

Marysville JUSD

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Foothill Lunch Single Entr K-6

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 11/01/2018							
Foothill Lunch Single Entr K-	Total	1					
Beef Teriyaki Blaster100/4pc	4pcs	1	142	467	16.92	8.67	4.28
Rice Brown 1/2c Cook	1/2 CUP	1	29	3	0.67	5.97	0.24
Veg Carrots Steamed	1/2 Cup	1	34	53	0.0	7.46	1.24
Fruit Stone Variety Fresh	1 each	1	45	0	0.95	11.09	0.3
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	1	2	1	0.14	0.27	0.03
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			596	1097	39.67	86.20	11.14
% of Calories					26.6%	57.9%	16.8%
Nutrient Guideline			600-650	1230			

Fri - 11/02/2018							
Foothill Lunch Single Entr K-	Total	1					
Pizza Cheese WGBlendFlour Elem	8 cut slice	1	320	521	17.06	34.58	12.6
Pizza Pepp & Chz WGBlend Elem	8 cut Slice	1	355	660	18.7	34.86	16.15
Pizza Pepp & Chz 16"Crust Elem	8 cut slice	1	427	868	23.63	30.53	23.69
Pizza Cheese 16" WG Crust Elem	8 cut slice	1	382	690	21.53	30.18	19.14
Pizza Hawaiian WG Blend Elem	8 cut Slice	1	345	605	19.71	35.95	13.4
Pizza Hawaiian 16" Crust Elem	8 cut slice	1	414	798	24.92	31.94	20.17
Veg Rom/Spin Salad w/ Ranch	1 Cup	1	40	138	3.23	4.3	1.72
Fruit Grapes Bunches 1/2c	1/2 CUP	1	58	2	0.55	14.85	0.3
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Milk Strawberry Non Fat	HALF PINT	1	120	135	9.0	22.0	0.0
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Fruit Pears Can1/4c USDA	1/4c Scoop	1	33	2	0.1	8.52	0.02
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			2821	4989	159.03	296.43	112.25
% of Calories					22.6%	42.0%	35.8%
Nutrient Guideline			600-650	1230			

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Marysville JUSD

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Foothill Lunch Single Entr K-6

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 11/05/2018							
Foothill Lunch Single Entr K-	Total	1					
Macaroni & Cheese Entree	2 #10 scoops	1	323	1634	15.56	30.6	16.12
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	1	124	329	4.04	28.65	1.54
Fruit Mixed Fruit Cup Wawona	1 Each	1	61	15	0.0	17.24	0.0
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			864	2580	41.95	130.88	22.77
% of Calories					19.4%	60.6%	23.7%
Nutrient Guideline			600-650	1230			

Tue - 11/06/2018							
Foothill Lunch Single Entr K-	Total	1					
Nachos Cheese ONLY 1M/MA	#12CH	1	131	555	8.08	4.04	9.09
Nachos Mix/DL Beef & Cheese	#30beef#12Ch	1	52	102	6.93	2.77	1.88
Bread Tortilla Chips 1.5oz	1.5 OZ	1	203	83	3.0	28.5	7.5
Veg Beans Baked 1/2c	1/2 CUP	1	137	386	7.43	25.77	0.95
Fruit Banana Fresh	ONE	1	108	1	1.32	27.63	0.4
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	1	2	1	0.14	0.27	0.03
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Fruit Mixed Lt Syrup 1/4c	1/4 c	1	42	4	0.0	10.52	0.0
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			1018	1704	47.89	152.24	24.90
% of Calories					18.8%	59.8%	22.0%
Nutrient Guideline			600-650	1230			

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 11/07/2018							
Foothill Lunch Single Entr K-	Total	1					
Sand Hamburger Mesquite DonLee	Sandwich	1	271	450	19.6	32.1	8.3
Sand Cheeseburger Mesq DL	Sandwich	1	321	675	22.1	32.6	12.8
Pkt Ketchup	1 PACKET	1	8	67	0.0	2.36	0.0
Pkt Mustard	1 PACKET	1	6	86	0.0	0.0	0.0
Pkt Mayonnaise	1 EACH	1	61	61	0.0	1.01	6.07
Veg Jicama Sticks 1/2c	1/2 cup	1	34	4	0.73	8.04	0.0
Veg Jicama with Tajin 1/2c	1/2 CUP	1	33	169	0.67	7.38	0.0
Fruit Apple Slices Bulk 1/2c	6 slices	1	69	51	0.0	14.17	0.0
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	1	2	1	0.14	0.27	0.03
Veg Tomato Sliced/Diced	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	0.0
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			1153	2397	64.23	151.76	32.26
% of Calories					22.3%	52.6%	25.2%
Nutrient Guideline			600-650	1230			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 11/08/2018							
Foothill Lunch Single Entr K-	Total	1					
Pancake Tacos	2 tacos	1	305	475	19.0	29.0	14.5
Pkt Syrup, Pancake 1oz	1 Pkt	1	80	0	0.0	21.0	0.0
Veg Potato Rounds - Simplot	1/2 cup	1	143	214	2.38	16.67	8.33
Fruit Orange - 2 halves 1/2c	1/2 c	1	50	0	1.01	12.6	0.13
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	1	2	1	0.14	0.27	0.03
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			920	1263	43.24	131.42	28.01
% of Calories					18.8%	57.1%	27.4%
Nutrient Guideline			600-650	1230			

