

# Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

Foothill Lunch Single Entr K-6

Generated on: 4/26/2018 12:15:25 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 05/01/2018						
Foothill Lunch Single Entr K-	Total					
Macaroni & Cheese w/WhiteSauce	#8 scoop	281	1367	14.41	22.42	15.29
Chicken Tender WG 4/5# 107/3oz	3 pc Serv	179	419	11.96	11.96	8.97
Pkt Ketchup	1 PACKET	8	67	0.0	2.36	0.0
Veg Potato Spirals Seasoned	1/2 cup	100	151	1.0	17.08	3.01
Fruit Banana Fresh	ONE	108	1	1.32	27.63	0.4
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	11	29	1.36	1.65	0.04
Veg Carrot Mini Peeled 1/4c	1/4 CUP	14	24	0.33	3.37	0.08
Veg Broccoli Raw 1/4c	1/4 cup	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	5	1	0.24	0.88	0.07
Veg Tomato Sliced/Diced	1/4 CUP	8	2	0.41	1.81	0.09
Fruit Peaches, Cnd,LtSyrup1/4c	1/4 c	35	3	0.29	9.51	0.02
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	5	95	0.0	1.0	0.0
Weighted Daily Average		607	1442	26.54	84.14	19.65
% of Calories				17.5%	55.5%	29.1%
Nutrient Guideline		600-650	1230			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 05/02/2018						
Foothill Lunch Single Entr K-	Total					
Nachos Cheese ONLY 1M/MA	#12CH	131	555	8.08	4.04	9.09
Bread Tortilla Chips 1.5oz	1.5 OZ	203	83	3.0	28.5	7.5
Pkt Taco Sauce	1 PKT	5	96	0.0	1.01	0.0
Veg Beans Refried-Dehy 1/2c	1/2 cup	164	488	7.97	23.92	1.99
Fruit Applesauce Cup Mango 4.5	4.5 oz	50	15	0.0	14.0	0.0
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	2	1	0.14	0.27	0.03
Veg Carrot Mini Peeled 1/4c	1/4 CUP	14	24	0.33	3.37	0.08
Veg Broccoli Raw 1/4c	1/4 cup	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	5	1	0.24	0.88	0.07
Veg Tomato Sliced/Diced	1/4 CUP	8	2	0.41	1.81	0.09
Veg Jicama Sticks 1/4c	1/4 cup	17	2	0.37	4.02	0.0
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	5	95	0.0	1.0	0.0
Weighted Daily Average		439	581	15.34	65.38	11.26
% of Calories				14.0%	59.5%	23.1%
Nutrient Guideline		600-650	1230			

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May 1, 2018 thru May 31, 2018

Foothill Lunch Single Entr K-6

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Thu - 05/03/2018						
Foothill Lunch Single Entr K-	Total					
Chicken Brd WG 8 Pc Pilgrims	3 oz.	246	675	13.71	12.57	14.86
Bread Wheat Dinner Roll	ROLL	100	160	6.0	17.0	1.0
Veg Beans Green Seas. 1/2c	1/2 CUP	28	339	1.53	5.99	0.13
Fruit Apple Slices Bulk 1/2c	6 slices	69	51	0.0	14.17	0.0
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	11	29	1.36	1.65	0.04
Veg Carrot Mini Peeled 1/4c	1/4 CUP	14	24	0.33	3.37	0.08
Veg Broccoli Raw 1/4c	1/4 cup	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	5	1	0.24	0.88	0.07
Veg Tomato Wedges 1/4 Cup	1/4 CUP	8	2	0.41	1.81	0.09
Veg Jicama Sticks 1/4c	1/4 cup	17	2	0.37	4.02	0.0
Fruit Apricots Can Dice1/4 cup	1/4 CUP	39	3	0.33	10.32	0.03
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	5	95	0.0	1.0	0.0
Weighted Daily Average		377	724	19.59	54.95	8.09
% of Calories				20.8%	58.2%	19.3%
Nutrient Guideline		600-650	1230			

