddar 1oz	#20 scoop	80	111	192	7.09	1.01	9.11
Veg Beans Refried-Dehy 1/2c	1/2 cup	80	164	488	7.97	23.92	1.99
Bread Tostada Bowl Large WG	Bowl	151	206	0	2.42	27.87	14.54
Bread Tortilla Chips 1oz	1.0 oz	96	135	55	2.0	19.0	5.0
Rice Brown ChilMixSpanCook1/2c	1/2 CUP	150	121	434	2.85	24.73	1.16
VEG JALAPENO PEPPERS, SLICED	1 OZ	16	25	2514	0.0	0.0	0.0
Sand Chicken Spic Filet w/ Bun	Sandwich	100	400	590	27.0	46.0	13.0
Veg Potato Seasoned Wedges	1/2 c	100	148	380	2.11	18.99	7.38
Chicken Honey Sriracha Chunks	6 pieces	198	296	377	22.44	22.44	13.26
Veg Potato Seasoned Wedges	1/2 c	198	148	380	2.11	18.99	7.38
VEG CORN COB 96/1cob	COB	96	40	2	1.34	9.64	0.3
Bread Garlic Knot 2G	Garlic Knot	198	172	273	4.05	23.29	7.09
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	458	908	26.36	46.06	18.79
Pizza Hawaiian WGBlend Int/H	6 cut Slice	6	428	743	24.0	47.77	15.55
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	120	444	825	22.49	46.13	19.66
Chicken Tend Bowl w/Pot&Corn	Bowl	80	324	661	22.0	34.42	12.43
Taco Pocket 60/4.5oz Bell Tsty	one	30	260	390	17.0	31.0	8.0
Corndog Turkey WG 72/4oz	CORNDOG	36	256	681	14.0	28.9	9.4
Sand Deli Meat Variety	3-6 slices	70	93	419	11.96	1.01	4.68
Sand Cheese Variety	Slice	70	68	177	4.0	0.5	5.67
Sand Bread Variety High	1 each	70	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz	Sandwich	24	201	868	15.13	3.53	14.7
Salads, Spicy Chicken Patty RC	SERVING	6	310	709	22.1	20.35	16.6
Salads PBJ Uncrustable LHS	SERVING	12	864	817	28.44	101.01	43.39
Fruit Craisins Blueberry	1 EACH	48	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	300	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	700	63	9	0.0	15.29	0.0
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Fruit Pears Fresh	ONE	25	101	2	0.64	27.11	0.25
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	30	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	64	63	343	0.0	12.7	0.0

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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Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	36	5	1	0.24	0.88	0.07
VEG JALAPENO PEPPERS, SLICED	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	45	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	24	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	48	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C.SCOOP	48	20	2	0.19	4.93	0.05
Fruit Applesauce Canned 1/4c	1/4 C. SCOOP	85	28	1	0.11	7.44	0.03
Fruit Salad w/ Kiwi	1/4 c	290	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
Weighted Daily Average			807	1374	35.36	113.39	25.99
% of Calories					17.5%	56.2%	29.0%
Nutrient Guideline			750-850	1420			