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Base Menu Spreadsheet

Foothill Lunch Single Entr K-6

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 11/09/2018							
Foothill Lunch Single Entr K-	Total	1					
Pizza Pepp & Chz WGBlend Elem	8 cut Slice	1	355	660	18.7	34.86	16.15
Pizza Cheese WGBlendFlour Elem	8 cut slice	1	320	521	17.06	34.58	12.6
Pizza Pepp & Chz 16"Crust Elem	8 cut slice	1	427	868	23.63	30.53	23.69
Pizza Cheese 16" WG Crust Elem	8 cut slice	1	382	690	21.53	30.18	19.14
Veg Rom/Spin Salad w/ Ranch	1 Cup	1	40	138	3.23	4.3	1.72
Fruit Grapes Bunches 1/2c	1/2 CUP	1	58	2	0.55	14.85	0.3
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Milk Strawberry Non Fat	HALF PINT	1	120	135	9.0	22.0	0.0
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Fruit Pears Can1/4c USDA	1/4c Scoop	1	33	2	0.1	8.52	0.02
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			2062	3586	114.40	228.54	78.68
% of Calories					22.2%	44.3%	34.3%
Nutrient Guideline			600-650	1230			

Tue - 11/13/2018							
Foothill Lunch Single Entr K-	Total	1					
Chicken Alfredo	#8 scoop	1	174	655	14.18	3.03	12.13
Pasta Spiral Rotini WG CDE 20#	1/2 c	1	97	9	4.08	20.94	0.39
Bread Wheat Dinner Roll	ROLL	1	100	160	6.0	17.0	1.0
Veg Carrots Steamed	1/2 Cup	1	34	53	0.0	7.46	1.24
Fruit Banana Fresh	ONE	1	108	1	1.32	27.63	0.4
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Fruit Mixed Lt Syrup 1/4c	1/4 c	1	42	4	0.0	10.52	0.0
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			901	1482	47.53	139.15	20.17
% of Calories					21.1%	61.8%	20.1%
Nutrient Guideline			600-650	1230			

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Portion Values - Detailed

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Foothill Lunch Single Entr K-6

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 11/14/2018							
Foothill Lunch Single Entr K-	Total	1					
Pork Carnitas, CDE 132/#8 scp	#8 scoop	1	276	584	26.67	0.0	12.12
Bread Tortilla Flour WG 8"	1 Tortilla	1	103	168	4.68	16.83	2.81
Veg Beans Refried-Dehy 1/2c	1/2 cup	1	164	488	7.97	23.92	1.99
Fruit Kiwi 2 fruit	2 ea	1	93	5	1.73	22.28	0.79
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	1	2	1	0.14	0.27	0.03
Veg Tomato Sliced/Diced	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
VEG SALSA, CANNED (USDA)1/4c	1/4 CUP	1	20	242	0.85	3.94	0.11
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			1003	2062	63.03	120.00	22.91
% of Calories					25.1%	47.9%	20.6%
Nutrient Guideline			600-650	1230			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 11/15/2018							
Foothill Lunch Single Entr K-	Total	1					
Turkey & Gravy Whit 112/4.16oz	4.16 oz	1	120	500	18.0	2.0	5.0
Bread Wheat Dinner Roll	ROLL	1	100	160	6.0	17.0	1.0
Veg Potato Mashed Loaded1/2cup	1/2 Cup	1	65	245	1.46	13.75	0.63
Fruit Orange - 2 halves 1/2c	1/2 c	1	50	0	1.01	12.6	0.13
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Tomato Sliced/Diced	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			673	1505	48.45	95.71	11.86
% of Calories					28.8%	56.9%	15.9%
Nutrient Guideline			600-650	1230			

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 11/16/2018							
Foothill Lunch Single Entr K-	Total	1					
Pizza Pepp & Chz WGBlend Elem	8 cut Slice	1	355	660	18.7	34.86	16.15
Pizza Cheese WGBlendFlour Elem	8 cut slice	1	320	521	17.06	34.58	12.6
Pizza Pepp & Chz 16"Crust Elem	8 cut slice	1	427	868	23.63	30.53	23.69
Pizza Cheese 16" WG Crust Elem	8 cut slice	1	382	690	21.53	30.18	19.14
Pizza Pepp/Jalap WGBlend Elem	8 cut Slice	1	424	967	22.87	38.66	20.3
Pizza Pepp/Jalap16"Crust Elem	8 cut slice	1	431	1025	23.74	31.33	23.79
Veg Salad Romaine&Spnch1c port	1 CUP	1	21	59	2.71	3.29	0.09
Fruit Grapes Bunches 1/2c	1/2 CUP	1	58	2	0.55	14.85	0.3
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Milk Strawberry Non Fat	HALF PINT	1	120	135	9.0	22.0	0.0
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Fruit Pears Can1/4c USDA	1/4c Scoop	1	33	2	0.1	8.52	0.02
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			2898	5500	160.50	297.53	121.14
% of Calories					22.1%	41.1%	37.6%
Nutrient Guideline			600-650	1230			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 11/26/2018							
Foothill Lunch Single Entr K-	Total	1					
Cheese Wheel_ /2 piece	2 pieces	1	272	456	17.0	21.0	10.0
Veg Marinara Sauce 1/2c	1/2 CUP	1	73	671	1.81	9.98	3.63
Fruit Strawberry Cup FrozenCDE	1/2 CUP	1	90	0	1.0	22.0	0.0
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			790	1729	42.16	107.36	18.73
% of Calories					21.4%	54.4%	21.3%
Nutrient Guideline			600-650	1230			

