

Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

May 1, 2018 thru May 31, 2018

After School Meal/Supper (K-8)

Generated on: 4/26/2018 8:44:52 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 05/01/2018						
After School Meal/Supper (K-Turkey Breast Sticks BBQ	Total IW Serving	40	200	8.0	0.0	1.0
Cheese String Mozz 168/1oz LOL	1 oz	60	210	8.0	1.0	2.5
Cracker Wheat Savory Bites WG	Package	93	165	2.06	14.43	2.58
Fruit Orange - 2 halves 1/2c	1/2 c	50	0	1.01	12.6	0.13
Veg Carrot Snack Pack 1/2c	2.6oz pack	19	26	0.0	8.12	0.0
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		388	756	28.57	55.16	7.46
% of Calories				29.5%	56.9%	17.3%
Nutrient Guideline		550-650	1230			

Wed - 05/02/2018						
After School Meal/Supper (K-Break Cereal Assort 17/18 Sug6	Total Bowlpack	80	94	1.76	17.14	1.03
Cheese Cheddar Stx 168/1oz LOL	1 oz	110	200	6.0	1.0	9.0
Sunflower Seeds	1 PACK	170	88	5.0	6.5	14.75
Fruit Banana Fresh	ONE	108	1	1.32	27.63	0.4
Veg Juice V Blend 4.23 OZ.	4.23 OZ.	55	30	0.0	14.0	0.0
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		648	568	23.58	85.26	26.43
% of Calories				14.6%	52.7%	36.7%
Nutrient Guideline		550-650	1230			

Thu - 05/03/2018						
After School Meal/Supper (K-Lunch Kit Turkey & Cheese WG	Total 1 Each	361	993	16.05	40.12	16.05
Fruit Grape Escape Pouch	PACK	45	8	0.0	11.0	0.0
VEG CELERY STICKS 1/2c	1/2 CUP	12	59	0.51	2.21	0.13
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		543	1215	26.06	72.33	17.42
% of Calories				19.2%	53.3%	28.9%
Nutrient Guideline		550-650	1230			

Fri - 05/04/2018						
After School Meal/Supper (K-PB&Grape Uncrustables	Total serving	600	540	18.0	64.0	34.0
PB&Strawberry Uncrustables	serving	600	540	18.0	64.0	34.0
Fruit Applesauce Cup Mango 4.5	4.5 oz	50	15	0.0	14.0	0.0
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	124	329	4.04	28.65	1.54
Veg Corn Frozen Yellow 1/2c	1/2 CUP	67	1	1.99	15.9	0.99
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
Weighted Daily Average		870	875	30.51	119.27	36.52
% of Calories				14.0%	54.8%	37.8%
Nutrient Guideline		550-650	1230			

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

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After School Meal/Supper (K-8)

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 05/07/2018						
After School Meal/Supper (K- Yogurt Variety UpstateFarms8oz	Total 8 oz	180	105	6.0	38.33	0.0
Cracker Cheddar Bunnies	pkg	91	132	2.03	13.16	3.54
Fruit Cranberries DriedCDE1/4c	#16 scoop	91	2	0.0	24.65	0.0
VEG CUCUMBER,RAW 1/2c	1/2 CUP	10	2	0.48	1.76	0.13
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		497	395	18.01	96.91	4.92
% of Calories				14.5%	78.1%	8.9%
Nutrient Guideline		550-650	1230			

Tue - 05/08/2018						
After School Meal/Supper (K- Sand TurkeyBreast wChz onHoagi	Total 1 Sandwich	283	726	20.82	27.5	10.29
Fruit Apple Slices IW 200/2oz	1 EACH	30	0	0.0	7.0	0.0
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	21	739	0.52	4.78	0.1
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
Pkt Mayonnaise	1 EACH	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	6	86	0.0	0.0	0.0
Weighted Daily Average		492	1694	30.84	58.79	14.68
% of Calories				25.1%	47.8%	26.9%
Nutrient Guideline		550-650	1230			

