

# Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

May 1, 2018 thru May 31, 2018

LINDHURST HIGH LUNCH

Generated on: 4/27/2018 11:46:39 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 05/01/2018						
LINDHURST HIGH LUNCH						
	Total					
Beef Taco Meat RF JTM 3.17oz	3.17 oz	111	293	13.04	5.01	5.01
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 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
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 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
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 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
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

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

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Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

LINDHURST HIGH LUNCH

Generated on: 4/27/2018 11:46:39 AM

	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		765	1398	33.85	109.49	22.42
% of Calories				17.7%	57.3%	26.4%
Nutrient Guideline		750-850	1420			

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## Base Menu Spreadsheet

### Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

LINDHURST HIGH LUNCH

Generated on: 4/27/2018 11:46:39 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 05/02/2018						
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
Bread Noodles Yakisoba WG	1/2 c	111	25	3.02	21.14	1.51
Rice Seasoned Cooked1/2c	1/2 CUP	114	376	2.65	23.61	1.17
Veg Broccoli Florets Seas 1/2c	1/2 cup	58	26	1.6	4.8	3.8
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 Bean & Cheese LHS	ONE	395	1021	18.72	37.51	19.06
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 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

\*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)
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
Weighted Daily Average		770	1418	35.47	110.67	22.35
% of Calories				18.4%	57.5%	26.1%
Nutrient Guideline		750-850	1420			

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May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 05/03/2018						
LINDHURST HIGH LUNCH	Total					
SAUCE QUESO BLANCO	2 OZ. EACH	118	551	7.0	2.0	9.0
SAUCE TOMATO (MEATLESS)	#12 scoop	54	152	1.98	9.23	1.12
Pasta Spiral Rotini WG CDE 20#	1/2 c	97	9	4.08	20.94	0.39
Chicken Fajita Meat	3.4 oz	122	607	18.02	2.0	4.01
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
JELLO	1/2 CUP	3	2	0.05	0.61	0.0
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
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 Popcrn 107/3.oz (10pc)	10pcs	180	420	12.0	12.0	9.0
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 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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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average		695	1411	31.67	97.21	21.02
% of Calories				18.2%	55.9%	27.2%
Nutrient Guideline		750-850	1420			

Fri - 05/04/2018						
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
Veg Onion Breaded WG (HS Only)	5pcs	200	231	3.01	28.07	8.02
Cookie Oatmeal	1 Each	200	168	3.66	27.95	8.41
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 RomSpinCucTomGarb Drs	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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# Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

Page 7

May 1, 2018 thru May 31, 2018

LINDHURST HIGH LUNCH

Generated on: 4/27/2018 11:46:39 AM

	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		736	1393	30.26	104.24	23.53
% of Calories				16.4%	56.7%	28.8%
Nutrient Guideline		750-850	1420			

\*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

Page 8

May 1, 2018 thru May 31, 2018

LINDHURST HIGH LUNCH

Generated on: 4/27/2018 11:46:39 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 05/07/2018						
LINDHURST HIGH LUNCH	Total					
Sand Chicken Spic Filet w/ Bun	Sandwich	400	590	27.0	46.0	13.0
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	21	739	0.52	4.78	0.1
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
Sand Grilled Cheese	ONE	392	1226	18.0	32.0	23.56
POTATO SALAD	2/3 CUP	102	309	1.45	17.89	2.9
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
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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# Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

LINDHURST HIGH LUNCH

Generated on: 4/27/2018 11:46:39 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (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 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		735	1486	33.31	102.11	23.32
% of Calories				18.1%	55.5%	28.5%
Nutrient Guideline		750-850	1420			

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# Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

LINDHURST HIGH LUNCH

Generated on: 4/27/2018 11:46:39 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 05/08/2018						
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 Tostada Bowl Large WG	Bowl	206	0	2.42	27.87	14.54
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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May 1, 2018 thru May 31, 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		764	1446	32.17	109.78	23.68
% of Calories				16.8%	57.5%	27.9%
Nutrient Guideline		750-850	1420			

