

Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Oct 1, 2018 thru Oct 31, 2018

LINDHURST HIGH LUNCH

Generated on: 9/25/2018 8:28:23 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/01/2018							
LINDHURST HIGH LUNCH	Total	848					
Sand Chicken Spic Filet w/ Bun	Sandwich	160	400	590	27.0	46.0	13.0
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	160	21	739	0.52	4.78	0.1
POTATO SALAD	2/3 CUP	150	102	309	1.45	17.89	2.9
Veg Carrot Snack Pack 1/2c	ONE PACK	60	19	26	0.0	8.12	0.0
Sand Grilled Cheese	ONE	100	392	1226	18.0	32.0	23.56
CHICKEN NOODLE SOUP 8oz	8 oz	100	87	1509	6.37	12.19	2.39
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	458	908	26.36	46.06	18.79
Pizza Hawaiian WGBlend Int/H	6 cut Slice	6	428	743	24.0	47.77	15.55
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	120	444	825	22.49	46.13	19.66
Calzone Pepperoni & Cheese HS	CALZONE	30	471	887	24.34	46.9	21.44
Nachos Cheese ONLY 2M/MA	2 #12CH	50	262	1110	16.15	8.08	18.17
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	50	188	702	14.77	6.6	11.6
Bread Tortilla Chips 2oz	2.0 oz	100	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	75	57	140	3.17	10.97	0.46
Veg Salsa Verde Del Real	oz.	32	9	139	0.28	1.42	0.28
Burrito Chicken & RiceVerdeLHS	Burrito	25	512	1214	30.18	52.62	17.86
Corndog Turkey WG 72/4oz	CORNDOG	36	256	681	14.0	28.9	9.4
Veg Potato Seasoned Wedges	1/2 c	80	148	380	2.11	18.99	7.38
Sand Chick Spicy Patty 106/3oz	Sandwich	100	337	670	20.0	42.0	11.0
Sand Beef Sliders DL/Shann	2 Sandwiches	48	358	884	20.15	37.35	14.12
Sand Deli Meat Variety	3-6 slices	70	93	419	11.96	1.01	4.68
Sand Cheese Variety	Slice	70	68	177	4.0	0.5	5.67
Sand Bread Variety High	1 each	70	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	36	421	1168	21.12	33.53	23.7
Salads, Spicy Chicken Patty RC	SERVING	6	310	709	22.1	20.35	16.6
Salads PBJ Uncrustable LHS	SERVING	12	864	817	28.44	101.01	43.39
Fruit Traditional Fresh Combo	ONE	300	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	700	63	9	0.0	15.29	0.0
Fruit Mandarin Orange 2ea	TWO	25	74	2	1.0	18.78	0.4
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	32	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	0	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0

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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Oct 1, 2018 thru Oct 31, 2018

LINDHURST HIGH LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	16	5	1	0.24	0.88	0.07
VEG JALAPENO PEPPERS, SLICED	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	32	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	8	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	0	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C.SCOOP	0	20	2	0.19	4.93	0.05
Fruit Applesauce Canned 1/4c	1/4 C. SCOOP	0	28	1	0.11	7.44	0.03
Fruit Salad w/ Kiwi	1/4 c	290	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
Weighted Daily Average			755	1718	34.59	103.51	24.26
% of Calories					18.3%	54.9%	28.9%
Nutrient Guideline			750-850	1420			

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Oct 1, 2018 thru Oct 31, 2018

LINDHURST HIGH LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/02/2018							
LINDHURST HIGH LUNCH	Total	852					
Cheese Green Tamale Del Real	one	150	380	470	12.0	29.0	27.0
Cheese Shredded Cheddar 1oz	#20 scoop	150	111	192	7.09	1.01	9.11
Veg Beans Refried-Dehy 1/2c	1/2 cup	126	164	488	7.97	23.92	1.99
Veg Lettuce Shredded 1/2C	1/2 CUP	111	3	3	0.27	0.55	0.05
Bread Tortilla Chips 1oz	1.0 oz	50	135	55	2.0	19.0	5.0
Rice Brown ChilMixSpanCook1/2c	1/2 CUP	150	121	434	2.85	24.73	1.16
VEG JALAPENO PEPPERS, SLICED	1 OZ	32	25	2514	0.0	0.0	0.0
Veg onion, cilantro, lime	portion	50	15	3	0.39	4.7	0.1
Sand Chicken Spic Filet w/ Bun	Sandwich	100	400	590	27.0	46.0	13.0
Veg Potato Seasoned Wedges	1/2 c	100	148	380	2.11	18.99	7.38
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	100	21	739	0.52	4.78	0.1
Chicken Sriracha Hon 176/3.9oz	3.9oz.	176	211	482	12.06	24.12	6.03
Veg Potato Seasoned Wedges	1/2 c	176	148	380	2.11	18.99	7.38
VEG CORN COB 96/1cob	COB	96	40	2	1.34	9.64	0.3
Bread Garlic Knot 2G	Garlic Knot	80	172	273	4.05	23.29	7.09
BREAD CHOC. GRAHAMS BELLY BEAR	1 EACH	176	120	85	2.0	20.0	4.0
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	458	908	26.36	46.06	18.79
Pizza Hawaiian WGBlend Int/H	6 cut Slice	6	428	743	24.0	47.77	15.55
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	126	444	825	22.49	46.13	19.66
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	0	448	1008	22.63	47.06	19.78
Chicken Tend Bowl w/Pot&Corn	Bowl	80	324	661	22.0	34.42	12.43
Taco Pocket 60/4.5oz Bell Tsty	one	30	260	390	17.0	31.0	8.0
Corndog Turkey WG 72/4oz	CORNDOG	36	256	681	14.0	28.9	9.4
Sand Deli Meat Variety	3-6 slices	70	93	419	11.96	1.01	4.68
Sand Cheese Variety	Slice	70	68	177	4.0	0.5	5.67
Sand Bread Variety High	1 each	70	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	36	421	1168	21.12	33.53	23.7
Salads, Spicy Chicken Patty RC	SERVING	6	310	709	22.1	20.35	16.6
Salads PBJ Uncrustable LHS	SERVING	12	864	817	28.44	101.01	43.39
Fruit Craisins Blueberry	1 EACH	48	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	300	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	700	63	9	0.0	15.29	0.0
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Fruit Pears Fresh	ONE	25	101	2	0.64	27.11	0.25
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	30	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	256	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	128	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	36	5	1	0.24	0.88	0.07
VEG JALAPENO PEPPERS, SLICED	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
	ARS						
Veg Salad Romaine&Spnch1c port	1 CUP	45	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	24	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	48	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C.SCOOP	48	20	2	0.19	4.93	0.05
Fruit Applesauce Canned 1/4c	1/4 C. SCOOP	85	28	1	0.11	7.44	0.03
Fruit Salad w/ Kiwi	1/4 c	290	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
Weighted Daily Average			837	1651	33.69	117.47	27.48
% of Calories					16.1%	56.1%	29.5%
Nutrient Guideline			750-850	1420			

