

Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Intermediate Lunch (6-8)

Generated on: 9/24/2018 8:42:04 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/01/2018							
Intermediate Lunch (6-8)	Total	1					
Bread Tortilla Chips 1.5oz	1.5 OZ	1	203	83	3.0	28.5	7.5
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	1	188	702	14.77	6.6	11.6
Sand Chicken Slider Tyson/Shan	2 Sandwiches	1	468	753	28.54	54.82	16.31
Sand Beef Rib Hoagie 3.25 oz.	Sandwich	1	340	885	18.0	40.0	12.0
Veg Beans Refried-Dehy 1/2c	1/2 cup	1	164	488	7.97	23.92	1.99
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	1	124	329	4.04	28.65	1.54
Fruit Juice Orange CDE	4 OZ CUP	1	61	2	1.0	14.0	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			1903	3844	99.67	250.88	56.05
% of Calories					20.9%	52.7%	26.5%
Nutrient Guideline			600-700	1360			

Tue - 10/02/2018							
Intermediate Lunch (6-8)	Total	1					
Mac & Cheese w/Chick "Mad Mac"	2 #10 scoops	1	362	1729	21.05	31.36	17.04
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	1	444	825	22.49	46.13	19.66
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	1	391	617	20.04	45.73	14.36
Pizza Pepp & Chz 16"CrustInt/H	6 cut slice	1	502	1004	26.35	39.98	26.92
Pizza Cheese 16"WGCrust HS/INT	6 cut slice	1	441	766	23.55	39.51	20.86
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	1	448	1008	22.63	47.06	19.78
Pizza Pepp/Jalap16"CrustInt/HS	6 cut slice	1	507	1214	26.5	41.04	27.06
Sand Meatball w/ French Bread	4 Meatballs	1	321	630	19.33	33.12	12.88
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	1	100	177	4.22	12.95	3.23
Veg Carrot Snack Pack 1/2c	2.6oz pack	1	19	26	0.0	8.12	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 1/2C	1/2 CUP	1	3	3	0.27	0.55	0.05
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
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			3975	8549	208.41	422.55	167.21
% of Calories					21.0%	42.5%	37.9%
Nutrient Guideline			600-700	1360			

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Marysville JUSD

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Intermediate Lunch (6-8)

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/03/2018							
Intermediate Lunch (6-8)	Total	1					
Chicken Buffalo Drumstick	Drumstick	1	172	303	17.18	4.04	10.1
Bread Garlic Knot 2G	Garlic Knot	1	172	273	4.05	23.29	7.09
Chicken Alfredo	#8 scoop	1	174	655	14.18	3.03	12.13
Pasta Penne WG CDE 20#	1/2 c	1	106	7	3.02	21.11	1.01
Pasta Spiral Rotini WG CDE 20#	1/2 c	1	97	9	4.08	20.94	0.39
Bread Breadstick Garlic 1G	Breadstick	1	100	150	3.0	15.0	3.5
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
Veg Potato Rounds - Simplot	1/2 cup	1	143	214	2.38	16.67	8.33
Veg Broccoli Salad	1/2 cup	1	80	138	1.66	7.08	5.23
Fruit Traditional Fresh Combo	ONE	1	82	1	0.89	21.12	0.27
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 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			2082	3631	114.20	252.87	74.21
% of Calories					21.9%	48.6%	32.1%
Nutrient Guideline			600-700	1360			

Thu - 10/04/2018							
Intermediate Lunch (6-8)	Total	1					
Beef Sliced Season 192/2.50 oz	1/2 c	1	143	260	12.07	4.65	9.0
Bread Tortilla Corn 6" - 2pc	two	1	121	10	2.01	24.15	2.01
Veg onion, cilantro, lime	portion	1	15	3	0.39	4.7	0.1
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 Grilled Cheese	ONE	1	392	1226	18.0	32.0	23.56
Veg Cucumber with Tajin 1/2c	1/2 CUP	1	15	333	0.48	1.76	0.13
Veg Jicama with Tajin 1/2c	1/2 CUP	1	36	335	0.67	7.38	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 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 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			1506	3569	75.32	177.60	58.22
% of Calories					20.0%	47.2%	34.8%
Nutrient Guideline			600-700	1360			