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# Marysville JUSD

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 05/09/2018						
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 Broccoli Florets Seas 1/2c	1/2 cup	58	26	1.6	4.8	3.8
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 Bean & Cheese LHS	ONE	395	1021	18.72	37.51	19.06
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 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

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories		770	1418	35.47 18.4%	110.64 57.5%	22.35 26.1%
Nutrient Guideline		750-850	1420			

Thu - 05/10/2018						
LINDHURST HIGH LUNCH	Total					
Macaroni & Cheese w/Shred	3 oz.	93	202	4.32	9.9	3.95
Bread Breadstick ChzGarlic 1G	Breadstick	100	140	3.0	15.0	3.0
Beef Taco Meat RF JTM 3.17oz	3.17 oz	111	293	13.04	5.01	5.01
Chicken Fajita Meat	3.4 oz	122	607	18.02	2.0	4.01
Veg onion, cilantro, lime	portion	15	3	0.39	4.7	0.1
VEG JALAPENO PEPPERS, SLICED	1 OZ	25	2514	0.0	0.0	0.0
Sand Chix Spicy Filet Cia RC	Sandwich	300	540	25.0	17.0	15.8
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
Cookie Snickerdoodle	#30 scoop	221	110	4.42	30.84	9.01
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
Veg Juice V Blend 4.23 OZ.	4.23 OZ.	55	30	0.0	14.0	0.0
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
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
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
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, 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
BREAD CHOCOLATE ELF GRAHAM	ONE	120	125	2.0	20.0	4.0

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# Marysville JUSD

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
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
Fruit Juice Crystal Var. 4oz	4 OZ CUP	60	6	0.0	11.5	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	1536	36.60	113.18	26.44
% of Calories				17.6%	54.6%	28.7%
Nutrient Guideline		750-850	1420			

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# Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

LINDHURST HIGH LUNCH

Generated on: 4/27/2018 11:46:39 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 05/11/2018						
LINDHURST HIGH LUNCH	Total					
Beef Sliced Season 190/2.53 oz	1/2 c	152	290	22.04	3.65	4.5
Sand Bread Variety High	1 each	159	237	5.83	29.93	2.52
SAUCE QUESO BLANCO	2 OZ. EACH	118	551	7.0	2.0	9.0
VEG BLEND FAJITA 1/2c	1/2 CUP	27	7	0.0	6.67	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
Quesadilla ChzBlen8" TortillaLT	quesadilla	294	599	19.17	18.9	15.92
Bread Tortilla Chips 1oz	1.0 oz	135	55	2.0	19.0	5.0
Veg Beans Black Seasoned	1/2 c	134	195	8.09	24.88	0.31
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
VEG JALAPENO PEPPERS, SLICED	1 OZ	25	2514	0.0	0.0	0.0
Sour Cream, Light Crystal	1 Tablespoons	28	12	0.47	0.95	2.83
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

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# Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

LINDHURST HIGH LUNCH

Generated on: 4/27/2018 11:46:40 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
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 % of Calories		751	1503	34.86 18.6%	102.50 54.6%	23.66 28.3%
Nutrient Guideline		750-850	1420			

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# Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

LINDHURST HIGH LUNCH

Generated on: 4/27/2018 11:46:40 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 05/14/2018						
LINDHURST HIGH LUNCH	Total					
Sand Chicken BBQ Panini	#10 scoop	319	513	23.47	40.53	7.69
Chicken Brd WG 8 Pc Pilgrims	3 oz.	246	675	13.71	12.57	14.86
Bread Garlic Knot 2G	Garlic Knot	172	273	4.05	23.29	7.09
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
Veg Broccoli Salad	1/2 cup	80	138	1.66	7.08	5.23
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
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#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
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
Pkt Ketchup	1 PACKET	8	67	0.0	2.36	0.0

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# Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

LINDHURST HIGH LUNCH

Generated on: 4/27/2018 11:46:40 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (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 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		722	1330	32.67	99.38	23.04
% of Calories				18.1%	55.1%	28.7%
Nutrient Guideline		750-850	1420			