Wed - 05/09/2018						
After School Meal/Supper (K- Lunch Kit Breaded ChixStix BBQ	Total 1 EACH	451	701	18.03	52.1	20.04
Fruit Applesauce Cup Straw 4.5	4.5 oz	50	15	0.0	14.0	0.0
Veg Corn Frozen Yellow 1/2c	1/2 CUP	67	1	1.99	15.9	0.99
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	124	329	4.04	28.65	1.54
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
Weighted Daily Average		721	1036	30.55	107.37	22.55
% of Calories				16.9%	59.6%	28.1%
Nutrient Guideline		550-650	1230			

Thu - 05/10/2018						
After School Meal/Supper (K- Break Cereal Assort 17/18 Sug6	Total Bowlpack	80	94	1.76	17.14	1.03
Cheese String Mozz 168/1oz LOL	1 oz	60	210	8.0	1.0	2.5
Sunflower Seeds	1 PACK	170	88	5.0	6.5	14.75
Fruit Pear Cup National	1/2 CUP	70	10	0.0	16.0	0.0
Veg Carrot Snack Pack 1/2c	2.6oz pack	19	26	0.0	8.12	0.0
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		525	582	24.26	67.76	19.53
% of Calories				18.5%	51.7%	33.5%
Nutrient Guideline		550-650	1230			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2018 thru May 31, 2018

After School Meal/Supper (K-8)

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 05/11/2018						
After School Meal/Supper (K-PB&J HFCS Free Cup AdvPierre)	Total					
BREAD PRETZEL WG Heartzel	1 Each	400	320	13.0	28.0	29.0
Fruit Raisins Ind Pack CDE	pkg	80	200	2.0	16.0	1.0
VEG CELERY STICKS 1/2c	box	113	4	1.0	30.0	0.0
Milk 1% LF	1/2 CUP	12	59	0.51	2.21	0.13
Milk Choc Non Fat	HALF PINT	130	160	10.0	16.0	2.5
	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		730	738	26.01	95.21	31.38
% of Calories				14.3%	52.2%	38.7%
Nutrient Guideline		550-650	1230			

Mon - 05/14/2018						
After School Meal/Supper (K-Yogurt Variety UpstateFarms8oz)	Total					
Bread Muffin Lemon 1G	8 oz	180	105	6.0	38.33	0.0
Fruit Applesauce Cup Orig 4.5	Muffin	160	160	3.0	25.0	4.5
VEG CUCUMBER,RAW 1/2c	4.5 oz	50	15	0.0	14.0	0.0
Milk 1% LF	1/2 CUP	10	2	0.48	1.76	0.13
Milk Choc Non Fat	HALF PINT	130	160	10.0	16.0	2.5
	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		525	437	18.98	98.10	5.88
% of Calories				14.5%	74.8%	10.1%
Nutrient Guideline		550-650	1230			

Tue - 05/15/2018						
After School Meal/Supper (K-Sand TurkeyBreast wChz onPanin)	Total					
Fruit Apple Slices IW 200/2oz	1 Sandwich	298	694	22.29	27.85	11.48
Veg Broccoli Raw 1/2c	1 EACH	30	0	0.0	7.0	0.0
Milk 1% LF	1/2 cup	9	0	0.57	1.71	0.09
Milk Choc Non Fat	HALF PINT	130	160	10.0	16.0	2.5
Pkt Ranch Dressing 12gm	HALF PINT	120	150	9.0	22.0	0.0
Pkt Mayonnaise	PACKETS	35	108	0.11	1.7	2.21
Pkt Mustard	1 EACH	61	61	0.0	1.01	6.07
	1 PACKET	6	86	0.0	0.0	0.0
Weighted Daily Average		512	976	32.41	56.92	16.96
% of Calories				25.3%	44.4%	29.8%
Nutrient Guideline		550-650	1230			