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 12/05/2018							
LINDHURST HIGH LUNCH	Total	886					
Chicken Tangerine AF 176/3.9oz	3.9oz.	261	189	379	13.95	24.9	3.98
Egg Roll WG Pork 60/3ozSchwans	Egg Roll	261	180	370	9.0	20.01	7.0
Noodles Yakisoba w/ Sauce	1/2c scoop	160	160	242	3.61	25.13	4.94
Rice Seasoned Cooked1/2c	1/2 CUP	100	114	376	2.65	23.61	1.17
Veg Broccoli Florets Seas 1/2c	1/2 cup	250	58	26	1.6	4.8	3.8
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Pkt Soy Sauce	1 PKT	100	0	170	0.0	0.0	0.0
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	458	908	26.36	46.06	18.79
Pizza Hawaiian WGBlend Int/H	6 cut Slice	6	428	743	24.0	47.77	15.55
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	120	444	825	22.49	46.13	19.66
Nachos Cheese ONLY 2M/MA	2 #12CH	50	262	1110	16.15	8.08	18.17
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	50	188	702	14.77	6.6	11.6
Bread Tortilla Chips 2oz	2.0 oz	100	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	75	57	140	3.17	10.97	0.46
VEG SALSA, CANNED (USDA)1/2c	1/2 CUP	24	42	498	1.74	8.1	0.23
VEG JALAPENO PEPPERS, SLICED	1 OZ	0	25	2514	0.0	0.0	0.0
Burrito Bean & Cheese LHS	ONE	25	395	1021	18.72	37.51	19.06
Sand Chick Spicy Patty 106/3oz	Sandwich	100	337	670	20.0	42.0	11.0
Sand Beef Sliders DL/Shann	2 Sandwiches	60	358	884	20.15	37.35	14.12
Corndog Turkey WG 72/4oz	CORNDOG	48	256	681	14.0	28.9	9.4
Veg Potato Seasoned Wedges	1/2 c	100	148	380	2.11	18.99	7.38
Taco Pocket 60/4.5oz Bell Tsty	one	30	260	390	17.0	31.0	8.0
Sand Deli Meat Variety	3-6 slices	70	93	419	11.96	1.01	4.68
Sand Cheese Variety	Slice	70	68	177	4.0	0.5	5.67
Sand Bread Variety High	1 each	70	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	24	421	1168	21.12	33.53	23.7
Salads, Spicy Chicken Patty RC	SERVING	6	310	709	22.1	20.35	16.6
Salads PBJ Uncrustable LHS	SERVING	12	864	817	28.44	101.01	43.39
Fruit Craisins Blueberry	1 EACH	48	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	300	82	1	0.89	21.12	0.27
Fruit Mandarin Orange 2ea	TWO	25	74	2	1.0	18.78	0.4
Fruit Juice A&E Var 4.23oz	4.23 oz	500	63	9	0.0	15.29	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	30	100	177	4.22	12.95	3.23
Veg Juice V Blend Mango 4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	500	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Sauce BBQ	1 OZ.	0	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	36	5	1	0.24	0.88	0.07
VEG JALAPENO PEPPERS, SLICED	1 OZ	8	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEARS	16	6	480	0.0	1.5	0.0
	ARS						
Veg Salad Romaine&Spnch1c port	1 CUP	45	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	48	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	48	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C.SCOOP	48	20	2	0.19	4.93	0.05
Fruit Salad w/ Kiwi	1/4 c	290	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
Weighted Daily Average			749	1370	34.01	105.89	22.50
% of Calories					18.2%	56.5%	27.0%
Nutrient Guideline			750-850	1420			