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Intermediate Lunch (6-8)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/05/2018							
Intermediate Lunch (6-8)	Total	1					
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	1	444	825	22.49	46.13	19.66
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	1	391	617	20.04	45.73	14.36
Pizza Pepp & Chz 16"CrustInt/H	6 cut slice	1	502	1004	26.35	39.98	26.92
Pizza Cheese 16"WGCrust HS/INT	6 cut slice	1	441	766	23.55	39.51	20.86
Quesadilla Chicken8"TortillaLT	quesadilla	1	336	687	25.17	18.9	17.92
Bean Chz Verde Pocket 60/4oz	one	1	220	260	9.0	25.0	9.0
Veg Salad Romaine&Spnch1c port	1 CUP	1	21	59	2.71	3.29	0.09
Veg Broccoli Florets Frzn 1/2c	1/2 cup	1	23	20	2.57	4.45	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 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			2879	4946	161.77	307.70	114.22
% of Calories					22.5%	42.7%	35.7%
Nutrient Guideline			600-700	1360			

Tue - 10/09/2018							
Intermediate Lunch (6-8)	Total	1					
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	1	444	825	22.49	46.13	19.66
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	1	391	617	20.04	45.73	14.36
Pizza VegChz WGBlenFlourHS/INT	HS/INT 6 cut	1	391	617	20.06	45.81	14.36
Pizza Pepp & Chz 16"CrustInt/H	6 cut slice	1	502	1004	26.35	39.98	26.92
Pizza Cheese 16"WGCrust HS/INT	6 cut slice	1	441	766	23.55	39.51	20.86
Pizza VegChz Crust 16" HS/INT	6 cut slice	1	516	945	29.24	40.46	25.99
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
Taco Pocket 60/4.5oz Bell Tsty	one	1	260	390	17.0	31.0	8.0
Pkt Taco Sauce	1 PKT	1	5	96	0.0	1.01	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	1	100	177	4.22	12.95	3.23
Veg Carrot Snack Pack 1/2c	2.6oz pack	1	19	26	0.0	8.12	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 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
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			4194	7331	225.26	474.31	160.76
% of Calories					21.5%	45.2%	34.5%
Nutrient Guideline			600-700	1360			

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Portion Values - Detailed

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Intermediate Lunch (6-8)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/10/2018							
Intermediate Lunch (6-8)	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
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
Sand Pepperoni Pocket	one	1	300	680	18.0	32.0	11.0
Veg Potato Spirals Seasoned	1/2 cup	1	100	151	1.0	17.08	3.01
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 Traditional Fresh Combo	ONE	1	82	1	0.89	21.12	0.27
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			1846	3587	96.88	225.19	67.90
% of Calories					21.0%	48.8%	33.1%
Nutrient Guideline			600-700	1360			

Thu - 10/11/2018							
Intermediate Lunch (6-8)	Total	1					
Bread Tortilla Chips 1.5oz	1.5 OZ	1	203	83	3.0	28.5	7.5
Nachos Mix/Chicken & Cheese	#20Chick#12Ch	1	178	593	15.42	4.37	10.86
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
Sand Pork Rib Hoagie 3.25 oz.	Sandwich	1	210	660	13.0	12.0	12.0
Veg Beans Pinto Seasoned	1/2 Cup	1	130	163	7.11	23.44	1.2
Veg Carrot Snack Pack 1/2c	2.6oz pack	1	19	26	0.0	8.12	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 1/2C	1/2 CUP	1	3	3	0.27	0.55	0.05
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 SALSA, CANNED (USDA)1/2c	1/2 CUP	1	42	498	1.74	8.1	0.23
VEG JALAPENO PEPPERS, SLICED	1 OZ	1	25	2514	0.0	0.0	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

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			1356	5557	79.75 23.5%	160.19 47.2%	41.63 27.6%
Nutrient Guideline			600-700	1360			

Fri - 10/12/2018							
Intermediate Lunch (6-8)	Total	1					
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	1	444	825	22.49	46.13	19.66
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	1	391	617	20.04	45.73	14.36
Pizza Pepp & Chz 16"CrustInt/H	6 cut slice	1	502	1004	26.35	39.98	26.92
Pizza Cheese 16"WGCrust HS/INT	6 cut slice	1	441	766	23.55	39.51	20.86
Pupusa Bean & Chz Del Real	one	1	290	480	13.0	35.0	11.0
Pkt Taco Sauce	1 PKT	1	5	96	0.0	1.01	0.0
Sand Bread Variety Intermediat	1 each	1	151	214	5.64	28.34	2.46
Sand Deli Meat Variety	3-6 slices	1	93	419	11.96	1.01	4.68
CHEESE AMERICAN 1-SLICED	1 SLICE	1	0	0	0.0	0.0	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	1	21	59	2.71	3.29	0.09
Veg Juice V Blend 4.23 OZ.	4.23 OZ.	1	55	30	0.0	14.0	0.0
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
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 % of Calories			2898	5218	155.91 21.5%	339.56 46.9%	105.38 32.7%
Nutrient Guideline			600-700	1360			

