

Marysville JUSD

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

After School Meal/Supper (K-8)

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							
After School Meal/Supper (K-	Total	2					
Yogurt Variety UpstateFarms8oz	8 oz	2	180	105	6.0	38.33	0.0
Bread Muffin Variety72/2ozOtis	Muffin	2	177	123	3.0	29.67	5.33
Fruit Banana Fresh	ONE	2	108	1	1.32	27.63	0.4
Veg Cucumber Raw 1/2c	1/2 CUP	2	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
Weighted Daily Average			599	386	20.30	116.39	7.11
% of Calories					13.6%	77.7%	10.7%
Nutrient Guideline			550-650	1230			

Tue - 12/04/2018							
After School Meal/Supper (K-	Total	2					
Sand TurkBreast Jen-OwChzonBun	1 Sandwich	1	303	711	23.82	31.5	10.29
Sand Turkey Combo Pack wChzBn	Sandwich	1	307	911	19.03	32.58	12.78
Fruit Applesauce Cup Straw 4.5	4.5 oz	2	50	15	0.0	14.0	0.0
Veg Broccoli Raw 1/2c	1/2 cup	2	9	0	0.57	1.71	0.09
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
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Mayonnaise	1 EACH	1	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	1	6	86	0.0	0.0	0.0
Weighted Daily Average			540	1109	31.55	68.11	17.01
% of Calories					23.4%	50.5%	28.4%
Nutrient Guideline			550-650	1230			

Wed - 12/05/2018							
After School Meal/Supper (K-	Total	2					
Lunch Kit Cheese Pizza WG	1 EACH	1	370	780	22.0	41.0	16.0
Lunch Kit Pepp/Cheese Pizza WG	1 EACH	1	370	910	23.0	42.0	15.0
Fruit Apple Slices IW 200/2oz	1 EACH	2	30	0	0.0	7.0	0.0
Veg Juice V Blend 4.23 OZ.	4.23 OZ.	2	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
Weighted Daily Average			580	1030	32.00	81.50	16.75
% of Calories					22.1%	56.2%	26.0%
Nutrient Guideline			550-650	1230			

Thu - 12/06/2018							
After School Meal/Supper (K-	Total	2					
Yogurt Variety UpstateFarms4oz	4 oz	2	90	52	3.0	19.0	0.0
Cheese String Mozz 168/1oz LOL	1 oz	2	60	210	8.0	1.0	2.5
Break Soft Bar Variety 1.3 oz	Bar	2	150	47	2.0	24.0	5.0
Fruit Mandarin Orange Jumbo1ea	one	2	82	2	1.11	20.87	0.44
Veg Carrot Snack Pack 1/2c	2.6oz pack	2	19	26	0.0	8.12	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

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	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			527	493	23.61 17.9%	91.99 69.9%	9.19 15.7%
Nutrient Guideline			550-650	1230			

Fri - 12/07/2018							
After School Meal/Supper (K-Break Cereal Assort 18/19 Sug6	Total Bowlpack	2					
Cheese Cheddar Stx 168/1oz LOL	1 oz	2	108	129	2.21	22.76	1.44
Sunflower Seeds	1 PACK	2	110	200	6.0	1.0	9.0
Fruit Winter Fresh Combo	ONE	2	170	88	5.0	6.5	14.75
Veg Juice V Blend 4.23 OZ.	4.23 OZ.	2	69	1	0.75	17.72	0.27
Milk 1% LF	HALF PINT	2	55	30	0.0	14.0	0.0
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
Weighted Daily Average % of Calories		1	120	150	9.0	22.0	0.0
Nutrient Guideline			636	603	23.46 14.7%	80.98 50.9%	26.72 37.8%
			550-650	1230			

Mon - 12/10/2018							
After School Meal/Supper (K-Lunch Kit Turkey & Cheese WG	Total 1 Each	2					
Fruit Grape Escape Pouch	PACK	2	361	993	16.05	40.12	16.05
VEG CELERY STICKS 1/2c	1/2 CUP	2	45	8	0.0	11.0	0.0
Milk 1% LF	HALF PINT	2	12	59	0.51	2.21	0.13
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
Weighted Daily Average % of Calories		1	120	150	9.0	22.0	0.0
Nutrient Guideline			543	1215	26.06 19.2%	72.33 53.3%	17.42 28.9%
			550-650	1230			

Tue - 12/11/2018							
After School Meal/Supper (K-PB&Grape Uncrustables	Total serving	2					
PB&Strawberry Uncrustables	serving	1	600	540	18.0	64.0	34.0
Fruit Applesauce Cup Mango 4.5	4.5 oz	1	600	540	18.0	64.0	34.0
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	2	50	15	0.0	14.0	0.0
Milk 1% LF	HALF PINT	1	124	329	4.04	28.65	1.54
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
Weighted Daily Average % of Calories		1	120	150	9.0	22.0	0.0
Nutrient Guideline			837	874	29.52 14.1%	111.32 53.2%	36.02 38.7%
			550-650	1230			

Wed - 12/12/2018							
After School Meal/Supper (K-Yogurt Variety UpstateFarms8oz	Total 8 oz	2					
Granola Oats&Honey1ozNatureVal	1 oz	2	180	105	6.0	38.33	0.0
Fruit Cranberries DriedCDE1/4c	#16 scoop	2	129	98	2.06	19.59	4.64
Veg Cucumber Raw 1/2c	1/2 CUP	2	91	2	0.0	24.65	0.0
Milk 1% LF	HALF PINT	2	10	2	0.48	1.76	0.13
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
Weighted Daily Average % of Calories		1	120	150	9.0	22.0	0.0
Nutrient Guideline			837	874	29.52 14.1%	111.32 53.2%	36.02 38.7%
			550-650	1230			

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			534	362	18.04	103.34	6.02
% of Calories					13.5%	77.4%	10.1%
Nutrient Guideline			550-650	1230			

Thu - 12/13/2018							
After School Meal/Supper (K-	Total	2					
Sand TurkeyBreast wChz onCiaba	1 Sandwich	2	303	681	21.82	30.52	11.79
Fruit Apple Slices IW 200/2oz	1 EACH	2	30	0	0.0	7.0	0.0
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	2	21	739	0.52	4.78	0.1
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
Pkt Mayonnaise	1 EACH	1	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	1	6	86	0.0	0.0	0.0
Weighted Daily Average			512	1649	31.84	61.80	16.18
% of Calories					24.9%	48.3%	28.5%
Nutrient Guideline			550-650	1230			

Fri - 12/14/2018							
After School Meal/Supper (K-	Total	2					
Break Cereal Assort 18/19 Sug6	Bowlpack	2	108	129	2.21	22.76	1.44
Cheese String Mozz 168/1oz LOL	1 oz	2	60	210	8.0	1.0	2.5
Sunflower Seeds	1 PACK	2	170	88	5.0	6.5	14.75
Fruit Winter Fresh Combo	ONE	2	69	1	0.75	17.72	0.27
Veg Juice V Blend 4.23 OZ.	4.23 OZ.	2	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
Weighted Daily Average			586	613	25.46	80.98	20.22
% of Calories					17.4%	55.2%	31.0%
Nutrient Guideline			550-650	1230			

Weighted Average			589	833	26.18	86.87	17.26
					17.8%	59.0%	26.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	589		550 - 650	100%				
Sodium (mg)	833		1230					
Protein (g)	26.18	17.77%						
Carbohydrate (g)	86.87	58.96%						
Total Fat (g)	17.26	26.36%						

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