

Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Elementary Lunch (K-6)

Generated on: 9/24/2018 8:39:20 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/01/2018							
Elementary Lunch (K-6)	Total	1					
Cheese Green Tamale Del Real	one	1	380	470	12.0	29.0	27.0
Veg Salsa Verde Del Real	oz.	1	9	139	0.28	1.42	0.28
Beans Refried-Dehy 1/2c	1/2 cup	1	164	488	7.97	23.92	1.99
Pork Carnitas, CDE 132/#8 scp	4 oz	1	1105	2337	106.67	0.0	48.48
Bread Tortilla Flour WG 8"	1 Tortilla	1	103	168	4.68	16.83	2.81
Pkt Taco Sauce	1 PKT	1	5	96	0.0	1.01	0.0
Veg Carrot Snack Pack 1/2c	2.6oz pack	1	19	26	0.0	8.12	0.0
Veg Carrot Baby PeeledBulk1/2c	1/2 CUP	1	29	49	0.65	6.74	0.17
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	1	124	329	4.04	28.65	1.54
Fruit Peach Cup National	1/2 CUP	1	70	10	1.0	18.0	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 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			2355	4686	158.43	186.71	87.36
% of Calories					26.9%	31.7%	33.4%
Nutrient Guideline			600-650	1230			

Tue - 10/02/2018							
Elementary Lunch (K-6)	Total	1					
Sand Chick Patty RichCh WG	Sandwich	1	339	619	18.96	42.96	10.97
Sand Chick Spicy Patty 106/3oz	Sandwich	1	337	670	20.0	42.0	11.0
Pkt Ketchup	1 PACKET	1	8	67	0.0	2.36	0.0
Sand Meatball w/ French Bread	4 Meatballs	1	321	630	19.33	33.12	12.88
Veg Lettuc/Tomato Fixings	1/2 CUP	1	10	6	0.66	2.05	0.13
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	0.0
Veg Juice V Blend 4.23 OZ.	4.23 OZ.	1	55	30	0.0	14.0	0.0
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			1571	2886	82.21	228.30	40.39
% of Calories					20.9%	58.1%	23.1%
Nutrient Guideline			600-650	1230			

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Oct 1, 2018 thru Oct 31, 2018

Elementary Lunch (K-6)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/03/2018							
Elementary Lunch (K-6)	Total	1					
Bread Tortilla Chips 1.5oz	1.5 OZ	1	203	83	3.0	28.5	7.5
Nachos Cheese ONLY 1M/MA	#12CH	1	131	555	8.08	4.04	9.09
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	1	188	702	14.77	6.6	11.6
VEG SALSA, CANNED (USDA)1/2c	1/2 CUP	1	42	498	1.74	8.1	0.23
Veg Beans Refried-Dehy 1/2c	1/2 cup	1	164	488	7.97	23.92	1.99
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 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
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			1124	2900	57.69	136.78	35.63
% of Calories					20.5%	48.7%	28.5%
Nutrient Guideline			600-650	1230			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/04/2018							
Elementary Lunch (K-6)	Total	1					
Sand Meatloaf A/P	Sandwich	1	330	590	19.0	39.0	12.0
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
Sand Hot Dog Turkey 160/2.0oz	Sandwich	1	260	470	11.0	30.0	11.0
VEG CELERY STICKS 1/2c	1/2 CUP	1	12	59	0.51	2.21	0.13
Veg Potato Spirals Seasoned	1/2 cup	1	100	151	1.0	17.08	3.01
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 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 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			1146	2026	52.98	150.64	37.54
% of Calories					18.5%	52.6%	29.5%
Nutrient Guideline			600-650	1230			