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Thu - 12/06/2018							
LINDHURST HIGH LUNCH	Total	866					
Sauce White Cheese Blend	3 oz Servings	160	130	560	8.0	3.0	10.0
SAUCE TOMATO (MEATLESS)	#12 scoop	160	54	152	1.98	9.23	1.12
Pasta Spiral Rotini WG CDE 20#	1/2 c	160	97	9	4.08	20.94	0.39
Chicken Fajita Meat	#8 scoop	160	122	607	18.02	2.0	4.01
Bread Breadstick ChzGarlic 1G	Breadstick	160	100	140	3.0	13.0	3.0
Veg Salad RomSpinCucTom1.5c	1.5 CUP	112	34	62	3.26	6.23	0.21
Veg Carrot Snack Pack 1/2c	ONE PACK	60	19	26	0.0	8.12	0.0
FRUIT APPLE CRISP	SERVINGS	150	159	20	1.76	32.54	2.89
Cheese Green Tamale Del Real	one	100	380	470	12.0	29.0	27.0
Beans Refried-Dehy 1/2c	1/2 cup	105	164	488	7.97	23.92	1.99
CHEESE, SHREDDED CHEDDER 1/2oz	0.5 OZ	100	25	124	3.45	0.27	0.99
Rice Brown ChilMixSpanCook1/2c	1/2 CUP	100	121	434	2.85	24.73	1.16
Veg Beans Refried-Dehy 1/2c	1/2 cup	100	164	488	7.97	23.92	1.99
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	458	908	26.36	46.06	18.79
Pizza Hawaiian WGBlend Int/H	6 cut Slice	6	428	743	24.0	47.77	15.55
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	120	444	825	22.49	46.13	19.66
Chicken Honey Sriracha Chunks	6 pieces	198	296	377	22.44	22.44	13.26
Veg Potato Seasoned Wedges	1/2 c	198	148	380	2.11	18.99	7.38
BREAD CHOCOLATE ELF GRAHAM	ONE	198	120	125	2.0	20.0	4.0
Sand Chick Spicy Patty 106/3oz	Sandwich	80	337	670	20.0	42.0	11.0
Corndog Turkey WG 72/4oz	CORNDOG	36	256	681	14.0	28.9	9.4
Taco Pocket 60/4.5oz Bell Tsty	one	30	260	390	17.0	31.0	8.0
Sand Deli Meat Variety	3-6 slices	70	93	419	11.96	1.01	4.68
Sand Cheese Variety	Slice	70	68	177	4.0	0.5	5.67
Sand Bread Variety High	1 each	70	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	24	421	1168	21.12	33.53	23.7
Salads, Spicy Chicken Patty RC	SERVING	12	310	709	22.1	20.35	16.6
Salads PBJ Uncrustable LHS	SERVING	6	864	817	28.44	101.01	43.39
Fruit Craisins Blueberry	1 EACH	48	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	300	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	700	63	9	0.0	15.29	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	30	100	177	4.22	12.95	3.23
Veg Juice V Blend Mango 4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	128	63	343	0.0	12.7	0.0

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Marysville JUSD

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	36	5	1	0.24	0.88	0.07
VEG JALAPENO PEPPERS, SLICED	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	32	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	24	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	0	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C.SCOOP	0	20	2	0.19	4.93	0.05
Fruit Salad w/ Kiwi	1/4 c	290	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
Weighted Daily Average			814	1533	37.16	112.43	25.10
% of Calories					18.3%	55.2%	27.7%
Nutrient Guideline			750-850	1420			