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LINDHURST HIGH LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/03/2018							
LINDHURST HIGH LUNCH	Total	852					
Chicken Tangerine AF 176/3.9oz	3.9oz.	252	189	379	13.95	24.9	3.98
Egg Roll WG Pork 60/3ozSchwans	Egg Roll	252	180	370	9.0	20.01	7.0
Rice Seasoned Cooked1/2c	1/2 CUP	225	114	376	2.65	23.61	1.17
Veg Broccoli Florets Seas 1/2c	1/2 cup	250	58	26	1.6	4.8	3.8
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Pkt Soy Sauce	1 PKT	100	0	170	0.0	0.0	0.0
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	458	908	26.36	46.06	18.79
Pizza Hawaiian WGBlend Int/H	6 cut Slice	6	428	743	24.0	47.77	15.55
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	120	444	825	22.49	46.13	19.66
Nachos Cheese ONLY 2M/MA	2 #12CH	30	262	1110	16.15	8.08	18.17
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	70	188	702	14.77	6.6	11.6
Bread Tortilla Chips 2oz	2.0 oz	70	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	37	57	140	3.17	10.97	0.46
VEG SALSA, CANNED (USDA)1/2c	1/2 CUP	32	42	498	1.74	8.1	0.23
VEG JALAPENO PEPPERS, SLICED	1 OZ	0	25	2514	0.0	0.0	0.0
Burrito Bean & Cheese LHS	ONE	0	395	1021	18.72	37.51	19.06
Sand Chick WG Spicy Patty	1 Each	100	360	570	22.01	43.01	13.01
Sand Beef Sliders DL/Shann	2 Sandwiches	48	358	884	20.15	37.35	14.12
Corndog Turkey WG 72/4oz	CORNDOG	36	256	681	14.0	28.9	9.4
Veg Potato Seasoned Wedges	1/2 c	100	148	380	2.11	18.99	7.38
Taco Pocket 60/4.5oz Bell Tsty	one	30	260	390	17.0	31.0	8.0
Sand Deli Meat Variety	3-6 slices	70	93	419	11.96	1.01	4.68
Sand Cheese Variety	Slice	70	68	177	4.0	0.5	5.67
Sand Bread Variety High	1 each	70	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	36	421	1168	21.12	33.53	23.7
Salads, Spicy Chicken Patty RC	SERVING	12	310	709	22.1	20.35	16.6
Salads PBJ Uncrustable LHS	SERVING	6	864	817	28.44	101.01	43.39
Fruit Craisins Blueberry	1 EACH	48	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	300	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	500	63	9	0.0	15.29	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	30	100	177	4.22	12.95	3.23
Veg Juice V Blend Mango 4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	500	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	0	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0

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Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	36	5	1	0.24	0.88	0.07
VEG JALAPENO PEPPERS, SLICED	1 OZ	8	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEARS	16	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	45	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	48	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	48	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C.SCOOP	48	20	2	0.19	4.93	0.05
Fruit Salad w/ Kiwi	1/4 c	290	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
Weighted Daily Average			731	1363	33.97	104.04	21.48
% of Calories					18.6%	56.9%	26.4%
Nutrient Guideline			750-850	1420			

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/04/2018							
LINDHURST HIGH LUNCH	Total	878					
Sand TurkeyBreast Ital. Panini	Sandwich	160	331	695	24.64	29.69	13.23
Veg Salad RomSpinCucTom1.5c	1.5 CUP	112	34	62	3.26	6.23	0.21
Pork Carnitas, CDE 132/#8 scp	#8 scoop	100	276	584	26.67	0.0	12.12
Sand Bread Variety High	1 each	100	159	237	5.83	29.93	2.52
Sauce BBQ 0.5oz	.5oz (#40scp)	100	22	106	0.0	5.76	0.0
Veg Coleslaw Salad	1/2 c	100	44	82	0.34	3.39	3.33
Veg Onion Breaded WG (HS Only)	5pcs	100	200	231	3.01	28.07	8.02
Veg Carrot Snack Pack 1/2c	ONE PACK	60	19	26	0.0	8.12	0.0
Pudding - Chocolate	1/2 CUP	150	401	74	1.52	36.99	19.29
Sand Pork Rib Hoagie 3.25 oz.	Sandwich	40	210	660	13.0	12.0	12.0
Veg Potato Seasoned Wedges	1/2 c	100	148	380	2.11	18.99	7.38
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	524	1037	30.13	52.64	21.47
Pizza Hawaiian WGBlend Int/H	6 cut Slice	12	489	849	27.43	54.6	17.78
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	120	507	943	25.71	52.72	22.47
Chicken Honey Sriracha Chunks	6 pieces	198	296	377	22.44	22.44	13.26
Veg Potato Seasoned Wedges	1/2 c	198	148	380	2.11	18.99	7.38
BREAD CHOCOLATE ELF GRAHAM	ONE	198	120	125	2.0	20.0	4.0
Sand Chick Spicy Patty 106/3oz	Sandwich	40	337	670	20.0	42.0	11.0
Corndog Turkey WG 72/4oz	CORNDOG	36	256	681	14.0	28.9	9.4
Taco Pocket 60/4.5oz Bell Tsty	one	30	260	390	17.0	31.0	8.0
Sand Deli Meat Variety	3-6 slices	80	93	419	11.96	1.01	4.68
Sand Cheese Variety	Slice	80	68	177	4.0	0.5	5.67
Sand Bread Variety High	1 each	80	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	80	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	24	421	1168	21.12	33.53	23.7
Salads, Spicy Chicken Patty RC	SERVING	12	310	709	22.1	20.35	16.6
Salads PBJ Uncrustable LHS	SERVING	6	864	817	28.44	101.01	43.39
Fruit Craisins Blueberry	1 EACH	48	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	300	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	700	63	9	0.0	15.29	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	30	100	177	4.22	12.95	3.23
Veg Juice V Blend Mango 4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	128	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	36	5	1	0.24	0.88	0.07
VEG JALAPENO PEPPERS, SLICED	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPE	18	6	480	0.0	1.5	0.0
	ARS						
Veg Salad Romaine&Spnch1c port	1 CUP	32	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	24	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	0	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C.SCOOP	0	20	2	0.19	4.93	0.05
Fruit Salad w/ Kiwi	1/4 c	290	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

Page 8

Oct 1, 2018 thru Oct 31, 2018

LINDHURST HIGH LUNCH

Generated on: 9/25/2018 8:28:23 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			824	1377	35.77 17.4%	106.90 51.9%	27.40 29.9%
Nutrient Guideline			750-850	1420			

