

# Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Nov 1, 2018 thru Nov 30, 2018

After School Meal/Supper (K-8)

Generated on: 10/22/2018 9:41:59 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 11/01/2018							
After School Meal/Supper (K-Sand TurkeyBreast wChz onCiaba	Total	2					
Fruit Apple Slices IW 200/2oz	1 Sandwich	2	303	681	21.82	30.52	11.79
Veg Lettuc/Tomato/Pick Fixings	1 EACH	2	30	0	0.0	7.0	0.0
Milk 1% LF	1/2 CUP	2	21	739	0.52	4.78	0.1
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
Pkt Mayonnaise	HALF PINT	1	120	150	9.0	22.0	0.0
Pkt Mustard	1 EACH	1	61	61	0.0	1.01	6.07
	1 PACKET	1	6	86	0.0	0.0	0.0
Weighted Daily Average			512	1649	31.84	61.80	16.18
% of Calories					24.9%	48.3%	28.5%
Nutrient Guideline			550-650	1230			

Fri - 11/02/2018							
After School Meal/Supper (K-PB&J Wafer NoHFCS 160/2.3	Total	2					
Cheese Cheddar Stx 168/1oz LOL	1 Each	2	310	210	10.0	31.0	18.0
Fruit Applesauce Cup Straw 4.5	1 oz	1	110	200	6.0	1.0	9.0
Veg Corn Can Yellow CDE 1/2c	4.5 oz	2	50	15	0.0	14.0	0.0
Milk 1% LF	1/2 CUP	1	124	329	4.04	28.65	1.54
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			602	644	24.52	78.82	24.52
% of Calories					16.3%	52.4%	36.7%
Nutrient Guideline			550-650	1230			

Mon - 11/05/2018							
After School Meal/Supper (K-Break Cereal Assort 18/19 Sug6	Total	2					
Cheese String Mozz 168/1oz LOL	Bowlpack	2	108	129	2.21	22.76	1.44
Sunflower Seeds	1 oz	2	60	210	8.0	1.0	2.5
Fruit Pears Fresh	1 PACK	2	170	88	5.0	6.5	14.75
Veg Carrot Snack Pack 1/2c	ONE	2	101	2	0.64	27.11	0.25
Milk 1% LF	2.6oz pack	2	19	26	0.0	8.12	0.0
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			584	609	25.35	84.49	20.19
% of Calories					17.4%	57.9%	31.1%
Nutrient Guideline			550-650	1230			

Tue - 11/06/2018							
After School Meal/Supper (K-PB&J HFCS Free Cup AdvPierre	Total	2					
BREAD PRETZEL WG Heartzel	1 Each	2	400	320	13.0	28.0	29.0
Fruit Raisins Ind Pack CDE	pkg	2	80	200	2.0	16.0	1.0
VEG CELERY STICKS 1/2c	box	2	113	4	1.0	30.0	0.0
Milk 1% LF	1/2 CUP	2	12	59	0.51	2.21	0.13
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
	HALF PINT	1	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			

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Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

After School Meal/Supper (K-8)

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
<b>Wed - 11/07/2018</b>							
After School Meal/Supper (K- Yogurt Variety UpstateFarms8oz	Total 8 oz	2 2					
Bread Muffin Variety72/2ozOtis	Muffin	2	180	105	6.0	38.33	0.0
Fruit Banana Fresh	ONE	2	177	123	3.0	29.67	5.33
Veg Cucumber Raw 1/2c	1/2 CUP	2	108	1	1.32	27.63	0.4
Milk 1% LF	HALF PINT	2	10	2	0.48	1.76	0.13
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
		1	120	150	9.0	22.0	0.0
Weighted Daily Average			599	386	20.30	116.39	7.11
% of Calories					13.6%	77.7%	10.7%
Nutrient Guideline			550-650	1230			