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Marysville JUSD

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 12/07/2018							
LINDHURST HIGH LUNCH	Total	846					
Chicken Brd WG 8 Pc Pilgrims	3 oz.	160	246	675	13.71	12.57	14.86
Veg Potato Seasoned Wedges	1/2 c	160	148	380	2.11	18.99	7.38
Bread Garlic Knot 2G	Garlic Knot	270	172	273	4.05	23.29	7.09
VEG CORN COB 96/1cob	COB	144	40	2	1.34	9.64	0.3
Cookie Snickerdoodle	#30 scoop	195	221	110	4.42	30.84	9.01
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Juice V Blend Mango 4.23oz	4.23 OZ.	88	55	30	0.0	14.0	0.0
Sand Chicken Slider Tyson/Shan	2 Sandwiches	80	468	753	28.54	54.82	16.31
VEG JALAPENO PEPPERS, SLICED	1 OZ	36	25	2514	0.0	0.0	0.0
VEG CELERY STICKS 1/2c	1/2 CUP	30	12	59	0.51	2.21	0.13
DRESSING RANCH, LOW FAT 1oz	1 OZ	30	59	190	0.69	2.01	6.23
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	120	444	825	22.49	46.13	19.66
Pizza Hawaiian WGBlend Int/H	6 cut Slice	6	428	743	24.0	47.77	15.55
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	458	908	26.36	46.06	18.79
Calzone Pepperoni & Cheese HS	CALZONE	30	471	887	24.34	46.9	21.44
Nachos Cheese ONLY 2M/MA	2 #12CH	50	262	1110	16.15	8.08	18.17
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	50	188	702	14.77	6.6	11.6
Veg Beans, Chili	1/2 Cup	75	57	140	3.17	10.97	0.46
Bread Tortilla Chips 2oz	2.0 oz	100	270	110	4.0	38.0	10.0
VEG SALSA, CANNED (USDA)1/2c	1/2 CUP	24	42	498	1.74	8.1	0.23
Sand Chick Spicy Patty 106/3oz	Sandwich	100	337	670	20.0	42.0	11.0
Taco Pocket 60/4.5oz Bell Tsty	one	30	260	390	17.0	31.0	8.0
Sand Beef Sliders DL/Shann	2 CT	48	358	884	20.15	37.35	14.12
Corndog Turkey WG 72/4oz	CORNDOG	36	256	681	14.0	28.9	9.4
Veg Potato Seasoned Wedges	1/2 c	80	148	380	2.11	18.99	7.38
Sand Deli Meat Variety	3-6 slices	70	93	419	11.96	1.01	4.68
Sand Cheese Variety	Slice	70	68	177	4.0	0.5	5.67
Sand Bread Variety High	1 each	70	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	24	421	1168	21.12	33.53	23.7
Salads PBJ Uncrustable LHS	SERVING	12	864	817	28.44	101.01	43.39
Salads, Spicy Chicken Patty RC	SERVING	6	310	709	22.1	20.35	16.6
Fruit Craisins Blueberry	1 EACH	30	110	0	0.0	28.0	0.0
BREAD CHOCOLATE ELF GRAHAM	ONE	20	120	125	2.0	20.0	4.0
VEG CELERY STICKS 1/2c	1/2 CUP	30	12	59	0.51	2.21	0.13
Sunbutter Tub #30scoop CDE	#30 scoop	30	225	135	7.87	7.87	19.12
Fruit Applesauce Cup Mango 4.5	4.5 oz	192	50	15	0.0	14.0	0.0
Fruit Traditional Fresh Combo	ONE	300	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	700	63	9	0.0	15.29	0.0
Fruit Pears Fresh	ONE	25	101	2	0.64	27.11	0.25

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Marysville JUSD

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	30	100	177	4.22	12.95	3.23
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	350	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	250	120	150	9.0	22.0	0.0
Milk Strawberry Non Fat	HALF PINT	300	120	135	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	0	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Cucumber Raw 1/4c	1/4 CUP	36	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 JALAPENO PEPPERS, SLICED	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	32	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	48	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	48	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C.SCOOP	48	20	2	0.19	4.93	0.05
Fruit Salad w/ Kiwi	1/4 c	290	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	1	19	2	0.29	4.72	0.09
Weighted Daily Average			874	1588	35.30	122.50	28.63
% of Calories					16.1%	56.0%	29.5%
Nutrient Guideline			750-850	1420			

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Marysville JUSD

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 12/10/2018							
LINDHURST HIGH LUNCH	Total	856					
Sand Chicken Slider Tyson/Shan	2 Sandwiches	160	468	753	28.54	54.82	16.31
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	160	21	739	0.52	4.78	0.1
SOUP BROCCOLI CHEESE	1 CUP	100	109	967	2.42	15.92	4.52
Veg Carrot Snack Pack 1/2c	ONE PACK	60	19	26	0.0	8.12	0.0
Sand Chicken BBQ Hambun	#10 scoop	100	315	535	21.4	44.18	6.5
Veg Onion Breaded WG (HS Only)	5pcs	100	200	231	3.01	28.07	8.02
Veg Coleslaw Salad	1/2 c	100	44	82	0.34	3.39	3.33
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	458	908	26.36	46.06	18.79
Pizza Hawaiian WGBlend Int/H	6 cut Slice	12	428	743	24.0	47.77	15.55
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	120	444	825	22.49	46.13	19.66
Calzone Pepperoni & Cheese HS	CALZONE	30	471	887	24.34	46.9	21.44
Nachos Cheese ONLY 2M/MA	2 #12CH	50	262	1110	16.15	8.08	18.17
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	50	188	702	14.77	6.6	11.6
Bread Tortilla Chips 2oz	2.0 oz	100	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	37	57	140	3.17	10.97	0.46
Salsa Nortena La Patrona#16scp	#16 scoop	32	22	611	0.0	4.36	0.0
Burrito Bean & Cheese LHS	ONE	0	395	1021	18.72	37.51	19.06
Corndog Turkey WG 72/4oz	CORNDOG	36	256	681	14.0	28.9	9.4
Veg Potato Seasoned Wedges	1/2 c	80	148	380	2.11	18.99	7.38
Sand Chick Spicy Patty 106/3oz	Sandwich	100	337	670	20.0	42.0	11.0
Sand Beef Sliders DL/Shann	2 Sandwiches	48	358	884	20.15	37.35	14.12
Sand Deli Meat Variety	3-6 slices	70	93	419	11.96	1.01	4.68
Sand Cheese Variety	Slice	70	68	177	4.0	0.5	5.67
Sand Bread Variety High	1 each	70	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	24	421	1168	21.12	33.53	23.7
Salads, Spicy Chicken Patty RC	SERVING	6	310	709	22.1	20.35	16.6
Salads PBJ Uncrustable LHS	SERVING	12	864	817	28.44	101.01	43.39
Fruit Traditional Fresh Combo	ONE	300	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	700	63	9	0.0	15.29	0.0
Fruit Mandarin Orange 2ea	TWO	25	74	2	1.0	18.78	0.4
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	32	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	0	63	343	0.0	12.7	0.0