Mon - 10/15/2018							
Intermediate Lunch (6-8)	Total	1					
LASAGNA, BEEF Elem/Int	1 Piece	1	369	956	23.8	42.38	13.68
Bread Breadstick Garlic 1G	Breadstick	1	100	150	3.0	15.0	3.5
Chicken Nugget 106/3oz (5 pc)	Serving	1	180	420	12.0	12.0	9.0
Sand Monte Cristo - Full Sand	Sand	1	551	1199	26.6	58.53	23.06
Veg Carrot Snack Pack 1/2c	2.6oz pack	1	19	26	0.0	8.12	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	1	21	59	2.71	3.29	0.09
FRUIT CUP- VARIETY	one fruit cup	1	93	8	0.65	23.54	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
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

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Marysville JUSD

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Intermediate Lunch (6-8)

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			1674	3396	90.78 21.7%	213.88 51.1%	54.34 29.2%
Nutrient Guideline			600-700	1360			

Tue - 10/16/2018							
Intermediate Lunch (6-8)	Total	1					
Pizza Fiesta WGBlenFlourHS/INT	HS/INT 6 cut	1	280	641	19.49	14.66	15.04
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	1	391	617	20.04	45.73	14.36
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	1	444	825	22.49	46.13	19.66
Pizza Fiesta WG Crust HS/INT	HS/INT 6 cut	1	285	657	19.78	13.58	15.86
Pizza Pepp & Chz 16"CrustInt/H	6 cut slice	1	502	1004	26.35	39.98	26.92
Pizza Cheese 16"WGCrust HS/INT	6 cut slice	1	441	766	23.55	39.51	20.86
Chicken Crispito 36/2 ea	Crispito	1	540	740	24.01	46.01	28.01
Pkt Taco Sauce	1 PKT	1	5	96	0.0	1.01	0.0
Sand TurkeyBreast Ital. Panini	Sandwich	1	331	695	24.64	29.69	13.23
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	1	100	177	4.22	12.95	3.23
VEG CELERY STICKS 1/2c	1/2 CUP	1	12	59	0.51	2.21	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 1/2C	1/2 CUP	1	3	3	0.27	0.55	0.05
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 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 % of Calories			3780	6825	207.42 21.9%	371.27 39.3%	162.73 38.7%
Nutrient Guideline			600-700	1360			

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Marysville JUSD

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Intermediate Lunch (6-8)

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/17/2018							
Intermediate Lunch (6-8)	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
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
Chicken Parmeseanw/BreastFilet	serving	1	372	483	24.04	45.44	12.42
Bread Wheat Dinner Roll	ROLL	1	100	160	6.0	17.0	1.0
Veg Potato Seasoned Wedges	1/2 c	1	148	380	2.11	18.99	7.38
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 Traditional Fresh Combo	ONE	1	82	1	0.89	21.12	0.27
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			1937	3641	108.75	257.12	58.41
% of Calories					22.5%	53.1%	27.1%
Nutrient Guideline			600-700	1360			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/18/2018							
Intermediate Lunch (6-8)	Total	1					
Chicken Fajita & Onion/Peppers	#8scp + #40scp	1	177	700	21.52	2.9	8.4
Rice Brown Tom/Span Cook 1c	1 C	1	246	816	6.09	51.52	2.56
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
Burrito Bean & Cheese Chipotle	Burrito	1	360	390	17.01	44.03	13.01
Veg Beans Pinto Seasoned	1/2 Cup	1	130	163	7.11	23.44	1.2
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 1/2C	1/2 CUP	1	3	3	0.27	0.55	0.05
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			1680	3796	95.77	226.25	45.22
% of Calories					22.8%	53.9%	24.2%
Nutrient Guideline			600-700	1360			

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Marysville JUSD

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Intermediate Lunch (6-8)

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/19/2018							
Intermediate Lunch (6-8)	Total	1					
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	1	444	825	22.49	46.13	19.66
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	1	391	617	20.04	45.73	14.36
Pizza Pepp & Chz 16"CrustInt/H	6 cut slice	1	502	1004	26.35	39.98	26.92
Pizza Cheese 16"WGCrust HS/INT	6 cut slice	1	441	766	23.55	39.51	20.86
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
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
Veg Broccoli Florets Seas 1/2c	1/2 cup	1	58	26	1.6	4.8	3.8
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	1	124	329	4.04	28.65	1.54
VEG CORN : FROZEN YELLOW 1/2c	1/2 CUP	1	101	13	3.78	23.94	1.26
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 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 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			3590	6185	188.39	455.91	122.07
% of Calories					21.0%	50.8%	30.6%
Nutrient Guideline			600-700	1360			