Fri - 10/05/2018							
LINDHURST HIGH LUNCH	Total	819					
Sand Beef Roast -Tri Tip	SANDWICHES	100	269	263	19.0	26.0	9.5
Sand Chicken BBQ Hoagie	sandwich	1	287	651	19.0	40.24	5.5
Veg Coleslaw Salad	1/2 c	1	44	82	0.34	3.39	3.33
Veg Potato Seasoned Wedges	1/2 c	160	148	380	2.11	18.99	7.38
Sand Polish Dog	1 Sandwich	1	340	760	13.0	32.98	18.0
Turkey Bacon	2 Slice	1	45	215	4.54	0.0	2.27
Veg Carrot Snack Pack 1/2c	ONE PACK	60	19	26	0.0	8.12	0.0
Cookie Oatmeal	1 Each	200	200	168	3.66	27.95	8.41
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	458	908	26.36	46.06	18.79
Pizza Hawaiian WGBlend Int/H	6 cut Slice	12	428	743	24.0	47.77	15.55
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	72	444	825	22.49	46.13	19.66
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	12	448	1008	22.63	47.06	19.78
Calzone Pepperoni & Cheese HS	CALZONE	30	471	887	24.34	46.9	21.44
Nachos Cheese ONLY 2M/MA	2 #12CH	1	262	1110	16.15	8.08	18.17
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	70	188	702	14.77	6.6	11.6
Bread Tortilla Chips 2oz	2.0 oz	70	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	37	57	140	3.17	10.97	0.46
Salsa Nortena La Patrona#16scp	#16 scoop	32	22	611	0.0	4.36	0.0
Burrito Bean & Cheese LHS	ONE	25	395	1021	18.72	37.51	19.06
Corndog Turkey WG 72/4oz	CORNDOG	36	256	681	14.0	28.9	9.4
Veg Potato Seasoned Wedges	1/2 c	80	148	380	2.11	18.99	7.38
Sand Chick Spicy Patty 106/3oz	Sandwich	100	337	670	20.0	42.0	11.0
Sand Beef Sliders DL/Shann	2 Sandwiches	48	358	884	20.15	37.35	14.12
Sand Deli Meat Variety	3-6 slices	70	93	419	11.96	1.01	4.68
Sand Cheese Variety	Slice	70	68	177	4.0	0.5	5.67
Sand Bread Variety High	1 each	70	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	36	421	1168	21.12	33.53	23.7
Salads, Spicy Chicken Patty RC	SERVING	12	310	709	22.1	20.35	16.6
Salads PBJ Uncrustable LHS	SERVING	12	864	817	28.44	101.01	43.39
Fruit Traditional Fresh Combo	ONE	300	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	700	63	9	0.0	15.29	0.0
Fruit Mandarin Orange 2ea	TWO	25	74	2	1.0	18.78	0.4
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	32	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

LINDHURST HIGH LUNCH

Generated on: 9/25/2018 8:28:23 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	0	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	16	5	1	0.24	0.88	0.07
VEG JALAPENO PEPPERS, SLICED	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
	ARS						
Veg Salad Romaine&Spnch1c port	1 CUP	32	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	8	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	0	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C.SCOOP	0	20	2	0.19	4.93	0.05
Fruit Applesauce Canned 1/4c	1/4 C. SCOOP	0	28	1	0.11	7.44	0.03
Fruit Salad w/ Kiwi	1/4 c	290	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
Weighted Daily Average			693	1208	28.96	98.30	21.76
% of Calories					16.7%	56.8%	28.3%
Nutrient Guideline			750-850	1420			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

LINDHURST HIGH LUNCH

Generated on: 9/25/2018 8:28:23 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/08/2018							
LINDHURST HIGH LUNCH	Total	819					
Sand Chicken Spic Filet w/ Bun	Sandwich	150	400	590	27.0	46.0	13.0
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	100	21	739	0.52	4.78	0.1
Veg Carrot Snack Pack 1/2c	ONE PACK	60	19	26	0.0	8.12	0.0
Sand Grilled Cheese	ONE	100	392	1226	18.0	32.0	23.56
POTATO SALAD	2/3 CUP	160	102	309	1.45	17.89	2.9
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	458	908	26.36	46.06	18.79
Pizza Hawaiian WGBlend Int/H	6 cut Slice	12	428	743	24.0	47.77	15.55
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	72	444	825	22.49	46.13	19.66
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	12	448	1008	22.63	47.06	19.78
Calzone Pepperoni & Cheese HS	CALZONE	30	471	887	24.34	46.9	21.44
Nachos Cheese ONLY 2M/MA	2 #12CH	1	262	1110	16.15	8.08	18.17
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	70	188	702	14.77	6.6	11.6
Bread Tortilla Chips 2oz	2.0 oz	70	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	37	57	140	3.17	10.97	0.46
Salsa Nortena La Patrona#16scp	#16 scoop	32	22	611	0.0	4.36	0.0
Burrito Bean & Cheese LHS	ONE	25	395	1021	18.72	37.51	19.06
Corndog Turkey WG 72/4oz	CORNDOG	36	256	681	14.0	28.9	9.4
Veg Potato Seasoned Wedges	1/2 c	80	148	380	2.11	18.99	7.38
Sand Chick Spicy Patty 106/3oz	Sandwich	100	337	670	20.0	42.0	11.0
Sand Beef Sliders DL/Shann	2 Sandwiches	48	358	884	20.15	37.35	14.12
Sand Deli Meat Variety	3-6 slices	70	93	419	11.96	1.01	4.68
Sand Cheese Variety	Slice	70	68	177	4.0	0.5	5.67
Sand Bread Variety High	1 each	70	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	36	421	1168	21.12	33.53	23.7
Salads, Spicy Chicken Patty RC	SERVING	12	310	709	22.1	20.35	16.6
Salads PBJ Uncrustable LHS	SERVING	12	864	817	28.44	101.01	43.39
Fruit Traditional Fresh Combo	ONE	300	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	700	63	9	0.0	15.29	0.0
Fruit Mandarin Orange 2ea	TWO	25	74	2	1.0	18.78	0.4
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	32	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	0	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

LINDHURST HIGH LUNCH

Generated on: 9/25/2018 8:28:23 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	16	5	1	0.24	0.88	0.07
VEG JALAPENO PEPPERS, SLICED	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	32	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	8	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	0	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C.SCOOP	0	20	2	0.19	4.93	0.05
Fruit Applesauce Canned 1/4c	1/4 C. SCOOP	0	28	1	0.11	7.44	0.03
Fruit Salad w/ Kiwi	1/4 c	290	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
Weighted Daily Average			725	1467	32.78	100.91	22.90
% of Calories					18.1%	55.7%	28.4%
Nutrient Guideline			750-850	1420			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

LINDHURST HIGH LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/09/2018							
LINDHURST HIGH LUNCH	Total	848					
Beef Taco Meat RF JTM 3.17oz	3.17 oz	150	111	293	13.04	5.01	5.01
Cheese Shredded Cheddar 1oz	#20 scoop	150	111	192	7.09	1.01	9.11
Veg Beans Refried-Dehy 1/2c	1/2 cup	150	164	488	7.97	23.92	1.99
Veg Lettuce Shredded 1/2C	1/2 CUP	111	3	3	0.27	0.55	0.05
Bread Tostada Bowl Large WG	Bowl	150	206	0	2.42	27.87	14.54
Bread Tortilla Chips 1oz	1.0 oz	50	135	55	2.0	19.0	5.0
Rice Brown ChilMixSpanCook1/2c	1/2 CUP	50	121	434	2.85	24.73	1.16
VEG JALAPENO PEPPERS, SLICED	1 OZ	32	25	2514	0.0	0.0	0.0
Veg onion, cilantro, lime	portion	100	15	3	0.39	4.7	0.1
Sand Chicken Spic Filet w/ Bun	Sandwich	100	400	590	27.0	46.0	13.0
Veg Potato Seasoned Wedges	1/2 c	100	148	380	2.11	18.99	7.38
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	100	21	739	0.52	4.78	0.1
Chicken Honey Sriracha Chunks	6 pieces	176	296	377	22.44	22.44	13.26
Veg Potato Seasoned Wedges	1/2 c	176	148	380	2.11	18.99	7.38
VEG CORN COB 96/1cob	COB	96	40	2	1.34	9.64	0.3
Bread Garlic Knot 2G	Garlic Knot	80	172	273	4.05	23.29	7.09
BREAD CHOC. GRAHAMS BELLY BEAR	1 EACH	176	120	85	2.0	20.0	4.0
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	458	908	26.36	46.06	18.79
Pizza Hawaiian WGBlend Int/H	6 cut Slice	6	428	743	24.0	47.77	15.55
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	120	444	825	22.49	46.13	19.66
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	0	512	1152	25.86	53.79	22.61
Chicken Tend Bowl w/Pot&Corn	Bowl	80	324	661	22.0	34.42	12.43
Taco Pocket 60/4.5oz Bell Tsty	one	30	260	390	17.0	31.0	8.0
Corndog Turkey WG 72/4oz	CORNDOG	36	256	681	14.0	28.9	9.4
Sand Deli Meat Variety	3-6 slices	70	93	419	11.96	1.01	4.68
Sand Cheese Variety	Slice	70	68	177	4.0	0.5	5.67
Sand Bread Variety High	1 each	70	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	36	421	1168	21.12	33.53	23.7
Salads, Spicy Chicken Patty RC	SERVING	6	310	709	22.1	20.35	16.6
Salads PBJ Uncrustable LHS	SERVING	12	864	817	28.44	101.01	43.39
Fruit Craisins Blueberry	1 EACH	48	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	300	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	700	63	9	0.0	15.29	0.0
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Fruit Pears Fresh	ONE	25	101	2	0.64	27.11	0.25
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	30	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0