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Marysville JUSD

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	16	5	1	0.24	0.88	0.07
VEG JALAPENO PEPPERS, SLICED	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	32	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	8	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	0	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C. SCOOP	0	20	2	0.19	4.93	0.05
Fruit Applesauce Canned 1/4c	1/4 C. SCOOP	0	28	1	0.11	7.44	0.03
Fruit Salad w/ Kiwi	1/4 c	290	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
Weighted Daily Average			745	1535	33.47	104.54	22.95
% of Calories					18.0%	56.2%	27.7%
Nutrient Guideline			750-850	1420			

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Marysville JUSD

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 12/11/2018							
LINDHURST HIGH LUNCH	Total	855					
Enchilada Pie	5 x 5 cut	160	231	584	15.42	14.7	12.58
Veg Beans Refried-Dehy 1/2c	1/2 cup	147	164	488	7.97	23.92	1.99
Veg Lettuce Shredded 1/2C	1/2 CUP	111	3	3	0.27	0.55	0.05
Veg onion, cilantro, lime	portion	100	15	3	0.39	4.7	0.1
Bread Tortilla Chips 1oz	1.0 oz	80	135	55	2.0	19.0	5.0
Rice Brown ChilMixSpanCook1/2c	1/2 CUP	150	121	434	2.85	24.73	1.16
VEG JALAPENO PEPPERS, SLICED	1 OZ	16	25	2514	0.0	0.0	0.0
Sand Chicken Spic Filet w/ Bun	Sandwich	100	400	590	27.0	46.0	13.0
Veg Potato Seasoned Wedges	1/2 c	100	148	380	2.11	18.99	7.38
Chicken Hot & Spicy Bonles Win	5 pieces	189	203	343	19.06	10.16	10.16
Veg Potato Seasoned Wedges	1/2 c	340	148	380	2.11	18.99	7.38
VEG CORN COB 96/1cob	COB	96	40	2	1.34	9.64	0.3
Bread Garlic Knot 2G	Garlic Knot	80	172	273	4.05	23.29	7.09
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	458	908	26.36	46.06	18.79
Pizza Hawaiian WGBlend Int/H	6 cut Slice	12	428	743	24.0	47.77	15.55
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	72	444	825	22.49	46.13	19.66
Chicken Tend Bowl w/Pot&Corn	Bowl	80	324	661	22.0	34.42	12.43
Taco Pocket 60/4.5oz Bell Tsty	one	30	260	390	17.0	31.0	8.0
Corndog Turkey WG 72/4oz	CORNDOG	36	256	681	14.0	28.9	9.4
Sand Deli Meat Variety	3-6 slices	80	93	419	11.96	1.01	4.68
Sand Cheese Variety	Slice	80	68	177	4.0	0.5	5.67
Sand Bread Variety High	1 each	80	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	80	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz	Sandwich	36	201	868	15.13	3.53	14.7
Salads, Spicy Chicken Patty RC	SERVING	12	310	709	22.1	20.35	16.6
Salads PBJ Twin Pack LHS	SERVING	12	864	917	30.44	100.01	42.39
Fruit Craisins Blueberry	1 EACH	48	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	300	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	700	63	9	0.0	15.29	0.0
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Fruit Pears Fresh	ONE	25	101	2	0.64	27.11	0.25
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	30	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	64	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0