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Fri - 05/04/2018						
Foothill Lunch Single Entr K-	Total					
Pizza Pepp & Chz WGBlend Elem	8 cut Slice	455	845	23.93	44.62	20.67
Pizza Cheese WGBlendFlour Elem	8 cut slice	409	667	21.83	44.27	16.12
Pizza Pepp & Chz 16"Crust Elem	8 cut slice	427	868	23.63	30.53	23.69
Pizza Cheese 16" WG Crust Elem	8 cut slice	382	690	21.53	30.18	19.14
Veg Rom/Spin Salad w/ Ranch	1 Cup	40	138	3.23	4.3	1.72
Fruit Grapes Bunches 1/2c	1/2 CUP	58	2	0.55	14.85	0.3
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Milk Strawberry Non Fat	HALF PINT	120	135	9.0	22.0	0.0
Veg Carrot Mini Peeled 1/4c	1/4 CUP	14	24	0.33	3.37	0.08
Veg Broccoli Raw 1/4c	1/4 cup	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	5	1	0.24	0.88	0.07
Veg Tomato Wedges 1/4 Cup	1/4 CUP	8	2	0.41	1.81	0.09
Veg Jicama Sticks 1/4c	1/4 cup	17	2	0.37	4.02	0.0
Fruit Pears Can1/4c USDA	1/4c Scoop	33	2	0.1	8.52	0.02
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	5	95	0.0	1.0	0.0
Weighted Daily Average		607	967	31.48	75.92	21.24
% of Calories				20.7%	50.0%	31.5%
Nutrient Guideline		600-650	1230			

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Foothill Lunch Single Entr K-6

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
<b>Mon - 05/07/2018</b>						
Foothill Lunch Single Entr K-	Total					
Burrito Bean & Cheese Chipotle	Burrito	360	390	17.01	44.03	13.01
Pkt Taco Sauce	1 PKT	5	96	0.0	1.01	0.0
Veg Carrot Baby Peeled	Bulk 1/2c	29	49	0.65	6.74	0.17
Fruit Orange - 2 halves	1/2c	50	0	1.01	12.6	0.13
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Veg Salad Romaine & Spn	1/2c port	11	29	1.36	1.65	0.04
Veg Broccoli Raw	1/4 cup	5	0	0.29	0.86	0.04
Veg Cucumber Raw	1/4 CUP	5	1	0.24	0.88	0.07
Veg Tomato Wedges	1/4 Cup	8	2	0.41	1.81	0.09
Fruit Mixed Lt Syrup	1/4c	42	4	0.0	10.52	0.0
Pkt Ranch Dressing	12gm	35	108	0.11	1.7	2.21
Pkt Italian Dressing	12gm	5	95	0.0	1.0	0.0
Weighted Daily Average		334	363	15.91	51.95	7.65
% of Calories				19.0%	62.2%	20.6%
Nutrient Guideline		600-650	1230			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
<b>Tue - 05/08/2018</b>						
Foothill Lunch Single Entr K-	Total					
Sand Beef Rib Hoagie	3.25 oz. Sandwich	340	885	18.0	40.0	12.0
Veg Corn Can Yellow	CDE 1/2c	124	329	4.04	28.65	1.54
VEG CORN : FROZEN YELLOW	1/2c	101	13	3.78	23.94	1.26
Fruit Banana Fresh	ONE	108	1	1.32	27.63	0.4
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Veg Salad Romaine & Spn	1/2c port	11	29	1.36	1.65	0.04
Veg Carrot Mini Peeled	1/4 CUP	14	24	0.33	3.37	0.08
Veg Broccoli Raw	1/4 cup	5	0	0.29	0.86	0.04
Veg Cucumber Raw	1/4 CUP	5	1	0.24	0.88	0.07
Veg Tomato Wedges	1/4 Cup	8	2	0.41	1.81	0.09
Veg Jicama Sticks	1/4c	17	2	0.37	4.02	0.0
Fruit Peaches, Cnd, Lt Syrup	1/4c	35	3	0.29	9.51	0.02
Pkt Ranch Dressing	12gm	35	108	0.11	1.7	2.21
Pkt Italian Dressing	12gm	5	95	0.0	1.0	0.0
Weighted Daily Average		436	636	19.40	80.88	7.02
% of Calories				17.8%	74.3%	14.5%
Nutrient Guideline		600-650	1230			