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Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

LINDHURST HIGH LUNCH

Generated on: 9/25/2018 8:28:23 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	256	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	128	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	36	5	1	0.24	0.88	0.07
VEG JALAPENO PEPPERS, SLICED	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	45	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	24	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	48	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C. SCOOP	48	20	2	0.19	4.93	0.05
Fruit Applesauce Canned 1/4c	1/4 C. SCOOP	85	28	1	0.11	7.44	0.03
Fruit Salad w/ Kiwi	1/4 c	290	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
Weighted Daily Average			836	1563	36.37	116.08	27.58
% of Calories					17.4%	55.6%	29.7%
Nutrient Guideline			750-850	1420			

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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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

LINDHURST HIGH LUNCH

Generated on: 9/25/2018 8:28:23 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/10/2018							
LINDHURST HIGH LUNCH	Total	791					
Chicken Korean BBQ Fajita Meat	3.4 oz	224	261	1169	27.21	20.03	6.05
Egg Roll WG Pork 60/3ozSchwans	Egg Roll	224	180	370	9.0	20.01	7.0
Rice Seasoned Cooked1/2c	1/2 CUP	225	114	376	2.65	23.61	1.17
VEG GARDEN BLEND 1/2c	1/2 CUP	250	33	27	1.33	6.67	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Pkt Soy Sauce	1 PKT	100	0	170	0.0	0.0	0.0
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	524	1037	30.13	52.64	21.47
Pizza Hawaiian WGBlend Int/H	6 cut Slice	12	489	849	27.43	54.6	17.78
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	84	507	943	25.71	52.72	22.47
Nachos Cheese ONLY 2M/MA	2 #12CH	1	262	1110	16.15	8.08	18.17
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	70	188	702	14.77	6.6	11.6
Bread Tortilla Chips 2oz	2.0 oz	70	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	37	57	140	3.17	10.97	0.46
VEG SALSA, CANNED (USDA)1/2c	1/2 CUP	32	42	498	1.74	8.1	0.23
VEG JALAPENO PEPPERS, SLICED	1 OZ	0	25	2514	0.0	0.0	0.0
Burrito Bean & Cheese LHS	ONE	25	395	1021	18.72	37.51	19.06
Sand Chick WG Spicy Patty	1 Each	100	360	570	22.01	43.01	13.01
Sand Beef Sliders DL/Shann	2 Sandwiches	48	358	884	20.15	37.35	14.12
Corndog Turkey WG 72/4oz	CORNDOG	36	256	681	14.0	28.9	9.4
Veg Potato Seasoned Wedges	1/2 c	100	148	380	2.11	18.99	7.38
Taco Pocket 60/4.5oz Bell Tsty	one	30	260	390	17.0	31.0	8.0
Sand Deli Meat Variety	3-6 slices	70	93	419	11.96	1.01	4.68
Sand Cheese Variety	Slice	70	68	177	4.0	0.5	5.67
Sand Bread Variety High	1 each	70	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	36	421	1168	21.12	33.53	23.7
Salads, Spicy Chicken AdvP	SERVING	12	333	609	24.1	21.35	18.6
Salads PBJ Uncrustable LHS	SERVING	6	864	817	28.44	101.01	43.39
Fruit Craisins Blueberry	1 EACH	48	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	300	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	500	63	9	0.0	15.29	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	30	100	177	4.22	12.95	3.23
Veg Juice V Blend Mango 4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	500	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	0	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

LINDHURST HIGH LUNCH

Generated on: 9/25/2018 8:28:23 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	36	5	1	0.24	0.88	0.07
VEG JALAPENO PEPPERS, SLICED	1 OZ	8	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEARS	16	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	45	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	48	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	48	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C.SCOOP	48	20	2	0.19	4.93	0.05
Fruit Salad w/ Kiwi	1/4 c	290	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
Weighted Daily Average			783	1642	39.14	109.85	21.73
% of Calories					20.0%	56.1%	25.0%
Nutrient Guideline			750-850	1420			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

LINDHURST HIGH LUNCH

Generated on: 9/25/2018 8:28:23 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/11/2018							
LINDHURST HIGH LUNCH	Total	804					
Macaroni & Cheese Entree	2 #10 scoops	160	323	1634	15.56	30.6	16.12
Beef Taco Meat RF JTM 3.17oz	3.17 oz	168	111	293	13.04	5.01	5.01
Chicken Fajita Meat	#8 scoop	1	122	607	18.02	2.0	4.01
Veg onion, cilantro, lime	portion	1	15	3	0.39	4.7	0.1
Bread Breadstick ChzGarlic 1G	Breadstick	160	100	140	3.0	15.0	3.0
Veg Salad RomSpinCucTom1.5c	1.5 CUP	112	34	62	3.26	6.23	0.21
Veg Carrot Snack Pack 1/2c	ONE PACK	60	19	26	0.0	8.12	0.0
Pudding - Chocolate	1/2 CUP	150	401	74	1.52	36.99	19.29
Macaroni & Cheese w/WhiteSauce	#8 scoop	100	216	1089	10.37	20.4	10.75
Chicken Buffalo Drumstick	Drumstick	100	172	303	17.18	4.04	10.1
Veg Potato Seasoned Wedges	1/2 c	100	148	380	2.11	18.99	7.38
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	458	908	26.36	46.06	18.79
Pizza Hawaiian WGBlend Int/H	6 cut Slice	12	428	743	24.0	47.77	15.55
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	72	444	825	22.49	46.13	19.66
Sand Chicken Spic Filet w/ Bun	Sandwich	80	400	590	27.0	46.0	13.0
Chicken Honey Sriracha Chunks	6 pieces	168	296	377	22.44	22.44	13.26
Veg Potato Seasoned Wedges	1/2 c	158	148	380	2.11	18.99	7.38
BREAD CHOCOLATE ELF GRAHAM	ONE	158	120	125	2.0	20.0	4.0
CornDog Turkey WG 72/4oz	CORNDOG	36	256	681	14.0	28.9	9.4
Taco Pocket 60/4.5oz Bell Tsty	one	30	260	390	17.0	31.0	8.0
Sand Deli Meat Variety	3-6 slices	80	93	419	11.96	1.01	4.68
Sand Cheese Variety	Slice	80	68	177	4.0	0.5	5.67
Sand Bread Variety High	1 each	80	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	80	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	24	421	1168	21.12	33.53	23.7
Salads, Spicy Chicken Patty RC	SERVING	12	310	709	22.1	20.35	16.6
Salads PBJ Uncrustable LHS	SERVING	6	864	817	28.44	101.01	43.39
Fruit Craisins Blueberry	1 EACH	48	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	300	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	700	63	9	0.0	15.29	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	30	100	177	4.22	12.95	3.23
Veg Juice V Blend Mango 4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	128	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	36	5	1	0.24	0.88	0.07
VEG JALAPENO PEPPERS, SLICED	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	32	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	24	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	0	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C.SCOOP	0	20	2	0.19	4.93	0.05
Fruit Salad w/ Kiwi	1/4 c	290	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