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Marysville JUSD

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	36	5	1	0.24	0.88	0.07
VEG JALAPENO PEPPERS, SLICED	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	45	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	24	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	48	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C. SCOOP	48	20	2	0.19	4.93	0.05
Fruit Applesauce Canned 1/4c	1/4 C. SCOOP	85	28	1	0.11	7.44	0.03
Fruit Salad w/ Kiwi	1/4 c	290	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
Weighted Daily Average			761	1462	33.89	107.78	23.03
% of Calories					17.8%	56.6%	27.2%
Nutrient Guideline			750-850	1420			

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Marysville JUSD

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 12/12/2018							
LINDHURST HIGH LUNCH	Total	867					
Chicken General Tso's Lings	Servings	174	170	361	11.0	23.0	3.0
Egg Roll WG Pork 60/3ozSchwans	Egg Roll	252	180	370	9.0	20.01	7.0
Noodles Yakisoba WG	1/2 c	160	111	25	3.02	21.14	1.51
Rice Seasoned Cooked1/2c	1/2 CUP	100	114	376	2.65	23.61	1.17
VEG GARDEN BLEND 1/2c	1/2 CUP	250	33	27	1.33	6.67	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Pkt Soy Sauce	1 PKT	100	0	170	0.0	0.0	0.0
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	458	908	26.36	46.06	18.79
Pizza Hawaiian WGBlend Int/H	6 cut Slice	6	428	743	24.0	47.77	15.55
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	120	444	825	22.49	46.13	19.66
Nachos Cheese ONLY 2M/MA	2 #12CH	30	262	1110	16.15	8.08	18.17
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	50	188	702	14.77	6.6	11.6
Bread Tortilla Chips 2oz	2.0 oz	50	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	75	57	140	3.17	10.97	0.46
VEG SALSA, CANNED (USDA)1/2c	1/2 CUP	24	42	498	1.74	8.1	0.23
VEG JALAPENO PEPPERS, SLICED	1 OZ	0	25	2514	0.0	0.0	0.0
Burrito Chicken & RiceVerdeLHS	Burrito	30	512	1214	30.18	52.62	17.86
Sand Chick Spicy Patty 106/3oz	Sandwich	110	337	670	20.0	42.0	11.0
Sand Beef Sliders DL/Shann	2 Sandwiches	48	358	884	20.15	37.35	14.12
Corndog Turkey WG 72/4oz	CORNDOG	36	256	681	14.0	28.9	9.4
Veg Potato Seasoned Wedges	1/2 c	100	148	380	2.11	18.99	7.38
Taco Pocket 60/4.5oz Bell Tsty	one	30	260	390	17.0	31.0	8.0
Sand Deli Meat Variety	3-6 slices	70	93	419	11.96	1.01	4.68
Sand Cheese Variety	Slice	70	68	177	4.0	0.5	5.67
Sand Bread Variety High	1 each	70	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	24	421	1168	21.12	33.53	23.7
Salads, Spicy Chicken Patty RC	SERVING	12	310	709	22.1	20.35	16.6
Salads PBJ Uncrustable LHS	SERVING	6	864	817	28.44	101.01	43.39
Fruit Craisins Blueberry	1 EACH	48	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	300	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	500	63	9	0.0	15.29	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDr	1-1/8 CUP	30	100	177	4.22	12.95	3.23
Veg Juice V Blend Mango 4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	500	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	0	63	343	0.0	12.7	0.0