<b>Thu - 11/08/2018</b>							
After School Meal/Supper (K- Sand TurkeyBreast wChz onPanin	Total 1 Sandwich	2 2					
Fruit Pear Cup National	1/2 CUP	2	298	694	22.29	27.85	11.48
Veg Broccoli Raw 1/2c	1/2 cup	2	70	10	0.0	16.0	0.0
Milk 1% LF	HALF PINT	2	9	0	0.57	1.71	0.09
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
Pkt Ranch Dressing 12gm	PACKETS	1	120	150	9.0	22.0	0.0
Pkt Mayonnaise	1 EACH	1	35	108	0.11	1.7	2.21
Pkt Mustard	1 PACKET	1	61	61	0.0	1.01	6.07
		1	6	86	0.0	0.0	0.0
Weighted Daily Average			552	986	32.41	65.92	16.96
% of Calories					23.5%	47.7%	27.6%
Nutrient Guideline			550-650	1230			

<b>Fri - 11/09/2018</b>							
After School Meal/Supper (K- Lunch Kit Cheese Pizza WG	Total 1 EACH	2 1					
Lunch Kit Pepp/Cheese Pizza WG	1 EACH	1	370	780	22.0	41.0	16.0
Fruit Apple Slices IW 200/2oz	1 EACH	2	370	910	23.0	42.0	15.0
Veg Juice V Blend 4.23 OZ.	4.23 OZ.	2	30	0	0.0	7.0	0.0
Milk 1% LF	HALF PINT	2	55	30	0.0	14.0	0.0
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
		1	120	150	9.0	22.0	0.0
Weighted Daily Average			580	1030	32.00	81.50	16.75
% of Calories					22.1%	56.2%	26.0%
Nutrient Guideline			550-650	1230			

<b>Tue - 11/13/2018</b>							
After School Meal/Supper (K- Yogurt Variety UpstateFarms4oz	Total 4 oz	2 2					
Cheese String Mozz 168/1oz LOL	1 oz	2	90	52	3.0	19.0	0.0
Break Soft Bar Variety 2.2 oz	Bar	2	60	210	8.0	1.0	2.5
Fruit Orange - 2 halves 1/2c	1/2 c	2	250	77	4.0	41.5	8.0
Veg Carrot Snack Pack 1/2c	2.6oz pack	2	50	0	1.01	12.6	0.13
Milk 1% LF	HALF PINT	2	19	26	0.0	8.12	0.0
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
		1	120	150	9.0	22.0	0.0

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After School Meal/Supper (K-8)

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			595	521	25.51 17.2%	101.23 68.1%	11.88 18.0%
Nutrient Guideline			550-650	1230			

Wed - 11/14/2018							
After School Meal/Supper (K-Break Cereal Assort 18/19 Sug6	Total Bowlpack	2					
Cheese Cheddar Stx 168/1oz LOL	1 oz	2	108	129	2.21	22.76	1.44
Sunflower Seeds	1 PACK	2	110	200	6.0	1.0	9.0
Fruit Banana Fresh	ONE	2	170	88	5.0	6.5	14.75
Veg Juice V Blend 4.23 OZ.	4.23 OZ.	2	108	1	1.32	27.63	0.4
Milk 1% LF	HALF PINT	2	55	30	0.0	14.0	0.0
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
Weighted Daily Average % of Calories		1	120	150	9.0	22.0	0.0
Nutrient Guideline			675	603	24.02 14.2%	90.89 53.8%	26.84 35.8%
			550-650	1230			

Thu - 11/15/2018							
After School Meal/Supper (K-Lunch Kit Turkey & Cheese WG	Total 1 Each	2					
Fruit Grape Escape Pouch	PACK	2	361	993	16.05	40.12	16.05
VEG CELERY STICKS 1/2c	1/2 CUP	2	45	8	0.0	11.0	0.0
Milk 1% LF	HALF PINT	2	12	59	0.51	2.21	0.13
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
Weighted Daily Average % of Calories		1	120	150	9.0	22.0	0.0
Nutrient Guideline			543	1215	26.06 19.2%	72.33 53.3%	17.42 28.9%
			550-650	1230			

Fri - 11/16/2018							
After School Meal/Supper (K-PB&Grape Uncrustables	Total serving	2					
PB&Strawberry Uncrustables	serving	1	600	540	18.0	64.0	34.0
Fruit Applesauce Cup Mango 4.5	4.5 oz	1	600	540	18.0	64.0	34.0
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	2	50	15	0.0	14.0	0.0
Milk 1% LF	HALF PINT	1	124	329	4.04	28.65	1.54
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
Weighted Daily Average % of Calories		1	120	150	9.0	22.0	0.0
Nutrient Guideline			837	874	29.52 14.1%	111.32 53.2%	36.02 38.7%
			550-650	1230			