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May 1, 2018 thru May 31, 2018

Foothill Lunch Single Entr K-6

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 05/09/2018						
Foothill Lunch Single Entr K-	Total					
Sand Hamburger Mesquite DonLee	Sandwich	271	450	19.6	32.1	8.3
Sand Cheeseburger Mesq DL	Sandwich	321	675	22.1	32.6	12.8
Pkt Ketchup	1 PACKET	8	67	0.0	2.36	0.0
Pkt Mustard	1 PACKET	6	86	0.0	0.0	0.0
Veg Beans Baked 1/2c	1/2 CUP	137	386	7.43	25.77	0.95
Fruit Mixed Fruit Cup Wawona	1 Each	61	15	0.0	17.24	0.0
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	2	1	0.14	0.27	0.03
Veg Carrot Mini Peeled 1/4c	1/4 CUP	14	24	0.33	3.37	0.08
Veg Broccoli Raw 1/4c	1/4 cup	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	5	1	0.24	0.88	0.07
Veg Tomato Sliced/Diced	1/4 CUP	8	2	0.41	1.81	0.09
Veg Jicama Sticks 1/4c	1/4 cup	17	2	0.37	4.02	0.0
Veg Pickle Dill Chips 5gal	2 SLICES	4	261	0.0	1.07	0.0
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	5	95	0.0	1.0	0.0
Weighted Daily Average		1148	2484	70.01	163.04	27.07
% of Calories				24.4%	56.8%	21.2%
Nutrient Guideline		600-650	1230			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 05/10/2018						
Foothill Lunch Single Entr K-	Total					
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
Pkt Ketchup	1 PACKET	8	67	0.0	2.36	0.0
Fruit Pineapple Tidbits 1/2c	1/2 cup	59	8	0.84	14.31	0.0
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	11	29	1.36	1.65	0.04
Veg Carrot Mini Peeled 1/4c	1/4 CUP	14	24	0.33	3.37	0.08
Veg Broccoli Raw 1/4c	1/4 cup	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	5	1	0.24	0.88	0.07
Veg Tomato Wedges 1/4 Cup	1/4 CUP	8	2	0.41	1.81	0.09
Veg Jicama Sticks 1/4c	1/4 cup	17	2	0.37	4.02	0.0
Fruit Apricots Can Dice1/4 cup	1/4 CUP	39	3	0.33	10.32	0.03
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	5	95	0.0	1.0	0.0
Weighted Daily Average		859	1711	39.38	128.16	21.85
% of Calories				18.3%	59.7%	22.9%
Nutrient Guideline		600-650	1230			

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May 1, 2018 thru May 31, 2018