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Marysville JUSD

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	36	5	1	0.24	0.88	0.07
VEG JALAPENO PEPPERS, SLICED	1 OZ	8	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEARS	16	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	45	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	48	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	48	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C.SCOOP	48	20	2	0.19	4.93	0.05
Fruit Salad w/ Kiwi	1/4 c	290	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
Weighted Daily Average			699	1281	32.07	101.75	19.27
% of Calories					18.3%	58.2%	24.8%
Nutrient Guideline			750-850	1420			

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Marysville JUSD

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

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							
LINDHURST HIGH LUNCH	Total	876					
Chicken Parmeseanw/BreastFilet	1 serving	160	372	483	24.04	45.44	12.42
Veg Marinara Sauce 1/2c	1/2 CUP	160	73	671	1.81	9.98	3.63
Pasta Spiral Rotini WG CDE 20#	1/2 c	160	97	9	4.08	20.94	0.39
Chicken Fajita Meat	#8 scoop	160	122	607	18.02	2.0	4.01
Bread Breadstick ChzGarlic 1G	Breadstick	168	100	140	3.0	13.0	3.0
Veg Salad RomSpinCucTom1.5c	1.5 CUP	112	34	62	3.26	6.23	0.21
Veg Carrot Snack Pack 1/2c	ONE PACK	60	19	26	0.0	8.12	0.0
FRUIT PEACH CRISP	1/2 CUP	150	154	45	2.09	31.72	2.66
Sand Pig in a Blanket - 2G	Sandwich	100	310	540	14.0	30.0	15.0
Veg Potato Seasoned Wedges	1/2 c	100	148	380	2.11	18.99	7.38
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	458	908	26.36	46.06	18.79
Pizza Hawaiian WGBlend Int/H	6 cut Slice	6	428	743	24.0	47.77	15.55
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	120	444	825	22.49	46.13	19.66
Chicken Honey Sriracha Chunks	6 pieces	198	296	377	22.44	22.44	13.26
Veg Potato Seasoned Wedges	1/2 c	198	148	380	2.11	18.99	7.38
BREAD CHOCOLATE ELF GRAHAM	ONE	198	120	125	2.0	20.0	4.0
Sand Chick Spicy Patty 106/3oz	Sandwich	80	337	670	20.0	42.0	11.0
CornDog Turkey WG 72/4oz	CORNDOG	36	256	681	14.0	28.9	9.4
Taco Pocket 60/4.5oz Bell Tsty	one	30	260	390	17.0	31.0	8.0
Sand Deli Meat Variety	3-6 slices	80	93	419	11.96	1.01	4.68
Sand Cheese Variety	Slice	80	68	177	4.0	0.5	5.67
Sand Bread Variety High	1 each	80	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	80	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	24	421	1168	21.12	33.53	23.7
Salads, Spicy Chicken Patty RC	SERVING	12	310	709	22.1	20.35	16.6
Salads PBJ Uncrustable LHS	SERVING	6	864	817	28.44	101.01	43.39
Fruit Craisins Blueberry	1 EACH	48	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	300	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	700	63	9	0.0	15.29	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	30	100	177	4.22	12.95	3.23
Veg Juice V Blend Mango 4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	128	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	36	5	1	0.24	0.88	0.07
VEG JALAPENO PEPPERS, SLICED	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	32	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	24	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	0	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C.SCOOP	0	20	2	0.19	4.93	0.05
Fruit Salad w/ Kiwi	1/4 c	290	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09

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Marysville JUSD

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			810	1493	37.85 18.7%	113.25 55.9%	24.61 27.3%
Nutrient Guideline			750-850	1420			