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Base Menu Spreadsheet

Portion Values - Detailed

Page 19

May 1, 2018 thru May 31, 2018

LINDHURST HIGH LUNCH

Generated on: 4/27/2018 11:46:40 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 05/15/2018						
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 Tostada Bowl Large WG	Bowl	206	0	2.42	27.87	14.54
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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May 1, 2018 thru May 31, 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		764	1446	32.17	109.78	23.68
% of Calories				16.8%	57.5%	27.9%
Nutrient Guideline		750-850	1420			

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# Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

LINDHURST HIGH LUNCH

Generated on: 4/27/2018 11:46:40 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Wed - 05/16/2018						
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

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (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 - 05/17/2018						
LINDHURST HIGH LUNCH	Total					
SPAGHETTI & MEAT SAUCE: INT HS	1/2cp & 1/2cs	309	257	16.47	39.34	8.97
Pasta Spaghetti WG CDE 20#	1/2 c	162	11	4.62	32.31	1.54
Bread Breadstick ChzGarlic 1G	Breadstick	100	140	3.0	15.0	3.0
Chicken Fajita Meat	3.4 oz	122	607	18.02	2.0	4.01
SAUCE TOMATO (MEATLESS)	#12 scoop	54	152	1.98	9.23	1.12
CHEESE, SHRED MOZZARELLA 1oz	1 OZ	86	150	7.36	1.09	5.68
BREAD DELI ROLL 6 inch	ONE ROLL	210	419	7.86	40.18	1.75
Sand Meatball Sub 6" Hoage	1 each	392	722	22.35	40.59	15.36
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 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
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 Popcrn 107/3.oz (10pc)	10pcs	180	420	12.0	12.0	9.0
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 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 RomSpinCucTomGarb Drs	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

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# Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

Page 23

May 1, 2018 thru May 31, 2018

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 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	1491	38.03	115.67	23.90
% of Calories				18.5%	56.2%	26.1%
Nutrient Guideline		750-850	1420			

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# Marysville JUSD

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 24

May 1, 2018 thru May 31, 2018

LINDHURST HIGH LUNCH

Generated on: 4/27/2018 11:46:40 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 05/18/2018						
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,beef wedges	#6scp/#12scp	375	950	18.03	26.63	22.92
VEG JALAPENO PEPPERS, SLICED	1 OZ	25	2514	0.0	0.0	0.0
Turkey Bacon	2 Slice	45	215	4.54	0.0	2.27
Veg Tomato Sliced/Diced	1/4 CUP	8	2	0.41	1.81	0.09
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
Veg Beans, Chili	1/2 Cup	57	140	3.17	10.97	0.46
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	188	702	14.77	6.6	11.6
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

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# Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

LINDHURST HIGH LUNCH

Generated on: 4/27/2018 11:46:40 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
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
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		876	1659	34.39	121.56	29.72
% of Calories				15.7%	55.5%	30.5%
Nutrient Guideline		750-850	1420			

\*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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May 1, 2018 thru May 31, 2018

LINDHURST HIGH LUNCH

Generated on: 4/27/2018 11:46:40 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 05/21/2018						
LINDHURST HIGH LUNCH	Total					
Sand Monte Cristo - Full Sand	Sand	551	1199	26.6	58.53	23.06
Veg Carrot Snack Pack 1/2c	ONE PACK	19	26	0.0	8.12	0.0
Chicken Brd WG 8 Pc Pilgrims	3 oz.	246	675	13.71	12.57	14.86
Bread Garlic Knot 2G	Garlic Knot	172	273	4.05	23.29	7.09
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
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
Sauce BBQ	1 OZ.	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	8	67	0.0	2.36	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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# Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

Page 27

May 1, 2018 thru May 31, 2018

LINDHURST HIGH LUNCH

Generated on: 4/27/2018 11:46:40 AM

	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 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		778	1505	33.42	104.82	26.17
% of Calories				17.2%	53.9%	30.3%
Nutrient Guideline		750-850	1420			

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# Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

LINDHURST HIGH LUNCH

Generated on: 4/27/2018 11:46:40 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 05/22/2018						
LINDHURST HIGH LUNCH	Total					
Beef Taco Meat RF JTM 3.17oz	3.17 oz	111	293	13.04	5.01	5.01
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 Tostada Bowl Large WG	Bowl	206	0	2.42	27.87	14.54
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 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
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 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**