Wed - 05/16/2018						
After School Meal/Supper (K-Lunch Kit Cheese Pizza WG)	Total					
Fruit Banana Fresh	1 EACH	370	780	22.0	41.0	16.0
Veg Juice V Blend 4.23 OZ.	ONE	108	1	1.32	27.63	0.4
Milk 1% LF	4.23 OZ.	55	30	0.0	14.0	0.0
Milk Choc Non Fat	HALF PINT	130	160	10.0	16.0	2.5
	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		658	966	32.82	101.63	17.65
% of Calories				20.0%	61.8%	24.2%
Nutrient Guideline		550-650	1230			

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After School Meal/Supper (K-8)

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 05/17/2018						
After School Meal/Supper (K-Turkey Breast Sticks BBQ	Total					
Cheese String Mozz 168/1oz LOL	IW Serving	40	200	8.0	0.0	1.0
Cracker Wheat Savory Bites WG	1 oz	60	210	8.0	1.0	2.5
Fruit Orange - 2 halves 1/2c	Package	93	165	2.06	14.43	2.58
Veg Carrot Snack Pack 1/2c	1/2 c	50	0	1.01	12.6	0.13
Milk 1% LF	2.6oz pack	19	26	0.0	8.12	0.0
Milk Choc Non Fat	HALF PINT	130	160	10.0	16.0	2.5
	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		388	756	28.57	55.16	7.46
% of Calories				29.5%	56.9%	17.3%
Nutrient Guideline		550-650	1230			

Fri - 05/18/2018						
After School Meal/Supper (K-Break Cereal Assort 17/18 Sug6	Total					
Cheese Cheddar Stx 168/1oz LOL	Bowlpack	80	94	1.76	17.14	1.03
Sunflower Seeds	1 oz	110	200	6.0	1.0	9.0
Fruit Peach Cup National	1 PACK	170	88	5.0	6.5	14.75
Veg Juice V Blend 4.23 OZ.	1/2 CUP	70	10	1.0	18.0	0.0
Milk 1% LF	4.23 OZ.	55	30	0.0	14.0	0.0
Milk Choc Non Fat	HALF PINT	130	160	10.0	16.0	2.5
	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		610	576	23.26	75.64	26.03
% of Calories				15.3%	49.6%	38.4%
Nutrient Guideline		550-650	1230			

Mon - 05/21/2018						
After School Meal/Supper (K-Lunch Kit Turkey & Cheese WG	Total					
Fruit Banana Fresh	1 Each	361	993	16.05	40.12	16.05
VEG CELERY STICKS 1/2c	ONE	108	1	1.32	27.63	0.4
Milk 1% LF	1/2 CUP	12	59	0.51	2.21	0.13
Milk Choc Non Fat	HALF PINT	130	160	10.0	16.0	2.5
	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		606	1209	27.38	88.95	17.82
% of Calories				18.1%	58.8%	26.5%
Nutrient Guideline		550-650	1230			

Tue - 05/22/2018						
After School Meal/Supper (K-PB&Grape Uncrustables	Total					
PB&Strawberry Uncrustables	serving	600	540	18.0	64.0	34.0
Fruit Applesauce Cup Mango 4.5	serving	600	540	18.0	64.0	34.0
Veg Corn Can Yellow CDE 1/2c	4.5 oz	50	15	0.0	14.0	0.0
Veg Corn Frozen Yellow 1/2c	1/2 CUP	124	329	4.04	28.65	1.54
Milk 1% LF	1/2 CUP	67	1	1.99	15.9	0.99
Milk Choc Non Fat	HALF PINT	130	160	10.0	16.0	2.5
	HALF PINT	120	150	9.0	22.0	0.0

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After School Meal/Supper (K-8)

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average		870	875	30.51	119.27	36.52
% of Calories				14.0%	54.8%	37.8%
Nutrient Guideline		550-650	1230			