Fri - 12/14/2018							
LINDHURST HIGH LUNCH	Total	846					
Sand Chicken Spicy Ciabatt	Sandwich	160	310	580	21.0	13.0	20.0
Veg Potato Seasoned Wedges	1/2 c	160	148	380	2.11	18.99	7.38
Cookie Chocolate Chip	#30 scoop	195	196	120	2.63	25.56	9.37
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Juice V Blend Mango 4.23oz	4.23 OZ.	88	55	30	0.0	14.0	0.0
Sand Hamburger HighOnly DonLee	Sandwich	80	371	686	26.23	42.13	12.07
VEG JALAPENO PEPPERS, SLICED	1 OZ	36	25	2514	0.0	0.0	0.0
VEG CELERY STICKS 1/2c	1/2 CUP	30	12	59	0.51	2.21	0.13
DRESSING RANCH, LOW FAT 1oz	1 OZ	30	59	190	0.69	2.01	6.23
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	120	444	825	22.49	46.13	19.66
Pizza Hawaiian WGBlend Int/H	6 cut Slice	6	428	743	24.0	47.77	15.55
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	458	908	26.36	46.06	18.79
Calzone Pepperoni & Cheese HS	CALZONE	30	471	887	24.34	46.9	21.44
Nachos Cheese ONLY 2M/MA	2 #12CH	50	262	1110	16.15	8.08	18.17
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	50	188	702	14.77	6.6	11.6
Veg Beans, Chili	1/2 Cup	75	57	140	3.17	10.97	0.46
Bread Tortilla Chips 2oz	2.0 oz	100	270	110	4.0	38.0	10.0
VEG SALSA, CANNED (USDA)1/2c	1/2 CUP	24	42	498	1.74	8.1	0.23
Sand Chick Spicy Patty 106/3oz	Sandwich	100	337	670	20.0	42.0	11.0
Taco Pocket 60/4.5oz Bell Tsty	one	30	260	390	17.0	31.0	8.0
Sand Beef Sliders DL/Shann	2 CT	48	358	884	20.15	37.35	14.12
Corndog Turkey WG 72/4oz	CORNDOG	36	256	681	14.0	28.9	9.4
Veg Potato Seasoned Wedges	1/2 c	80	148	380	2.11	18.99	7.38
Sand Deli Meat Variety	3-6 slices	70	93	419	11.96	1.01	4.68
Sand Cheese Variety	Slice	70	68	177	4.0	0.5	5.67
Sand Bread Variety High	1 each	70	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	24	421	1168	21.12	33.53	23.7
Salads PBJ Uncrustable LHS	SERVING	12	864	817	28.44	101.01	43.39
Salads, Spicy Chicken Patty RC	SERVING	6	310	709	22.1	20.35	16.6
Fruit Craisins Blueberry	1 EACH	30	110	0	0.0	28.0	0.0
BREAD CHOCOLATE ELF GRAHAM	ONE	20	120	125	2.0	20.0	4.0
VEG CELERY STICKS 1/2c	1/2 CUP	30	12	59	0.51	2.21	0.13
Sunbutter Tub #30scoop CDE	#30 scoop	30	225	135	7.87	7.87	19.12
Fruit Applesauce Cup Mango 4.5	4.5 oz	192	50	15	0.0	14.0	0.0
Fruit Traditional Fresh Combo	ONE	300	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	700	63	9	0.0	15.29	0.0
Fruit Pears Fresh	ONE	25	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0

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Marysville JUSD

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	30	100	177	4.22	12.95	3.23
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	350	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	250	120	150	9.0	22.0	0.0
Milk Strawberry Non Fat	HALF PINT	300	120	135	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	0	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Cucumber Raw 1/4c	1/4 CUP	36	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 JALAPENO PEPPERS, SLICED	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	32	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	48	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	48	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C.SCOOP	48	20	2	0.19	4.93	0.05
Fruit Salad w/ Kiwi	1/4 c	290	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	1	19	2	0.29	4.72	0.09
Weighted Daily Average			810	1479	34.53	111.10	26.97
% of Calories					17.1%	54.9%	30.0%
Nutrient Guideline			750-850	1420			

Weighted Average			779	1453	34.66	109.16	24.20
					17.8%	56.0%	27.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	779		750 - 850	100%				
Sodium (mg)	1453		1420				33	Correction Required - Sodium too High
Protein (g)	34.66	17.79%						
Carbohydrate (g)	109.16	56.03%						
Total Fat (g)	24.20	27.95%						

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.