Foothill Lunch Single Entr K-6

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 05/11/2018						
Foothill Lunch Single Entr K-	Total					
Pizza Pepp & Chz WGBlend Elem	8 cut Slice	455	845	23.93	44.62	20.67
Pizza Cheese WGBlendFlour Elem	8 cut slice	409	667	21.83	44.27	16.12
Pizza Hawaiian WG Blend Elem	8 cut Slice	441	775	25.23	46.02	17.15
Pizza Pepp & Chz 16" Crust Elem	8 cut slice	427	868	23.63	30.53	23.69
Pizza Cheese 16" WG Crust Elem	8 cut slice	382	690	21.53	30.18	19.14
Pizza Hawaiian 16" Crust Elem	8 cut slice	414	798	24.92	31.94	20.17
Veg Fresh Market Salad	1 Cup	42	150	1.63	9.48	0.11
Fruit Grapes Bunches 1/2c	1/2 CUP	58	2	0.55	14.85	0.3
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Milk Strawberry Non Fat	HALF PINT	120	135	9.0	22.0	0.0
Veg Carrot Mini Peeled 1/4c	1/4 CUP	14	24	0.33	3.37	0.08
Veg Broccoli Raw 1/4c	1/4 cup	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	5	1	0.24	0.88	0.07
Veg Tomato Wedges 1/4 Cup	1/4 CUP	8	2	0.41	1.81	0.09
Veg Jicama Sticks 1/4c	1/4 cup	17	2	0.37	4.02	0.0
Fruit Pears Can1/4c USDA	1/4c Scoop	33	2	0.1	8.52	0.02
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	5	95	0.0	1.0	0.0
Weighted Daily Average		3119	5474	173.07	334.04	122.38
% of Calories				22.2%	42.8%	35.3%
Nutrient Guideline		600-650	1230			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 05/14/2018						
Foothill Lunch Single Entr K-	Total					
Sand Grilled Cheese	ONE	392	1226	18.0	32.0	23.56
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	124	329	4.04	28.65	1.54
VEG CORN : FROZEN YELLOW 1/2c	1/2 CUP	101	13	3.78	23.94	1.26
Fruit Orange - 2 halves 1/2c	1/2 c	50	0	1.01	12.6	0.13
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	11	29	1.36	1.65	0.04
Veg Carrot Mini Peeled 1/4c	1/4 CUP	14	24	0.33	3.37	0.08
Veg Broccoli Raw 1/4c	1/4 cup	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	5	1	0.24	0.88	0.07
Veg Tomato Wedges 1/4 Cup	1/4 CUP	8	2	0.41	1.81	0.09
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	5	95	0.0	1.0	0.0
Weighted Daily Average		1000	2138	48.55	146.45	31.53
% of Calories				19.4%	58.6%	28.4%
Nutrient Guideline		600-650	1230			

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Tue - 05/15/2018						
Foothill Lunch Single Entr K-	Total					
Break Sausage Link -2 pc	Two Links	120	160	12.0	0.0	8.0
Break Dutch Waffle	Tray	293	342	3.9	41.96	12.69
Pkt Syrup, Pancake 1oz	1 Pkt	80	0	0.0	21.0	0.0
Veg Potato Rounds - Simplot	1/2 cup	143	214	2.38	16.67	8.33
Pkt Ketchup	1 PACKET	8	67	0.0	2.36	0.0
Fruit Banana Fresh	ONE	108	1	1.32	27.63	0.4
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	2	1	0.14	0.27	0.03
Veg Carrot Mini Peeled 1/4c	1/4 CUP	14	24	0.33	3.37	0.08
Veg Broccoli Raw 1/4c	1/4 cup	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	5	1	0.24	0.88	0.07
Veg Tomato Wedges 1/4 Cup	1/4 CUP	8	2	0.41	1.81	0.09
Veg Jicama Sticks 1/4c	1/4 cup	17	2	0.37	4.02	0.0
Fruit Peaches, Cnd,LtSyrup1/4c	1/4 c	35	3	0.29	9.51	0.02
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	5	95	0.0	1.0	0.0
Weighted Daily Average		1127	1331	40.77	171.03	34.46
% of Calories				14.5%	60.7%	27.5%
Nutrient Guideline		600-650	1230			