Mon - 11/26/2018							
After School Meal/Supper (K-Yogurt Variety UpstateFarms8oz	Total 8 oz	2					
Cracker Cheddar Bunnies	pkg	2	180	105	6.0	38.33	0.0
Fruit Cranberries DriedCDE1/4c	#16 scoop	2	91	132	2.03	13.16	3.54
Veg Cucumber Raw 1/2c	1/2 CUP	2	91	2	0.0	24.65	0.0
Milk 1% LF	HALF PINT	2	10	2	0.48	1.76	0.13
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
Weighted Daily Average % of Calories		1	120	150	9.0	22.0	0.0
Nutrient Guideline							

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After School Meal/Supper (K-8)

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
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 - 11/27/2018							
After School Meal/Supper (K-Sand TurkeyBreast wChz onHoagi)	Total	2					
Fruit Apple Slices IW 200/2oz	1 Sandwich	2	283	726	20.82	27.5	10.29
Veg Lettuc/Tomato/Pick Fixings	1 EACH	2	30	0	0.0	7.0	0.0
Milk 1% LF	1/2 CUP	2	21	739	0.52	4.78	0.1
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
Pkt Mayonnaise	HALF PINT	1	120	150	9.0	22.0	0.0
Pkt Mustard	1 EACH	1	61	61	0.0	1.01	6.07
	1 PACKET	1	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 - 11/28/2018							
After School Meal/Supper (K-PB&J Wafer NoHFCS 160/2.3)	Total	2					
Fruit Pear Cup National	1 Each	2	310	210	10.0	31.0	18.0
Veg Broccoli Raw 1/2c	1 oz	1	110	200	6.0	1.0	9.0
Pkt Ranch Dressing 12gm	1/2 CUP	2	70	10	0.0	16.0	0.0
Milk 1% LF	1/2 cup	1	9	0	0.57	1.71	0.09
Milk Choc Non Fat	PACKETS	1	35	108	0.11	1.7	2.21
	HALF PINT	1	130	160	10.0	16.0	2.5
	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			582	529	22.84	68.20	24.90
% of Calories					15.7%	46.9%	38.5%
Nutrient Guideline			550-650	1230			

Thu - 11/29/2018							
After School Meal/Supper (K-Break Cereal Assort 18/19 Sug6)	Total	2					
Cheese String Mozz 168/1oz LOL	Bowlpack	2	108	129	2.21	22.76	1.44
Sunflower Seeds	1 oz	2	60	210	8.0	1.0	2.5
Fruit Pears Fresh	1 PACK	2	170	88	5.0	6.5	14.75
Veg Carrot Snack Pack 1/2c	ONE	2	101	2	0.64	27.11	0.25
Milk 1% LF	2.6oz pack	2	19	26	0.0	8.12	0.0
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			584	609	25.35	84.49	20.19
% of Calories					17.4%	57.9%	31.1%
Nutrient Guideline			550-650	1230			

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After School Meal/Supper (K-8)

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 11/30/2018							
After School Meal/Supper (K-	Total	2					
PB&J HFCS Free Cup AdvPierre	1 Each	2	400	320	13.0	28.0	29.0
BREAD PRETZEL WG Heartzel	pkg	2	80	200	2.0	16.0	1.0
Fruit Raisins Ind Pack CDE	box	2	113	4	1.0	30.0	0.0
VEG CELERY STICKS 1/2c	1/2 CUP	2	12	59	0.51	2.21	0.13
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			730	738	26.01	95.21	31.38
% of Calories					14.3%	52.2%	38.7%
Nutrient Guideline			550-650	1230			

Weighted Average			606	826	26.29	85.22	20.08
					17.4%	56.3%	29.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	606		550 - 650	100%				
Sodium (mg)	826		1230					
Protein (g)	26.29	17.36%						
Carbohydrate (g)	85.22	56.27%						
Total Fat (g)	20.08	29.83%						

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