Page 17

Oct 1, 2018 thru Oct 31, 2018

LINDHURST HIGH LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			852	1680	37.58 17.7%	110.73 52.0%	28.89 30.5%
Nutrient Guideline			750-850	1420			

Fri - 10/12/2018							
LINDHURST HIGH LUNCH	Total	803					
Chicken Brd WG 8 Pc Pilgrims	3 oz.	150	246	675	13.71	12.57	14.86
Veg Potato Seasoned Wedges	1/2 c	170	148	380	2.11	18.99	7.38
Bread Garlic Knot 2G	Garlic Knot	270	172	273	4.05	23.29	7.09
VEG CORN COB 96/1cob	COB	144	40	2	1.34	9.64	0.3
Cookie Chocolate Chip	#30 scoop	195	196	120	2.63	25.56	9.37
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Juice V Blend Mango 4.23oz	4.23 OZ.	88	55	30	0.0	14.0	0.0
Chili Cheese Fries,beef wedges	#6scp/#12scp	100	375	950	18.03	26.63	22.92
Sauce Cheese Cheddar Jalapeno	3 oz Servings	1	130	570	8.0	5.0	9.0
VEG JALAPENO PEPPERS, SLICED	1 OZ	36	25	2514	0.0	0.0	0.0
Turkey Bacon	2 Slice	1	45	215	4.54	0.0	2.27
Veg Tomato Sliced/Diced	1/4 CUP	100	8	2	0.41	1.81	0.09
VEG CELERY STICKS 1/2c	1/2 CUP	60	12	59	0.51	2.21	0.13
DRESSING RANCH, LOW FAT 1oz	1 OZ	60	59	190	0.69	2.01	6.23
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	66	507	943	25.71	52.72	22.47
Pizza Hawaiian WGBlend Int/H	6 cut Slice	12	489	849	27.43	54.6	17.78
Pizza Meatlovers WGBlend Int/H	6 cut Slice	30	524	1037	30.13	52.64	21.47
Pizza Pepp/Jalap WGBlend Int/H	6 cut Slice	12	512	1152	25.86	53.79	22.61
Calzone Pepperoni & Cheese HS	CALZONE	1	471	887	24.34	46.9	21.44
Nachos Cheese ONLY 2M/MA	2 #12CH	30	262	1110	16.15	8.08	18.17
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	45	188	702	14.77	6.6	11.6
Veg Beans, Chili	1/2 Cup	37	57	140	3.17	10.97	0.46
Bread Tortilla Chips 2oz	2.0 oz	75	270	110	4.0	38.0	10.0
VEG SALSA, CANNED (USDA)1/2c	1/2 CUP	32	42	498	1.74	8.1	0.23
Burrito Bean & Cheese LHS	ONE	30	395	1021	18.72	37.51	19.06
Sand Chick Spicy Patty 106/3oz	Sandwich	100	337	670	20.0	42.0	11.0
Taco Pocket 60/4.5oz Bell Tsty	one	30	260	390	17.0	31.0	8.0
Sand Beef Sliders DL/Shann	2 CT	48	358	884	20.15	37.35	14.12
Corndog Turkey WG 72/4oz	CORNDOG	36	256	681	14.0	28.9	9.4
Veg Potato Seasoned Wedges	1/2 c	80	148	380	2.11	18.99	7.38
Sand Deli Meat Variety	3-6 slices	60	93	419	11.96	1.01	4.68
Sand Cheese Variety	Slice	60	68	177	4.0	0.5	5.67
Sand Bread Variety High	1 each	60	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	60	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	24	421	1168	21.12	33.53	23.7
Salads PBJ Uncrustable LHS	SERVING	1	864	817	28.44	101.01	43.39
Salads, Spicy Chicken Patty RC	SERVING	12	310	709	22.1	20.35	16.6
Fruit Craisins Blueberry	1 EACH	30	110	0	0.0	28.0	0.0
BREAD CHOCOLATE ELF GRAHAM	ONE	20	120	125	2.0	20.0	4.0
VEG CELERY STICKS 1/2c	1/2 CUP	30	12	59	0.51	2.21	0.13

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Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

LINDHURST HIGH LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Sunbutter Tub #30scoop CDE	#30 scoop	30	225	135	7.87	7.87	19.12
Fruit Applesauce Cup Mango 4.5	4.5 oz	192	50	15	0.0	14.0	0.0
Fruit Traditional Fresh Combo	ONE	300	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	700	63	9	0.0	15.29	0.0
Fruit Pears Fresh	ONE	25	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	30	100	177	4.22	12.95	3.23
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	350	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	250	120	150	9.0	22.0	0.0
Milk Strawberry Non Fat	HALF PINT	300	120	135	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	0	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
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	36	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 JALAPENO PEPPERS, SLICED	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
	ARS						
Veg Salad Romaine&Spnch1c port	1 CUP	32	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	48	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	48	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C.SCOOP	48	20	2	0.19	4.93	0.05
Fruit Salad w/ Kiwi	1/4 c	290	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	1	19	2	0.29	4.72	0.09
Weighted Daily Average			876	1660	34.40	121.56	29.73
% of Calories					15.7%	55.5%	30.5%
Nutrient Guideline			750-850	1420			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