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Wed - 05/16/2018						
Foothill Lunch Single Entr K-	Total					
Chicken Nugget 106/3oz (5 pc)	Serving	180	420	12.0	12.0	9.0
Chicken Nugget SpicyWG 106/3oz	Serving	177	470	13.0	11.0	9.0
Pkt Ketchup	1 PACKET	8	67	0.0	2.36	0.0
Pkt Mustard	1 PACKET	6	86	0.0	0.0	0.0
Bread Breadstick Garlic 1G	Breadstick	100	150	3.0	15.0	3.5
Veg Carrot & Raisin/Pin Salad	1/2 Cup	69	103	0.59	10.02	3.27
Veg Beans Baked 1/2c	1/2 CUP	137	386	7.43	25.77	0.95
Fruit Strawberry Fruit Pop	Serving	81	2	0.5	20.91	0.0
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	11	29	1.36	1.65	0.04
Veg Carrot Mini Peeled 1/4c	1/4 CUP	14	24	0.33	3.37	0.08
Veg Broccoli Raw 1/4c	1/4 cup	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	5	1	0.24	0.88	0.07
Veg Tomato Wedges 1/4 Cup	1/4 CUP	8	2	0.41	1.81	0.09
Veg Jicama Sticks 1/4c	1/4 cup	17	2	0.37	4.02	0.0
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	5	95	0.0	1.0	0.0
Weighted Daily Average		1107	2256	58.61	150.34	30.76
% of Calories				21.2%	54.3%	25.0%
Nutrient Guideline		600-650	1230			

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# Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Foothill Lunch Single Entr K-6

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Thu - 05/17/2018						
Foothill Lunch Single Entr K-	Total					
Chicken Cherry Blossm 176/3.9oz	3.9oz.	200	350	13.0	27.0	4.0
Bread Noodles Yakisoba WG	1/2 c	111	25	3.02	21.14	1.51
Veg Broccoli Florets Seas 1/2c	1/2 cup	58	26	1.6	4.8	3.8
Fruit Apple Slices Bulk 1/2c	6 slices	69	51	0.0	14.17	0.0
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	11	29	1.36	1.65	0.04
Veg Carrot Mini Peeled 1/4c	1/4 CUP	14	24	0.33	3.37	0.08
Veg Broccoli Raw 1/4c	1/4 cup	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	5	1	0.24	0.88	0.07
Veg Tomato Wedges 1/4 Cup	1/4 CUP	8	2	0.41	1.81	0.09
Veg Jicama Sticks 1/4c	1/4 cup	17	2	0.37	4.02	0.0
Fruit Apricots Can Dice1/4 cup	1/4 CUP	39	3	0.33	10.32	0.03
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	5	95	0.0	1.0	0.0
Weighted Daily Average		826	1026	40.05	130.72	14.39
% of Calories				19.4%	63.3%	15.7%
Nutrient Guideline		600-650	1230			

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Fri - 05/18/2018						
Foothill Lunch Single Entr K-	Total					
Pizza Pepp & Chz WGBlend Elem	8 cut Slice	455	845	23.93	44.62	20.67
Pizza Cheese WGBlendFlour Elem	8 cut slice	409	667	21.83	44.27	16.12
Pizza Pepp & Chz 16"Crust Elem	8 cut slice	427	868	23.63	30.53	23.69
Pizza Cheese 16" WG Crust Elem	8 cut slice	382	690	21.53	30.18	19.14
Veg Rom/Spin Salad w/ Ranch	1 Cup	40	138	3.23	4.3	1.72
Fruit Grapes Bunches 1/2c	1/2 CUP	58	2	0.55	14.85	0.3
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Milk Strawberry Non Fat	HALF PINT	120	135	9.0	22.0	0.0
Veg Carrot Mini Peeled 1/4c	1/4 CUP	14	24	0.33	3.37	0.08
Veg Broccoli Raw 1/4c	1/4 cup	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	5	1	0.24	0.88	0.07
Veg Tomato Wedges 1/4 Cup	1/4 CUP	8	2	0.41	1.81	0.09
Veg Jicama Sticks 1/4c	1/4 cup	17	2	0.37	4.02	0.0
Fruit Pears Can1/4c USDA	1/4c Scoop	33	2	0.1	8.52	0.02
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	5	95	0.0	1.0	0.0
Weighted Daily Average		2262	3889	124.52	250.90	86.67
% of Calories				22.0%	44.4%	34.5%
Nutrient Guideline		600-650	1230			