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Elementary Lunch (K-6)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/05/2018							
Elementary Lunch (K-6)	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
Veg Cucumber Raw 1/2c	1/2 CUP	1	10	2	0.48	1.76	0.13
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 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			2903	5501	160.74	298.41	121.20
% 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)
Tue - 10/09/2018							
Elementary Lunch (K-6)	Total	1					
Enchilada Pie	5 x 5 cut	1	231	584	15.42	14.7	12.58
Burrito Bean & Cheese Chipotle	Burrito	1	360	390	17.01	44.03	13.01
Pkt Taco Sauce	1 PKT	1	5	96	0.0	1.01	0.0
Veg Beans Green Seas. 1/2c	1/2 CUP	1	28	339	1.53	5.99	0.13
Veg Jicama Sticks 1/2c	1/2 cup	1	34	4	0.73	8.04	0.0
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 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			1137	1990	56.78	160.92	31.21
% of Calories					20.0%	56.6%	24.7%
Nutrient Guideline			600-650	1230			

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Oct 1, 2018 thru Oct 31, 2018

Elementary Lunch (K-6)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/10/2018							
Elementary Lunch (K-6)	Total	1					
Chicken Breaded Drumstick	Drumstick	1	190	450	16.0	5.0	11.0
Bread Breadstick Garlic 1G	Breadstick	1	100	150	3.0	15.0	3.5
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	1	124	329	4.04	28.65	1.54
Veg Beans Baked 1/2c	1/2 CUP	1	137	386	7.43	25.77	0.95
FRUIT MELON WATERMELON	WEDGE	1	57	2	1.16	14.38	0.29
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			963	1918	53.98	143.18	22.38
% of Calories					22.4%	59.5%	20.9%
Nutrient Guideline			600-650	1230			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/11/2018							
Elementary Lunch (K-6)	Total	1					
Chicken Cherry Blossm 176/3.9oz	3.9oz.	1	200	350	13.0	27.0	4.0
Egg Roll WG Pork 60/3ozSchwans	Egg Roll	1	180	370	9.0	20.01	7.0
Rice Veg Fried WG	#8 scoop	1	137	229	3.05	28.0	2.29
Veg Carrots Steamed	1/2 Cup	1	34	53	0.0	7.46	1.24
Veg Juice V Blend 4.23 OZ.	4.23 OZ.	1	55	30	0.0	14.0	0.0
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			998	1607	47.14	160.57	19.92
% of Calories					18.9%	64.4%	18.0%
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 - 10/12/2018							
Elementary Lunch (K-6)	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 Carrot Snack Pack 1/2c	2.6oz pack	1	19	26	0.0	8.12	0.0
Veg Carrot Baby PeeledBulk1/2c	1/2 CUP	1	29	49	0.65	6.74	0.17
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
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			2854	5040	159.36	307.93	112.34
% of Calories					22.3%	43.2%	35.4%
Nutrient Guideline			600-650	1230			

Mon - 10/15/2018							
Elementary Lunch (K-6)	Total	1					
Macaroni & Cheese Entree	2 #10 scoops	1	323	1634	15.56	30.6	16.12
Bean Chz Verde Pocket 60/4oz	one	1	220	260	9.0	25.0	9.0
VEG SALSA, CANNED (USDA)1/2c	1/2 CUP	1	42	498	1.74	8.1	0.23
Veg Coleslaw Salad	1/2 c	1	44	82	0.34	3.39	3.33
Fruit Mixed Berry Pop	Serving	1	83	1	0.84	20.86	0.37
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			1067	3077	49.83	142.34	34.15
% of Calories					18.7%	53.3%	28.8%
Nutrient Guideline			600-650	1230			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Elementary Lunch (K-6)

Generated on: 9/24/2018 8:39:21 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/16/2018							
Elementary Lunch (K-6)	Total	1					
Chicken Nugget 106/3oz (5 pc)	Serving	1	180	420	12.0	12.0	9.0
Chicken Nugget SpicyWG 106/3oz	Serving	1	177	470	13.0	11.0	9.0
Pkt Ketchup	1 PACKET	1	8	67	0.0	2.36	0.0
Sand Grill HamTy/Chz var Bread	Sandwich	1	360	1085	21.28	32.65	17.59
Veg Potato Seasoned Wedges	1/2 c	1	148	380	2.11	18.99	7.38
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	1	124	329	4.04	28.65	1.54
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			1492	3329	74.88	196.81	50.00
% of Calories					20.1%	52.8%	30.2%
Nutrient Guideline			600-650	1230			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/17/2018							
Elementary Lunch (K-6)	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 Lettuc/Tomato Fixings	1/2 CUP	1	10	6	0.66	2.05	0.13
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	0.0
Veg Beans Baked 1/2c	1/2 CUP	1	137	386	7.43	25.77	0.95
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 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			1234	2641	71.73	163.71	33.26
% of Calories					23.3%	53.1%	24.3%
Nutrient Guideline			600-650	1230			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Elementary Lunch (K-6)