LINDHURST HIGH LUNCH

Generated on: 9/25/2018 8:28:24 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/15/2018							
LINDHURST HIGH LUNCH	Total	819					
Turkey & Gravy DarkMeat112/4oz	4 oz	100	120	460	16.0	2.0	6.0
Veg Potato Mashed Loaded1/2cup	1/2 Cup	160	65	245	1.46	13.75	0.63
Veg Green Bean Frozen 1/2c	1/2 CUP	60	19	6	1.01	4.35	0.11
STUFFING	4OZ. SERVING	1	50	204	1.36	7.25	1.72
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	100	21	739	0.52	4.78	0.1
Bread Garlic Knot 2G	Garlic Knot	1	172	273	4.05	23.29	7.09
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	524	1037	30.13	52.64	21.47
Pizza Hawaiian WGBlend Int/H	6 cut Slice	12	489	849	27.43	54.6	17.78
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	72	507	943	25.71	52.72	22.47
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	12	512	1152	25.86	53.79	22.61
Calzone Pepperoni & Cheese HS	CALZONE	30	471	887	24.34	46.9	21.44
Nachos Cheese ONLY 2M/MA	2 #12CH	1	262	1110	16.15	8.08	18.17
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	70	188	702	14.77	6.6	11.6
Bread Tortilla Chips 2oz	2.0 oz	70	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	37	57	140	3.17	10.97	0.46
Salsa Nortena La Patrona#16scp	#16 scoop	32	22	611	0.0	4.36	0.0
Burrito Bean & Cheese LHS	ONE	25	395	1021	18.72	37.51	19.06
Corndog Turkey WG 72/4oz	CORNDOG	36	256	681	14.0	28.9	9.4
Veg Potato Seasoned Wedges	1/2 c	80	148	380	2.11	18.99	7.38
Sand Chick Spicy Patty 106/3oz	Sandwich	100	337	670	20.0	42.0	11.0
Sand Beef Sliders DL/Shann	2 Sandwiches	48	358	884	20.15	37.35	14.12
Sand Deli Meat Variety	3-6 slices	70	93	419	11.96	1.01	4.68
Sand Cheese Variety	Slice	70	68	177	4.0	0.5	5.67
Sand Bread Variety High	1 each	70	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	36	421	1168	21.12	33.53	23.7
Salads, Spicy Chicken Patty RC	SERVING	12	310	709	22.1	20.35	16.6
Salads PBJ Uncrustable LHS	SERVING	12	864	817	28.44	101.01	43.39
Fruit Traditional Fresh Combo	ONE	300	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	700	63	9	0.0	15.29	0.0
Fruit Mandarin Orange 2ea	TWO	25	74	2	1.0	18.78	0.4
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	32	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	0	63	343	0.0	12.7	0.0

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

LINDHURST HIGH LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	16	5	1	0.24	0.88	0.07
VEG JALAPENO PEPPERS, SLICED	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	32	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	8	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	0	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C. SCOOP	0	20	2	0.19	4.93	0.05
Fruit Applesauce Canned 1/4c	1/4 C. SCOOP	0	28	1	0.11	7.44	0.03
Fruit Salad w/ Kiwi	1/4 c	290	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
Weighted Daily Average			621	1269	28.16	88.74	18.35
% of Calories					18.2%	57.2%	26.6%
Nutrient Guideline			750-850	1420			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

LINDHURST HIGH LUNCH

Generated on: 9/25/2018 8:28:24 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/16/2018							
LINDHURST HIGH LUNCH	Total	866					
Pork Carnitas, CDE 132/#8 scp	#8 scoop	160	276	584	26.67	0.0	12.12
Sauce Cheese Cheddar Jalapeno	3 oz Servings	160	130	570	8.0	5.0	9.0
Veg Beans Refried-Dehy 1/2c	1/2 cup	147	164	488	7.97	23.92	1.99
Veg Lettuce Shredded 1/2C	1/2 CUP	111	3	3	0.27	0.55	0.05
Veg onion, cilantro, lime	portion	100	15	3	0.39	4.7	0.1
Bread Tortilla Chips 1oz	1.0 oz	160	135	55	2.0	19.0	5.0
Rice Brown ChilMixSpanCook1/2c	1/2 CUP	150	121	434	2.85	24.73	1.16
VEG JALAPENO PEPPERS, SLICED	1 OZ	16	25	2514	0.0	0.0	0.0
Sand Chicken Spic Filet w/ Bun	Sandwich	100	400	590	27.0	46.0	13.0
Veg Potato Seasoned Wedges	1/2 c	100	148	380	2.11	18.99	7.38
Chicken Sriracha Hon 176/3.9oz	3.9oz.	198	211	482	12.06	24.12	6.03
Veg Potato Seasoned Wedges	1/2 c	340	148	380	2.11	18.99	7.38
VEG CORN COB 96/1cob	COB	96	40	2	1.34	9.64	0.3
Bread Garlic Knot 2G	Garlic Knot	80	172	273	4.05	23.29	7.09
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	458	908	26.36	46.06	18.79
Pizza Hawaiian WGBlend Int/H	6 cut Slice	12	428	743	24.0	47.77	15.55
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	72	444	825	22.49	46.13	19.66
Chicken Tend Bowl w/Pot&Corn	Bowl	80	324	661	22.0	34.42	12.43
Taco Pocket 60/4.5oz Bell Tsty	one	30	260	390	17.0	31.0	8.0
Corndog Turkey WG 72/4oz	CORNDOG	36	256	681	14.0	28.9	9.4
Sand Deli Meat Variety	3-6 slices	80	93	419	11.96	1.01	4.68
Sand Cheese Variety	Slice	80	68	177	4.0	0.5	5.67
Sand Bread Variety High	1 each	80	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	80	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz	Sandwich	36	201	868	15.13	3.53	14.7
Salads, Spicy Chicken Patty RC	SERVING	12	310	709	22.1	20.35	16.6
Salads PBJ Twin Pack LHS	SERVING	12	864	917	30.44	100.01	42.39
Fruit Craisins Blueberry	1 EACH	48	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	300	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	700	63	9	0.0	15.29	0.0
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Fruit Pears Fresh	ONE	25	101	2	0.64	27.11	0.25
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	30	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	64	63	343	0.0	12.7	0.0

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

LINDHURST HIGH LUNCH

Generated on: 9/25/2018 8:28:24 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	36	5	1	0.24	0.88	0.07
VEG JALAPENO PEPPERS, SLICED	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	45	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	24	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	48	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C.SCOOP	48	20	2	0.19	4.93	0.05
Fruit Applesauce Canned 1/4c	1/4 C. SCOOP	85	28	1	0.11	7.44	0.03
Fruit Salad w/ Kiwi	1/4 c	290	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
Weighted Daily Average			801	1589	35.80	109.67	23.94
% of Calories					17.9%	54.8%	26.9%
Nutrient Guideline			750-850	1420			

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Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

LINDHURST HIGH LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/17/2018							
LINDHURST HIGH LUNCH	Total	863					
Chicken General Tso's Schwan's	2.8 oz serv	245	140	320	14.0	8.0	5.0
Egg Roll WG Pork 60/3ozSchwans	Egg Roll	245	180	370	9.0	20.01	7.0
Rice Seasoned Cooked1/2c	1/2 CUP	225	114	376	2.65	23.61	1.17
VEG GARDEN BLEND 1/2c	1/2 CUP	250	33	27	1.33	6.67	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Pkt Soy Sauce	1 PKT	100	0	170	0.0	0.0	0.0
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	458	908	26.36	46.06	18.79
Pizza Hawaiian WGBlend Int/H	6 cut Slice	6	428	743	24.0	47.77	15.55
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	120	444	825	22.49	46.13	19.66
Nachos Cheese ONLY 2M/MA	2 #12CH	50	262	1110	16.15	8.08	18.17
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	50	188	702	14.77	6.6	11.6
Bread Tortilla Chips 2oz	2.0 oz	100	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	75	57	140	3.17	10.97	0.46
VEG SALSA, CANNED (USDA)1/2c	1/2 CUP	24	42	498	1.74	8.1	0.23
VEG JALAPENO PEPPERS, SLICED	1 OZ	0	25	2514	0.0	0.0	0.0
Burrito Chicken & RiceVerdeLHS	ONE	30	512	1214	30.18	52.62	17.86
Sand Chick Spicy Patty 106/3oz	Sandwich	100	337	670	20.0	42.0	11.0
Sand Beef Sliders DL/Shann	2 Sandwiches	48	358	884	20.15	37.35	14.12
Corndog Turkey WG 72/4oz	CORNDOG	36	256	681	14.0	28.9	9.4
Veg Potato Seasoned Wedges	1/2 c	100	148	380	2.11	18.99	7.38
Taco Pocket 60/4.5oz Bell Tsty	one	30	260	390	17.0	31.0	8.0
Sand Deli Meat Variety	3-6 slices	70	93	419	11.96	1.01	4.68
Sand Cheese Variety	Slice	70	68	177	4.0	0.5	5.67
Sand Bread Variety High	1 each	70	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	36	421	1168	21.12	33.53	23.7
Sand Chick Spicy Patty 106/3oz	Sandwich	6	337	670	20.0	42.0	11.0
Salads PBJ Uncrustable LHS	SERVING	12	864	817	28.44	101.01	43.39
Fruit Craisins Blueberry	1 EACH	48	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	300	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	500	63	9	0.0	15.29	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	30	100	177	4.22	12.95	3.23
Veg Juice V Blend Mango 4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	500	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	0	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