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# Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

Foothill Lunch Single Entr K-6

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
<b>Mon - 05/21/2018</b>						
Foothill Lunch Single Entr K-	Total					
Cheese Stuffed Breadsticks	2 pc	300	480	20.0	30.0	11.0
Veg Marinara Sauce 1/2c	1/2 CUP	73	671	1.81	9.98	3.63
Fruit Orange - 2 halves 1/2c	1/2 c	50	0	1.01	12.6	0.13
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	11	29	1.36	1.65	0.04
Veg Carrot Mini Peeled 1/4c	1/4 CUP	14	24	0.33	3.37	0.08
Veg Broccoli Raw 1/4c	1/4 cup	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	5	1	0.24	0.88	0.07
Veg Tomato Wedges 1/4 Cup	1/4 CUP	8	2	0.41	1.81	0.09
Fruit Mixed Lt Syrup 1/4c	1/4 c	42	4	0.0	10.52	0.0
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	5	95	0.0	1.0	0.0
Weighted Daily Average		798	1725	44.55	112.36	19.80
% of Calories				22.3%	56.4%	22.3%
Nutrient Guideline		600-650	1230			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
<b>Tue - 05/22/2018</b>						
Foothill Lunch Single Entr K-	Total					
Sand Meatball w/ French Bread	4 Meatballs	321	630	19.33	33.12	12.88
Veg Potato Spirals Seasoned	1/2 cup	100	151	1.0	17.08	3.01
Pkt Ketchup	1 PACKET	8	67	0.0	2.36	0.0
Fruit Banana Fresh	ONE	108	1	1.32	27.63	0.4
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	11	29	1.36	1.65	0.04
Veg Carrot Mini Peeled 1/4c	1/4 CUP	14	24	0.33	3.37	0.08
Veg Broccoli Raw 1/4c	1/4 cup	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	5	1	0.24	0.88	0.07
Veg Tomato Sliced/Diced	1/4 CUP	8	2	0.41	1.81	0.09
Fruit Peaches, Cnd,LtSyrup1/4c	1/4 c	35	3	0.29	9.51	0.02
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	5	95	0.0	1.0	0.0
Weighted Daily Average		515	684	22.14	82.12	12.53
% of Calories				17.2%	63.7%	21.9%
Nutrient Guideline		600-650	1230			

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Base Menu Spreadsheet

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Foothill Lunch Single Entr K-6