Generated on: 9/24/2018 8:39:21 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/18/2018							
Elementary Lunch (K-6)	Total	1					
Pasta Bake Penne w/Beef&Chz	8 oz	1	261	486	17.63	23.94	10.88
Bread Wheat Dinner Roll	ROLL	1	100	160	6.0	17.0	1.0
Sand Grilled Cheese	ONE	1	392	1226	18.0	32.0	23.56
Veg Broccoli Florets Seas 1/2c	1/2 cup	1	58	26	1.6	4.8	3.8
Veg Cucumber Raw 1/2c	1/2 CUP	1	10	2	0.48	1.76	0.13
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 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			1204	2473	65.26	141.87	44.66
% of Calories					21.7%	47.1%	33.4%
Nutrient Guideline			600-650	1230			

Fri - 10/19/2018							
Elementary Lunch (K-6)	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
Veg Carrot Snack Pack 1/2c	2.6oz pack	1	19	26	0.0	8.12	0.0
Veg Carrot Baby PeeledBulk1/2c	1/2 CUP	1	29	49	0.65	6.74	0.17
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
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			2096	3637	114.73	240.03	78.77
% of Calories					21.9%	45.8%	33.8%
Nutrient Guideline			600-650	1230			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

Page 8

Oct 1, 2018 thru Oct 31, 2018

Elementary Lunch (K-6)

Generated on: 9/24/2018 8:39:21 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/22/2018							
Elementary Lunch (K-6)	Total	1					
Cheese Green Tamale Del Real	one	1	380	470	12.0	29.0	27.0
Veg Salsa Verde Del Real	oz.	1	9	139	0.28	1.42	0.28
Beans Refried-Dehy 1/2c	1/2 cup	1	164	488	7.97	23.92	1.99
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
Pkt Taco Sauce	1 PKT	1	5	96	0.0	1.01	0.0
Veg Carrot Snack Pack 1/2c	2.6oz pack	1	19	26	0.0	8.12	0.0
Veg Carrot Baby PeeledBulk1/2c	1/2 CUP	1	29	49	0.65	6.74	0.17
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	1	124	329	4.04	28.65	1.54
Fruit Strawberry Fruit Pop	Serving	1	81	2	0.5	20.91	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			1537	2926	77.92	189.62	51.00
% of Calories					20.3%	49.3%	29.9%
Nutrient Guideline			600-650	1230			

Tue - 10/23/2018							
Elementary Lunch (K-6)	Total	1					
Sand Chick Patty RichCh WG	Sandwich	1	339	619	18.96	42.96	10.97
Sand Chick Spicy Patty 106/3oz	Sandwich	1	337	670	20.0	42.0	11.0
Pkt Ketchup	1 PACKET	1	8	67	0.0	2.36	0.0
Sand Meatball w/ French Bread	4 Meatballs	1	321	630	19.33	33.12	12.88
Veg Lettuc/Tomato Fixings	1/2 CUP	1	10	6	0.66	2.05	0.13
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	0.0
Veg Juice V Blend 4.23 OZ.	4.23 OZ.	1	55	30	0.0	14.0	0.0
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			1571	2886	82.21	228.30	40.39
% of Calories					20.9%	58.1%	23.1%
Nutrient Guideline			600-650	1230			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Elementary Lunch (K-6)

