

Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Foothill Lunch Single Entr K-6

Generated on: 9/24/2018 8:40:37 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/01/2018							
Foothill Lunch Single Entr K-	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
Pkt Taco Sauce	1 PKT	1	5	96	0.0	1.01	0.0
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			1098	2106	46.43	155.01	35.90
% of Calories					16.9%	56.5%	29.4%
Nutrient Guideline			600-650	1230			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/02/2018							
Foothill Lunch Single Entr K-	Total	1					
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
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			832	1501	43.25	126.97	18.42
% of Calories					20.8%	61.1%	19.9%
Nutrient Guideline			600-650	1230			

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Oct 1, 2018 thru Oct 31, 2018

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 - 10/03/2018							
Foothill Lunch Single Entr K-	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							
Foothill Lunch Single Entr K-	Total	1					
Sand Hot Dog Turkey 160/2.0oz	Sandwich	1	260	470	11.0	30.0	11.0
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
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 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 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			814	1667	33.72	111.60	25.47
% of Calories					16.6%	54.8%	28.2%
Nutrient Guideline			600-650	1230			

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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)
Fri - 10/05/2018							
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)
Tue - 10/09/2018							
Foothill Lunch Single Entr K-	Total	1					
Enchilada Pie	5 x 5 cut	1	231	584	15.42	14.7	12.58
Veg Beans Green Seas. 1/2c	1/2 CUP	1	28	339	1.53	5.99	0.13
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			754	1501	39.40	111.85	18.20
% of Calories					20.9%	59.3%	21.7%
Nutrient Guideline			600-650	1230			

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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 - 10/10/2018							
Foothill Lunch Single Entr K-	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 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			839	1590	49.94	114.53	20.84
% of Calories					23.8%	54.6%	22.4%
Nutrient Guideline			600-650	1230			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/11/2018							
Foothill Lunch Single Entr K-	Total	1					
Chicken Cherry Blossm 176/3.9oz	3.9oz.	1	200	350	13.0	27.0	4.0
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
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			763	1206	38.14	126.56	12.92
% of Calories					20.0%	66.4%	15.2%
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							
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			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/15/2018							
Foothill Lunch Single Entr K-	Total	1					
Macaroni & Cheese Entree	2 #10 scoops	1	323	1634	15.56	30.6	16.12
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			806	2319	39.10	109.24	24.92
% of Calories					19.4%	54.2%	27.8%
Nutrient Guideline			600-650	1230			

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/16/2018							
Foothill Lunch Single Entr K-	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
Veg Potato Seasoned Wedges	1/2 c	1	148	380	2.11	18.99	7.38
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			1009	1915	49.56	135.51	30.87
% of Calories					19.7%	53.7%	27.5%
Nutrient Guideline			600-650	1230			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/17/2018							
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 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 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			1223	2610	70.26	162.09	33.21
% of Calories					23.0%	53.0%	24.4%
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

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)
Thu - 10/18/2018							
Foothill Lunch Single Entr K-	Total	1					
Sand Grill HamTy/Chz var Bread	Sandwich	1	360	1085	21.28	32.65	17.59
Veg Broccoli Florets Seas 1/2c	1/2 cup	1	58	26	1.6	4.8	3.8
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 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			805	1685	44.68	100.70	26.74
% of Calories					22.2%	50.1%	29.9%
Nutrient Guideline			600-650	1230			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/19/2018							
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			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

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)
Mon - 10/22/2018							
Foothill Lunch Single Entr K-	Total	1					
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 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			917	1392	42.68	147.62	19.64
% of Calories					18.6%	64.4%	19.3%
Nutrient Guideline			600-650	1230			

Tue - 10/23/2018							
Foothill Lunch Single Entr K-	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
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
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			1196	2227	62.88	181.17	27.51
% of Calories					21.0%	60.6%	20.7%
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

Foothill Lunch Single Entr K-6

Generated on: 9/24/2018 8:40:38 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/24/2018							
Foothill Lunch Single Entr K-	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	#20Chick#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							
Foothill Lunch Single Entr K-	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
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 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 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			884	1787	41.72	120.61	26.48
% of Calories					18.9%	54.6%	26.9%
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

Foothill Lunch Single Entr K-6

Generated on: 9/24/2018 8:40:38 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/26/2018							
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			

Mon - 10/29/2018							
Foothill Lunch Single Entr K-	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
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 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			940	2050	46.55	130.63	28.06
% of Calories					19.8%	55.6%	26.9%
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

Foothill Lunch Single Entr K-6

Generated on: 9/24/2018 8:40:38 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/30/2018							
Foothill Lunch Single Entr K-	Total	1					
Bean Chz Verde Pocket 60/4oz	one	1	220	260	9.0	25.0	9.0
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
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			749	1274	32.98	123.16	14.62
% of Calories					17.6%	65.8%	17.6%
Nutrient Guideline			600-650	1230			

Wed - 10/31/2018							
Foothill Lunch Single Entr K-	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 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			906	1864	46.50	121.90	24.41
% of Calories					20.5%	53.8%	24.2%
Nutrient Guideline			600-650	1230			

Weighted Average			1248	2453	65.38	157.75	40.54
					21.0%	50.6%	29.2%

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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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Foothill Lunch Single Entr K-6

Generated on: 9/24/2018 8:40:38 AM

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	1248		600 - 650	192%				598	Correction Required - Calories too High Correction Required - Sodium too High
Sodium (mg)	2453		1230				1223		
Protein (g)	65.38	20.96%							
Carbohydrate (g)	157.75	50.57%							
Total Fat (g)	40.54	29.24%							

**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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