Mon - 10/22/2018							
Intermediate Lunch (6-8)	Total	1					
Bread Tortilla Chips 1.5oz	1.5 OZ	1	203	83	3.0	28.5	7.5
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	1	188	702	14.77	6.6	11.6
Sand Chicken Slider Tyson/Shan	2 Sandwiches	1	468	753	28.54	54.82	16.31
Sand Beef Rib Hoagie 3.25 oz.	Sandwich	1	340	885	18.0	40.0	12.0
Veg Beans Refried-Dehy 1/2c	1/2 cup	1	164	488	7.97	23.92	1.99
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	1	124	329	4.04	28.65	1.54
Fruit Juice Orange CDE	4 OZ CUP	1	61	2	1.0	14.0	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
VEG SALSAS, CANNED (USDA)1/2c	1/2 CUP	1	42	498	1.74	8.1	0.23
VEG JALAPENO PEPPERS, SLICED	1 OZ	1	25	2514	0.0	0.0	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			1969	6856	101.41	258.98	56.28
% of Calories					20.6%	52.6%	25.7%
Nutrient Guideline			600-700	1360			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Intermediate Lunch (6-8)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/23/2018							
Intermediate Lunch (6-8)	Total	1					
Mac & Cheese w/Chick "Mad Mac"	2 #10 scoops	1	362	1729	21.05	31.36	17.04
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	1	444	825	22.49	46.13	19.66
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	1	391	617	20.04	45.73	14.36
Pizza Pepp & Chz 16"CrustInt/H	6 cut slice	1	502	1004	26.35	39.98	26.92
Pizza Cheese 16"WGCrust HS/INT	6 cut slice	1	441	766	23.55	39.51	20.86
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	1	448	1008	22.63	47.06	19.78
Pizza Pepp/Jalap16"CrustInt/HS	6 cut slice	1	507	1214	26.5	41.04	27.06
Sand Meatball w/ French Bread	4 Meatballs	1	321	630	19.33	33.12	12.88
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	1	100	177	4.22	12.95	3.23
Veg Carrot Snack Pack 1/2c	2.6oz pack	1	19	26	0.0	8.12	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 1/2C	1/2 CUP	1	3	3	0.27	0.55	0.05
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
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			3975	8549	208.41	422.55	167.21
% of Calories					21.0%	42.5%	37.9%
Nutrient Guideline			600-700	1360			

Wed - 10/24/2018							
Intermediate Lunch (6-8)	Total	1					
Chicken Buffalo Drumstick	Drumstick	1	172	303	17.18	4.04	10.1
Bread Garlic Knot 2G	Garlic Knot	1	172	273	4.05	23.29	7.09
Chicken Alfredo	#8 scoop	1	174	655	14.18	3.03	12.13
Pasta Penne WG CDE 20#	1/2 c	1	106	7	3.02	21.11	1.01
Pasta Spiral Rotini WG CDE 20#	1/2 c	1	97	9	4.08	20.94	0.39
Bread Breadstick Garlic 1G	Breadstick	1	100	150	3.0	15.0	3.5
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
Veg Potato Rounds - Simplot	1/2 cup	1	143	214	2.38	16.67	8.33
Veg Broccoli Salad	1/2 cup	1	80	138	1.66	7.08	5.23
Fruit Traditional Fresh Combo	ONE	1	82	1	0.89	21.12	0.27
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 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

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Marysville JUSD

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Intermediate Lunch (6-8)

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			2082	3631	114.20 21.9%	252.87 48.6%	74.21 32.1%
Nutrient Guideline			600-700	1360			

Thu - 10/25/2018							
Intermediate Lunch (6-8)	Total	1					
Beef Sliced Season 192/2.50 oz	1/2 c	1	143	260	12.07	4.65	9.0
Bread Tortilla Corn 6" - 2pc	two	1	121	10	2.01	24.15	2.01
Veg onion, cilantro, lime	portion	1	15	3	0.39	4.7	0.1
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 Grilled Cheese	ONE	1	392	1226	18.0	32.0	23.56
Veg Cucumber with Tajin 1/2c	1/2 CUP	1	15	333	0.48	1.76	0.13
Veg Jicama with Tajin 1/2c	1/2 CUP	1	36	335	0.67	7.38	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 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 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 % of Calories			1506	3569	75.32 20.0%	177.60 47.2%	58.22 34.8%
Nutrient Guideline			600-700	1360			