Generated on: 9/24/2018 8:39:21 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/24/2018							
Elementary Lunch (K-6)	Total	1					
Bread Tortilla Chips 1.5oz	1.5 OZ	1	203	83	3.0	28.5	7.5
Nachos Cheese ONLY 1M/MA	#12CH	1	131	555	8.08	4.04	9.09
Nachos Mix/Chicken & Cheese	#20beef#12Ch	1	178	593	15.42	4.37	10.86
VEG SALSA, CANNED (USDA)1/2c	1/2 CUP	1	42	498	1.74	8.1	0.23
Veg Beans Refried-Dehy 1/2c	1/2 cup	1	164	488	7.97	23.92	1.99
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 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
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			1115	2790	58.35	134.55	34.88
% of Calories					20.9%	48.3%	28.2%
Nutrient Guideline			600-650	1230			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/25/2018							
Elementary Lunch (K-6)	Total	1					
Sand Meatloaf A/P	Sandwich	1	330	590	19.0	39.0	12.0
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
Sand Hot Dog Turkey 160/2.0oz	Sandwich	1	260	470	11.0	30.0	11.0
VEG CELERY STICKS 1/2c	1/2 CUP	1	12	59	0.51	2.21	0.13
Veg Potato Spirals Seasoned	1/2 cup	1	100	151	1.0	17.08	3.01
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 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 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			1146	2026	52.98	150.64	37.54
% of Calories					18.5%	52.6%	29.5%
Nutrient Guideline			600-650	1230			

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Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Elementary Lunch (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 - 10/26/2018							
Elementary Lunch (K-6)	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
Veg Cucumber Raw 1/2c	1/2 CUP	1	10	2	0.48	1.76	0.13
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 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			2903	5501	160.74	298.41	121.20
% of Calories					22.1%	41.1%	37.6%
Nutrient Guideline			600-650	1230			

Mon - 10/29/2018							
Elementary Lunch (K-6)	Total	1					
Cheese Stuffed Breadsticks	2 pc	1	300	480	20.0	30.0	11.0
Veg Marinara Sauce 1/2c	1/2 CUP	1	73	671	1.81	9.98	3.63
Sand Beef Rib Hoagie 3.25 oz.	Sandwich	1	340	885	18.0	40.0	12.0
Veg Potato Rounds - Simplot	1/2 cup	1	143	214	2.38	16.67	8.33
Pkt Ketchup	1 PACKET	1	8	67	0.0	2.36	0.0
Fruit Peach Cup National	1/2 CUP	1	70	10	1.0	18.0	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			1289	2929	65.54	171.39	40.06
% of Calories					20.3%	53.2%	28.0%
Nutrient Guideline			600-650	1230			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Elementary Lunch (K-6)

Generated on: 9/24/2018 8:39:21 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/30/2018							
Elementary Lunch (K-6)	Total	1					
Enchilada Pie	5 x 5 cut	1	231	584	15.42	14.7	12.58
Burrito Bean & Cheese Chipotle	Burrito	1	360	390	17.01	44.03	13.01
Pkt Taco Sauce	1 PKT	1	5	96	0.0	1.01	0.0
Veg Beans Green Seas. 1/2c	1/2 CUP	1	28	339	1.53	5.99	0.13
Veg Jicama Sticks 1/2c	1/2 cup	1	34	4	0.73	8.04	0.0
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 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			1137	1990	56.78	160.92	31.21
% of Calories					20.0%	56.6%	24.7%
Nutrient Guideline			600-650	1230			

Wed - 10/31/2018							
Elementary Lunch (K-6)	Total	1					
Chicken Brd WG 8 Pc Pilgrims	3 oz.	1	246	675	13.71	12.57	14.86
Bread Breadstick Garlic 1G	Breadstick	1	100	150	3.0	15.0	3.5
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	1	124	329	4.04	28.65	1.54
Veg Beans Baked 1/2c	1/2 CUP	1	137	386	7.43	25.77	0.95
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	2193	50.53	150.54	25.95
% of Calories					19.6%	58.4%	22.7%
Nutrient Guideline			600-650	1230			

Weighted Average			1540	3043	82.31	188.30	51.41
					21.4%	48.9%	30.1%

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Oct 1, 2018 thru Oct 31, 2018

Elementary Lunch (K-6)

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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	1540		600 - 650	237%				890	Correction Required - Calories too High Correction Required - Sodium too High
Sodium (mg)	3043		1230				1813		
Protein (g)	82.31	21.38%							
Carbohydrate (g)	188.30	48.92%							
Total Fat (g)	51.41	30.05%							

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