**May 1, 2018 thru May 31, 2018**

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

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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
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		772	1419	34.40	111.20	22.79
% of Calories				17.8%	57.6%	26.6%
Nutrient Guideline		750-850	1420			

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# Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

Page 30

May 1, 2018 thru May 31, 2018

LINDHURST HIGH LUNCH

Generated on: 4/27/2018 11:46:40 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Wed - 05/23/2018						
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 Broccoli Florets Seas 1/2c	1/2 cup	58	26	1.6	4.8	3.8
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 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
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 Mandarin Orange 2ea	TWO	74	2	1.0	18.78	0.4
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

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# Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

LINDHURST HIGH LUNCH

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (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 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		783	1450	35.33	112.56	22.79
% of Calories				18.0%	57.5%	26.2%
Nutrient Guideline		750-850	1420			

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# Marysville JUSD

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 05/24/2018						
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 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
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
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
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

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories		798	1349	34.58 17.3%	112.37 56.3%	25.22 28.4%
Nutrient Guideline		750-850	1420			

Fri - 05/25/2018						
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
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
Sauce BBQ	1 OZ.	63	343	0.0	12.7	0.0

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# Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

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		663	1324	29.00	94.03	20.51
% of Calories				17.5%	56.8%	27.9%
Nutrient Guideline		750-850	1420			

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# Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

LINDHURST HIGH LUNCH

Generated on: 4/27/2018 11:46:41 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 05/28/2018						
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
Chili Cheese Fries,beef wedges	#6scp/#12scp	375	950	18.03	26.63	22.92
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	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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May 1, 2018 thru May 31, 2018

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		731	1498	32.30	98.90	24.70
% of Calories				17.7%	54.1%	30.4%
Nutrient Guideline		750-850	1420			

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# Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

LINDHURST HIGH LUNCH

Generated on: 4/27/2018 11:46:41 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 05/29/2018						
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 Tostada Bowl Large WG	Bowl	206	0	2.42	27.87	14.54
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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May 1, 2018 thru May 31, 2018

LINDHURST HIGH LUNCH

Generated on: 4/27/2018 11:46:41 AM

	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		764	1446	32.17	109.78	23.68
% of Calories				16.8%	57.5%	27.9%
Nutrient Guideline		750-850	1420			

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# Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

LINDHURST HIGH LUNCH

Generated on: 4/27/2018 11:46:41 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 05/30/2018						
LINDHURST HIGH LUNCH	Total					
Chicken Tangerine AF 176/3.9oz	3.9oz.	189	379	13.95	24.9	3.98
Chicken Sriracha Hon 176/3.9oz	3.9oz.	211	482	12.06	24.12	6.03
Chicken Lemongrass 176/3.9oz	3.9oz.	190	350	11.0	21.0	6.0
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

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# Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

LINDHURST HIGH LUNCH

Generated on: 4/27/2018 11:46:41 AM

	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 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		764	1438	35.52	111.64	20.87
% of Calories				18.6%	58.5%	24.6%
Nutrient Guideline		750-850	1420			

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# Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

LINDHURST HIGH LUNCH

Generated on: 4/27/2018 11:46:41 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 05/31/2018						
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 Vanilla Cream-3 cakes	Portions	109	29	0.09	19.02	3.74
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 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
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 Pork Rib Hoagie 3.25 oz.	Sandwich	210	660	13.0	12.0	12.0
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
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
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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May 1, 2018 thru May 31, 2018

LINDHURST HIGH LUNCH

Generated on: 4/27/2018 11:46:41 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories		787	1446	35.34 18.0%	110.06 56.0%	24.38 27.9%
Nutrient Guideline		750-850	1420			

Weighted Average		766	1445	33.83 17.7%	107.99 56.4%	23.53 27.7%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	766		750 - 850	100%				
Sodium (mg)	1445		1420				25	Correction Required - Sodium too High
Protein (g)	33.83	17.68%						
Carbohydrate (g)	107.99	56.42%						
Total Fat (g)	23.53	27.66%						

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