Wed - 05/23/2018						
After School Meal/Supper (K- Yogurt Variety UpstateFarms8oz	Total 8 oz	180	105	6.0	38.33	0.0
Cracker Cheddar Bunnies	pkg	91	132	2.03	13.16	3.54
Fruit Cranberries DriedCDE1/4c	#16 scoop	91	2	0.0	24.65	0.0
VEG CUCUMBER,RAW 1/2c	1/2 CUP	10	2	0.48	1.76	0.13
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		497	395	18.01	96.91	4.92
% of Calories				14.5%	78.1%	8.9%
Nutrient Guideline		550-650	1230			

Thu - 05/24/2018						
After School Meal/Supper (K- Sand TurkeyBreast wChz onCiaba	Total 1 Sandwich	303	681	21.82	30.52	11.79
Fruit Grape Escape Pouch	PACK	45	8	0.0	11.0	0.0
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	21	739	0.52	4.78	0.1
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
Pkt Mayonnaise	1 EACH	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	6	86	0.0	0.0	0.0
Weighted Daily Average		527	1657	31.84	65.80	16.18
% of Calories				24.2%	50.0%	27.6%
Nutrient Guideline		550-650	1230			

Fri - 05/25/2018						
After School Meal/Supper (K- Lunch Kit Breaded ChixStix BBQ	Total 1 EACH	451	701	18.03	52.1	20.04
Fruit Applesauce Cup Straw 4.5	4.5 oz	50	15	0.0	14.0	0.0
Veg Corn Frozen Yellow 1/2c	1/2 CUP	67	1	1.99	15.9	0.99
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	124	329	4.04	28.65	1.54
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
Weighted Daily Average		721	1036	30.55	107.37	22.55
% of Calories				16.9%	59.6%	28.1%
Nutrient Guideline		550-650	1230			

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After School Meal/Supper (K-8)

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 05/29/2018						
After School Meal/Supper (K- Break Cereal Assort 17/18 Sug6	Total Bowlpack	80	94	1.76	17.14	1.03
Cheese String Mozz 168/1oz LOL	1 oz	60	210	8.0	1.0	2.5
Sunflower Seeds	1 PACK	170	88	5.0	6.5	14.75
Fruit Pears Fresh	ONE	101	2	0.64	27.11	0.25
Veg Carrot Snack Pack 1/2c	2.6oz pack	19	26	0.0	8.12	0.0
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		556	574	24.90	78.87	19.78
% of Calories				17.9%	56.7%	32.0%
Nutrient Guideline		550-650	1230			

Wed - 05/30/2018						
After School Meal/Supper (K- PB&J HFCS Free Cup AdvPierre	Total 1 Each	400	320	13.0	28.0	29.0
BREAD PRETZEL WG Heartzel	pkg	80	200	2.0	16.0	1.0
Fruit Raisins Ind Pack CDE	box	113	4	1.0	30.0	0.0
VEG CELERY STICKS 1/2c	1/2 CUP	12	59	0.51	2.21	0.13
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		730	738	26.01	95.21	31.38
% of Calories				14.3%	52.2%	38.7%
Nutrient Guideline		550-650	1230			

Thu - 05/31/2018						
After School Meal/Supper (K- Yogurt Variety UpstateFarms8oz	Total 8 oz	180	105	6.0	38.33	0.0
Bread Muffin Lemon 1G	Muffin	160	160	3.0	25.0	4.5
Fruit Applesauce Cup Orig 4.5	4.5 oz	50	15	0.0	14.0	0.0
VEG CUCUMBER,RAW 1/2c	1/2 CUP	10	2	0.48	1.76	0.13
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		525	437	18.98	98.10	5.88
% of Calories				14.5%	74.8%	10.1%
Nutrient Guideline		550-650	1230			

Weighted Average		597	841	26.48 17.7%	86.18 57.7%	18.63 28.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	597		550 - 650	100%				
Sodium (mg)	841		1230					
Protein (g)	26.48	17.74%						
Carbohydrate (g)	86.18	57.73%						
Total Fat (g)	18.63	28.08%						

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