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
<b>Wed - 05/23/2018</b>						
Foothill Lunch Single Entr K-	Total					
Nachos Cheese ONLY 1M/MA	#12CH	131	555	8.08	4.04	9.09
Bread Tortilla Chips 1.5oz	1.5 OZ	203	83	3.0	28.5	7.5
Pkt Taco Sauce	1 PKT	5	96	0.0	1.01	0.0
Veg Beans Refried-Dehy 1/2c	1/2 cup	164	488	7.97	23.92	1.99
Fruit Applesauce Cup Mango 4.5	4.5 oz	50	15	0.0	14.0	0.0
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	2	1	0.14	0.27	0.03
Veg Carrot Mini Peeled 1/4c	1/4 CUP	14	24	0.33	3.37	0.08
Veg Broccoli Raw 1/4c	1/4 cup	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	5	1	0.24	0.88	0.07
Veg Tomato Sliced/Diced	1/4 CUP	8	2	0.41	1.81	0.09
Veg Jicama Sticks 1/4c	1/4 cup	17	2	0.37	4.02	0.0
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	5	95	0.0	1.0	0.0
Weighted Daily Average		439	581	15.34	65.38	11.26
% of Calories				14.0%	59.5%	23.1%
Nutrient Guideline		600-650	1230			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
<b>Thu - 05/24/2018</b>						
Foothill Lunch Single Entr K-	Total					
LASAGNA, BEEF Elem/Int	1 Piece	382	827	23.54	44.5	11.78
Bread Wheat Dinner Roll	ROLL	100	160	6.0	17.0	1.0
Veg Beans Green Seas. 1/2c	1/2 CUP	28	339	1.53	5.99	0.13
Fruit Apple Slices Bulk 1/2c	6 slices	69	51	0.0	14.17	0.0
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	11	29	1.36	1.65	0.04
Veg Carrot Mini Peeled 1/4c	1/4 CUP	14	24	0.33	3.37	0.08
Veg Broccoli Raw 1/4c	1/4 cup	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	5	1	0.24	0.88	0.07
Veg Tomato Wedges 1/4 Cup	1/4 CUP	8	2	0.41	1.81	0.09
Veg Jicama Sticks 1/4c	1/4 cup	17	2	0.37	4.02	0.0
Fruit Apricots Can Dice1/4 cup	1/4 CUP	39	3	0.33	10.32	0.03
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	5	95	0.0	1.0	0.0
Weighted Daily Average		434	787	23.68	68.25	6.81
% of Calories				21.8%	62.9%	14.1%
Nutrient Guideline		600-650	1230			

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# Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

Foothill Lunch Single Entr K-6

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 05/25/2018						
Foothill Lunch Single Entr K-	Total					
Pizza Pepp & Chz WGBlend Elem	8 cut Slice	455	845	23.93	44.62	20.67
Pizza Cheese WGBlendFlour Elem	8 cut slice	409	667	21.83	44.27	16.12
Pizza Pepp & Chz 16"Crust Elem	8 cut slice	427	868	23.63	30.53	23.69
Pizza Cheese 16" WG Crust Elem	8 cut slice	382	690	21.53	30.18	19.14
Veg Rom/Spin Salad w/ Ranch	1 Cup	40	138	3.23	4.3	1.72
Fruit Grapes Bunches 1/2c	1/2 CUP	58	2	0.55	14.85	0.3
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Milk Strawberry Non Fat	HALF PINT	120	135	9.0	22.0	0.0
Veg Carrot Mini Peeled 1/4c	1/4 CUP	14	24	0.33	3.37	0.08
Veg Broccoli Raw 1/4c	1/4 cup	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	5	1	0.24	0.88	0.07
Veg Tomato Wedges 1/4 Cup	1/4 CUP	8	2	0.41	1.81	0.09
Veg Jicama Sticks 1/4c	1/4 cup	17	2	0.37	4.02	0.0
Fruit Pears Can1/4c USDA	1/4c Scoop	33	2	0.1	8.52	0.02
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	5	95	0.0	1.0	0.0
Weighted Daily Average		607	967	31.48	75.92	21.24
% of Calories				20.7%	50.0%	31.5%
Nutrient Guideline		600-650	1230			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 05/29/2018						
Foothill Lunch Single Entr K-	Total					
Chicken Tangerine AF 176/3.9oz	3.9oz.	189	379	13.95	24.9	3.98
Rice Brown 1/2c Cook	1/2 CUP	29	3	0.67	5.97	0.24
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	124	329	4.04	28.65	1.54
VEG CORN : FROZEN YELLOW 1/2c	1/2 CUP	101	13	3.78	23.94	1.26
Fruit Banana Fresh	ONE	108	1	1.32	27.63	0.4
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	11	29	1.36	1.65	0.04
Veg Carrot Mini Peeled 1/4c	1/4 CUP	14	24	0.33	3.37	0.08
Veg Broccoli Raw 1/4c	1/4 cup	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	5	1	0.24	0.88	0.07
Veg Tomato Wedges 1/4 Cup	1/4 CUP	8	2	0.41	1.81	0.09
Veg Jicama Sticks 1/4c	1/4 cup	17	2	0.37	4.02	0.0
Fruit Peaches, Cnd,LtSyrup1/4c	1/4 c	35	3	0.29	9.51	0.02
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	5	95	0.0	1.0	0.0
Weighted Daily Average		385	426	17.99	77.08	3.78
% of Calories				18.7%	80.1%	8.8%
Nutrient Guideline		600-650	1230			