Fri - 10/26/2018							
Intermediate Lunch (6-8)	Total	1					
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	1	444	825	22.49	46.13	19.66
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	1	391	617	20.04	45.73	14.36
Pizza Pepp & Chz 16"CrustInt/H	6 cut slice	1	502	1004	26.35	39.98	26.92
Pizza Cheese 16"WGCrust HS/INT	6 cut slice	1	441	766	23.55	39.51	20.86
Quesadilla Chicken8"TortillaLT	quesadilla	1	336	687	25.17	18.9	17.92
Bean Chz Verde Pocket 60/4oz	one	1	220	260	9.0	25.0	9.0
Veg Salad Romaine&Spnch1c port	1 CUP	1	21	59	2.71	3.29	0.09
Veg Broccoli Florets Frzn 1/2c	1/2 cup	1	23	20	2.57	4.45	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 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

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Marysville JUSD

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Intermediate Lunch (6-8)

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			2879	4946	161.77 22.5%	307.70 42.7%	114.22 35.7%
Nutrient Guideline			600-700	1360			

Mon - 10/29/2018							
Intermediate Lunch (6-8)	Total	1					
Chicken Chunk WG	5 Pieces	1	241	386	21.73	14.49	10.87
Chicken Honey Sriracha Chunks	6 pieces	1	296	377	22.44	22.44	13.26
Pkt Ketchup	1 PACKET	1	8	67	0.0	2.36	0.0
Enchilada Pie	5 x 5 cut	1	231	584	15.42	14.7	12.58
Chicken Brd WG 8 Pc Pilgrims	3 oz.	1	246	675	13.71	12.57	14.86
Veg Potato Mashed Loaded 1/2 cup	1/2 Cup	1	65	245	1.46	13.75	0.63
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	1	124	329	4.04	28.65	1.54
Fruit Strawberry Cup Frozen CDE	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 & Spn 1/2c 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 % of Calories			1656	3266	102.16 24.7%	185.35 44.8%	58.84 32.0%
Nutrient Guideline			600-700	1360			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

Intermediate Lunch (6-8)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/30/2018							
Intermediate Lunch (6-8)	Total	1					
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	1	444	825	22.49	46.13	19.66
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	1	391	617	20.04	45.73	14.36
Pizza VegChz WGBlenFlourHS/INT	HS/INT 6 cut	1	391	617	20.06	45.81	14.36
Pizza Pepp & Chz 16"CrustInt/H	6 cut slice	1	502	1004	26.35	39.98	26.92
Pizza Cheese 16"WGCrust HS/INT	6 cut slice	1	441	766	23.55	39.51	20.86
Pizza VegChz Crust 16" HS/INT	6 cut slice	1	516	945	29.24	40.46	25.99
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
Taco Pocket 60/4.5oz Bell Tsty	one	1	260	390	17.0	31.0	8.0
Pkt Taco Sauce	1 PKT	1	5	96	0.0	1.01	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	1	100	177	4.22	12.95	3.23
Veg Carrot Snack Pack 1/2c	2.6oz pack	1	19	26	0.0	8.12	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 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
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			4194	7331	225.26	474.31	160.76
% of Calories					21.5%	45.2%	34.5%
Nutrient Guideline			600-700	1360			

Wed - 10/31/2018							
Intermediate Lunch (6-8)	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
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
Sand Pepperoni Pocket	one	1	300	680	18.0	32.0	11.0
Veg Potato Spirals Seasoned	1/2 cup	1	100	151	1.0	17.08	3.01
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 Traditional Fresh Combo	ONE	1	82	1	0.89	21.12	0.27
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

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Marysville JUSD

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

Intermediate Lunch (6-8)

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			1846	3587	96.88 21.0%	225.19 48.8%	67.90 33.1%
Nutrient Guideline			600-700	1360			

Weighted Average			2519	5082	136.08 21.6%	292.72 46.5%	93.00 33.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	2519		600 - 700	360%			1819	Correction Required - Calories too High Correction Required - Sodium too High
Sodium (mg)	5082		1360				3722	
Protein (g)	136.08	21.61%						
Carbohydrate (g)	292.72	46.49%						
Total Fat (g)	93.00	33.23%						

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