LINDHURST HIGH LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	36	5	1	0.24	0.88	0.07
VEG JALAPENO PEPPERS, SLICED	1 OZ	8	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEARS	16	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	45	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	48	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	48	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C.SCOOP	48	20	2	0.19	4.93	0.05
Fruit Salad w/ Kiwi	1/4 c	290	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
Weighted Daily Average			730	1392	34.43	102.28	21.36
% of Calories					18.9%	56.0%	26.3%
Nutrient Guideline			750-850	1420			

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Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

LINDHURST HIGH LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/18/2018							
LINDHURST HIGH LUNCH	Total	848					
Sauce White Cheese Blend	3 oz Servings	160	130	560	8.0	3.0	10.0
Pasta Spiral Rotini WG CDE 20#	1/2 c	160	97	9	4.08	20.94	0.39
Chicken Fajita Meat	#8 scoop	160	122	607	18.02	2.0	4.01
Veg Broccoli Florets Seas 1/2c	1/2 cup	160	58	26	1.6	4.8	3.8
Bread Breadstick ChzGarlic 1G	Breadstick	168	100	140	3.0	15.0	3.0
Veg Salad RomSpinCucTom1.5c	1.5 CUP	112	34	62	3.26	6.23	0.21
SAUCE TOMATO (MEATLESS)	#12 scoop	160	54	152	1.98	9.23	1.12
Veg Carrot Snack Pack 1/2c	ONE PACK	60	19	26	0.0	8.12	0.0
JELLO	1/2 CUP	150	3	2	0.05	0.61	0.0
Sand Pork Rib Hoagie 3.25 oz.	Sandwich	100	210	660	13.0	12.0	12.0
Veg Potato Seasoned Wedges	1/2 c	100	148	380	2.11	18.99	7.38
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	458	908	26.36	46.06	18.79
Pizza Hawaiian WGBlend Int/H	6 cut Slice	6	428	743	24.0	47.77	15.55
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	120	444	825	22.49	46.13	19.66
Chicken Honey Sriracha Chunks	6 pieces	198	296	377	22.44	22.44	13.26
Veg Potato Seasoned Wedges	1/2 c	198	148	380	2.11	18.99	7.38
BREAD CHOCOLATE ELF GRAHAM	ONE	198	120	125	2.0	20.0	4.0
Sand Chick Spicy Patty 106/3oz	Sandwich	80	337	670	20.0	42.0	11.0
Corndog Turkey WG 72/4oz	CORNDOG	36	256	681	14.0	28.9	9.4
Taco Pocket 60/4.5oz Bell Tsty	one	30	260	390	17.0	31.0	8.0
Sand Deli Meat Variety	3-6 slices	80	93	419	11.96	1.01	4.68
Sand Cheese Variety	Slice	80	68	177	4.0	0.5	5.67
Sand Bread Variety High	1 each	80	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	80	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	36	421	1168	21.12	33.53	23.7
Sand Chick Spicy Patty 106/3oz	Sandwich	16	337	670	20.0	42.0	11.0
Salads, Spicy Chicken Patty RC	SERVING	12	310	709	22.1	20.35	16.6
Salads PBJ Uncrustable LHS	SERVING	6	864	817	28.44	101.01	43.39
Fruit Craisins Blueberry	1 EACH	48	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	300	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	700	63	9	0.0	15.29	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarb Drs	1-1/8 CUP	30	100	177	4.22	12.95	3.23
Veg Juice V Blend Mango 4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	128	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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LINDHURST HIGH LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	36	5	1	0.24	0.88	0.07
VEG JALAPENO PEPPERS, SLICED	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	32	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	24	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	0	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C.SCOOP	0	20	2	0.19	4.93	0.05
Fruit Salad w/ Kiwi	1/4 c	290	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
Weighted Daily Average			772	1499	36.61	103.79	24.93
% of Calories					19.0%	53.8%	29.0%
Nutrient Guideline			750-850	1420			

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Base Menu Spreadsheet

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Oct 1, 2018 thru Oct 31, 2018

LINDHURST HIGH LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/19/2018							
LINDHURST HIGH LUNCH	Total	850					
Sand Meatloaf A/P	Sandwich	150	330	590	19.0	39.0	12.0
SOUP BROCCOLI CHEESE	1 CUP	150	109	967	2.42	15.92	4.52
Veg Carrot Snack Pack 1/2c	ONE PACK	60	19	26	0.0	8.12	0.0
Sand Polish Dog -HS	1 Sandwich	100	340	760	13.0	33.0	18.0
Veg Potato Seasoned Wedges	1/2 c	100	148	380	2.11	18.99	7.38
Cookie Chocolate Chip	#30 scoop	175	196	120	2.63	25.56	9.37
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	458	908	26.36	46.06	18.79
Pizza Hawaiian WGBlend Int/H	6 cut Slice	6	428	743	24.0	47.77	15.55
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	120	444	825	22.49	46.13	19.66
Taco Pocket 60/4.5oz Bell Tsty	one	30	260	390	17.0	31.0	8.0
Nachos Cheese ONLY 2M/MA	2 #12CH	50	262	1110	16.15	8.08	18.17
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	50	188	702	14.77	6.6	11.6
Bread Tortilla Chips 2oz	2.0 oz	100	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	37	57	140	3.17	10.97	0.46
Veg Salsa Verde Del Real	oz.	75	9	139	0.28	1.42	0.28
Corndog Turkey WG 72/4oz	CORNDOG	48	256	681	14.0	28.9	9.4
Veg Potato Seasoned Wedges	1/2 c	80	148	380	2.11	18.99	7.38
Sand Chick Spicy Patty 106/3oz	Sandwich	100	337	670	20.0	42.0	11.0
Sand Beef Sliders DL/Shann	2 Sandwiches	60	358	884	20.15	37.35	14.12
Sand Deli Meat Variety	3-6 slices	70	93	419	11.96	1.01	4.68
Sand Cheese Variety	Slice	70	68	177	4.0	0.5	5.67
Sand Bread Variety High	1 each	70	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	24	421	1168	21.12	33.53	23.7
Salads, Spicy Chicken Patty RC	SERVING	6	310	709	22.1	20.35	16.6
Salads PBJ Uncrustable LHS	SERVING	12	864	817	28.44	101.01	43.39
Fruit Traditional Fresh Combo	ONE	300	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	700	63	9	0.0	15.29	0.0
Fruit Mandarin Orange 2ea	TWO	25	74	2	1.0	18.78	0.4
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	32	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	0	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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LINDHURST HIGH LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	16	5	1	0.24	0.88	0.07
VEG JALAPENO PEPPERS, SLICED	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	32	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	8	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	0	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C. SCOOP	0	20	2	0.19	4.93	0.05
Fruit Applesauce Canned 1/4c	1/4 C. SCOOP	0	28	1	0.11	7.44	0.03
Fruit Salad w/ Kiwi	1/4 c	290	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
Weighted Daily Average			753	1474	31.22	104.35	24.99
% of Calories					16.6%	55.5%	29.9%
Nutrient Guideline			750-850	1420			