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Marysville JUSD

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Foothill Lunch Single Entr K-6

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 11/27/2018							
Foothill Lunch Single Entr K-	Total	1					
Enchilada Pie	5 x 5 cut	1	231	584	15.42	14.7	12.58
Pkt Taco Sauce	1 PKT	1	5	96	0.0	1.01	0.0
Veg Beans Refried-Dehy 1/2c	1/2 cup	1	164	488	7.97	23.92	1.99
Fruit Banana Fresh	ONE	1	108	1	1.32	27.63	0.4
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	1	2	1	0.14	0.27	0.03
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Fruit Mixed Lt Syrup 1/4c	1/4 c	1	42	4	0.0	10.52	0.0
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			896	1747	45.84	130.80	20.06
% of Calories					20.5%	58.4%	20.1%
Nutrient Guideline			600-650	1230			

Wed - 11/28/2018							
Foothill Lunch Single Entr K-	Total	1					
Chicken Noodle Soup CDE 6oz	6 oz	1	89	1863	6.57	12.65	2.5
Sand Grilled Cheese	ONE	1	392	1226	18.0	32.0	23.56
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	1	124	329	4.04	28.65	1.54
Fruit Apple Slices Bulk 1/2c	6 slices	1	69	51	0.0	14.17	0.0
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			1030	4071	50.96	141.86	32.71
% of Calories					19.8%	55.1%	28.6%
Nutrient Guideline			600-650	1230			

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Marysville JUSD

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Foothill Lunch Single Entr K-6

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 11/29/2018							
Foothill Lunch Single Entr K-	Total	1					
Chicken Tangerine AF 176/3.9oz	3.9oz.	1	189	379	13.95	24.9	3.98
Noodles Yakisoba WG	1/2 c	1	111	25	3.02	21.14	1.51
Veg Carrots Steamed	1/2 Cup	1	34	53	0.0	7.46	1.24
Fruit Pineapple Tidbits 1/2c	1/2 cup	1	59	8	0.84	14.31	0.0
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	1	2	1	0.14	0.27	0.03
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			739	1039	38.94	120.82	11.82
% of Calories					21.1%	65.4%	14.4%
Nutrient Guideline			600-650	1230			

Fri - 11/30/2018							
Foothill Lunch Single Entr K-	Total	1					
Pizza Cheese WGBlendFlour Elem	8 cut slice	1	320	521	17.06	34.58	12.6
Pizza Pepp & Chz WGBlend Elem	8 cut Slice	1	355	660	18.7	34.86	16.15
Pizza Pepp & Chz 16"Crust Elem	8 cut slice	1	427	868	23.63	30.53	23.69
Pizza Cheese 16" WG Crust Elem	8 cut slice	1	382	690	21.53	30.18	19.14
Pizza Hawaiian WG Blend Elem	8 cut Slice	1	345	605	19.71	35.95	13.4
Pizza Hawaiian 16" Crust Elem	8 cut slice	1	414	798	24.92	31.94	20.17
Veg Rom/Spin Salad w/ Ranch	1 Cup	1	40	138	3.23	4.3	1.72
Fruit Grapes Bunches 1/2c	1/2 CUP	1	58	2	0.55	14.85	0.3
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Milk Strawberry Non Fat	HALF PINT	1	120	135	9.0	22.0	0.0
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Fruit Pears Can1/4c USDA	1/4c Scoop	1	33	2	0.1	8.52	0.02
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			2821	4989	159.03	296.43	112.25
% of Calories					22.6%	42.0%	35.8%
Nutrient Guideline			600-650	1230			

Weighted Average			1324	2609	72.93	164.20	42.60
					22.0%	49.6%	29.0%

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Base Menu Spreadsheet

Foothill Lunch Single Entr K-6

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Sodm (mg) Shortfall	Protn (g) Overage	Carb (g)	T-Fat (g) Error Messages (if any)
Calories	1324		600 - 650	204%				674	Correction Required - Calories too High Correction Required - Sodium too High
Sodium (mg)	2609		1230				1379		
Protein (g)	72.93	22.03%							
Carbohydrate (g)	164.20	49.60%							
Total Fat (g)	42.60	28.96%							

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