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# Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

Foothill Lunch Single Entr K-6

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 05/30/2018						
Foothill Lunch Single Entr K-Sand Chick Patty RichCh WG	Total Sandwich	339	619	18.96	42.96	10.97
Pkt Ketchup	1 PACKET	8	67	0.0	2.36	0.0
Pkt Mustard	1 PACKET	6	86	0.0	0.0	0.0
Veg Beans Baked 1/2c	1/2 CUP	137	386	7.43	25.77	0.95
Fruit Mixed Fruit Cup Wawona	1 Each	61	15	0.0	17.24	0.0
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	2	1	0.14	0.27	0.03
Veg Carrot Mini Peeled 1/4c	1/4 CUP	14	24	0.33	3.37	0.08
Veg Broccoli Raw 1/4c	1/4 cup	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	5	1	0.24	0.88	0.07
Veg Tomato Sliced/Diced	1/4 CUP	8	2	0.41	1.81	0.09
Veg Jicama Sticks 1/4c	1/4 cup	17	2	0.37	4.02	0.0
Veg Pickle Dill Chips 5gal	2 SLICES	4	261	0.0	1.07	0.0
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	5	95	0.0	1.0	0.0
Weighted Daily Average		896	1978	47.27	141.31	16.94
% of Calories				21.1%	63.1%	17.0%
Nutrient Guideline		600-650	1230			

Thu - 05/31/2018						
Foothill Lunch Single Entr K-Sand Chicken BBQ Panini	Total #10 scoop	319	513	23.47	40.53	7.69
Veg Potato Seasoned Wedges	1/2 c	148	380	2.11	18.99	7.38
Pkt Ketchup	1 PACKET	8	67	0.0	2.36	0.0
Veg Coleslaw Salad	1/2 c	44	82	0.34	3.39	3.33
Fruit Pineapple Tidbits 1/2c	1/2 cup	59	8	0.84	14.31	0.0
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	11	29	1.36	1.65	0.04
Veg Carrot Mini Peeled 1/4c	1/4 CUP	14	24	0.33	3.37	0.08
Veg Broccoli Raw 1/4c	1/4 cup	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	5	1	0.24	0.88	0.07
Veg Tomato Wedges 1/4 Cup	1/4 CUP	8	2	0.41	1.81	0.09
Veg Jicama Sticks 1/4c	1/4 cup	17	2	0.37	4.02	0.0
Fruit Apricots Can Dice1/4 cup	1/4 CUP	39	3	0.33	10.32	0.03
Pkt Ranch Dressing 12gm	PACKETS	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	5	95	0.0	1.0	0.0
Weighted Daily Average		967	1625	49.19	143.19	23.47
% of Calories				20.4%	59.3%	21.9%
Nutrient Guideline		600-650	1230			

Weighted Average		877	1536	44.31	120.62	25.45
				20.2%	55.0%	26.1%

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Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

Foothill Lunch Single Entr K-6

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Cals (kcal) % of Target	Sodm (mg) Miss Data	Protn (g) Shortfall	Carb (g) Overage	T-Fat (g) Error Messages (if any)
Calories	877		600 - 650	135%			227	Correction Required - Calories too High Correction Required - Sodium too High
Sodium (mg)	1536		1230				306	
Protein (g)	44.31	20.21%						
Carbohydrate (g)	120.62	55.02%						
Total Fat (g)	25.45	26.12%						

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