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Oct 1, 2018 thru Oct 31, 2018

LINDHURST HIGH LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/22/2018							
LINDHURST HIGH LUNCH	Total	873					
Sand Pork Rib Bun100/3oz	Sandwich	160	370	860	20.0	43.0	14.0
Veg Onion Breaded WG (HS Only)	5pcs	160	200	231	3.01	28.07	8.02
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	160	21	739	0.52	4.78	0.1
Veg Carrot Snack Pack 1/2c	ONE PACK	60	19	26	0.0	8.12	0.0
Sand Chicken Slider Tyson/Shan	2 Sandwiches	100	468	753	28.54	54.82	16.31
Veg Potato Rounds - Simplot	1/2 cup	100	143	214	2.38	16.67	8.33
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	458	908	26.36	46.06	18.79
Pizza Hawaiian WGBlend Int/H	6 cut Slice	12	428	743	24.0	47.77	15.55
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	120	444	825	22.49	46.13	19.66
Calzone Pepperoni & Cheese HS	CALZONE	30	471	887	24.34	46.9	21.44
Nachos Cheese ONLY 2M/MA	2 #12CH	50	262	1110	16.15	8.08	18.17
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	50	188	702	14.77	6.6	11.6
Bread Tortilla Chips 2oz	2.0 oz	100	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	37	57	140	3.17	10.97	0.46
Salsa Nortena La Patrona#16scp	#16 scoop	32	22	611	0.0	4.36	0.0
Burrito Bean & Cheese LHS	ONE	25	395	1021	18.72	37.51	19.06
Corndog Turkey WG 72/4oz	CORNDOG	48	256	681	14.0	28.9	9.4
Veg Potato Seasoned Wedges	1/2 c	80	148	380	2.11	18.99	7.38
Sand Chick Spicy Patty 106/3oz	Sandwich	100	337	670	20.0	42.0	11.0
Sand Beef Sliders DL/Shann	2 Sandwiches	48	358	884	20.15	37.35	14.12
Sand Deli Meat Variety	3-6 slices	70	93	419	11.96	1.01	4.68
Sand Cheese Variety	Slice	70	68	177	4.0	0.5	5.67
Sand Bread Variety High	1 each	70	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	24	421	1168	21.12	33.53	23.7
Salads, Spicy Chicken Patty RC	SERVING	6	310	709	22.1	20.35	16.6
Salads PBJ Uncrustable LHS	SERVING	12	864	817	28.44	101.01	43.39
Fruit Traditional Fresh Combo	ONE	300	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	700	63	9	0.0	15.29	0.0
Fruit Mandarin Orange 2ea	TWO	25	74	2	1.0	18.78	0.4
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	32	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	0	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0

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Base Menu Spreadsheet

Portion Values - Detailed

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LINDHURST HIGH LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	16	5	1	0.24	0.88	0.07
VEG JALAPENO PEPPERS, SLICED	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	32	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	8	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	0	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C.SCOOP	0	20	2	0.19	4.93	0.05
Fruit Applesauce Canned 1/4c	1/4 C. SCOOP	0	28	1	0.11	7.44	0.03
Fruit Salad w/ Kiwi	1/4 c	290	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
Weighted Daily Average			757	1509	32.96	104.65	24.48
% of Calories					17.4%	55.3%	29.1%
Nutrient Guideline			750-850	1420			

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LINDHURST HIGH LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/23/2018							
LINDHURST HIGH LUNCH	Total	802					
Beef Taco Meat RF JTM 3.17oz	3.17 oz	151	111	293	13.04	5.01	5.01
Veg Lettuce Shredded 1/2C	1/2 CUP	111	3	3	0.27	0.55	0.05
Cheese Shredded Cheddar 1oz	#20 scoop	80	111	192	7.09	1.01	9.11
Veg Beans Refried-Dehy 1/2c	1/2 cup	80	164	488	7.97	23.92	1.99
Pupusa Bean & Chz Del Real	one	50	290	480	13.0	35.0	11.0
Bread Tortilla Chips 1oz	1.0 oz	50	135	55	2.0	19.0	5.0
Rice Brown ChilMixSpanCook1/2c	1/2 CUP	50	121	434	2.85	24.73	1.16
VEG JALAPENO PEPPERS, SLICED	1 OZ	16	25	2514	0.0	0.0	0.0
Sand Chicken Spic Filet w/ Bun	Sandwich	100	400	590	27.0	46.0	13.0
Veg Potato Seasoned Wedges	1/2 c	100	148	380	2.11	18.99	7.38
Chicken Sriracha Hon 176/3.9oz	3.9oz.	176	211	482	12.06	24.12	6.03
Veg Potato Seasoned Wedges	1/2 c	176	148	380	2.11	18.99	7.38
VEG CORN COB 96/1cob	COB	96	40	2	1.34	9.64	0.3
Bread Garlic Knot 2G	Garlic Knot	80	172	273	4.05	23.29	7.09
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	458	908	26.36	46.06	18.79
Pizza Hawaiian WGBlend Int/H	6 cut Slice	12	428	743	24.0	47.77	15.55
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	72	444	825	22.49	46.13	19.66
Chicken Tend Bowl w/Pot&Corn	Bowl	80	324	661	22.0	34.42	12.43
Taco Pocket 60/4.5oz Bell Tsty	one	30	260	390	17.0	31.0	8.0
Corndog Turkey WG 72/4oz	CORNDOG	36	256	681	14.0	28.9	9.4
Sand Deli Meat Variety	3-6 slices	80	93	419	11.96	1.01	4.68
Sand Cheese Variety	Slice	80	68	177	4.0	0.5	5.67
Sand Bread Variety High	1 each	80	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	80	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz	Sandwich	36	201	868	15.13	3.53	14.7
Salads, Spicy Chicken Patty RC	SERVING	12	310	709	22.1	20.35	16.6
Salads PBJ Twin Pack LHS	SERVING	12	864	917	30.44	100.01	42.39
Fruit Craisins Blueberry	1 EACH	48	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	300	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	700	63	9	0.0	15.29	0.0
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Fruit Pears Fresh	ONE	25	101	2	0.64	27.11	0.25
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	30	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	64	63	343	0.0	12.7	0.0

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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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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LINDHURST HIGH LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	36	5	1	0.24	0.88	0.07
VEG JALAPENO PEPPERS, SLICED	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	45	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	24	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	48	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C.SCOOP	48	20	2	0.19	4.93	0.05
Fruit Applesauce Canned 1/4c	1/4 C. SCOOP	85	28	1	0.11	7.44	0.03
Fruit Salad w/ Kiwi	1/4 c	290	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
Weighted Daily Average			748	1397	33.61	107.83	21.49
% of Calories					18.0%	57.6%	25.8%
Nutrient Guideline			750-850	1420			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

LINDHURST HIGH LUNCH

Generated on: 9/25/2018 8:28:24 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/24/2018							
LINDHURST HIGH LUNCH	Total	886					
Chicken Cherry Blossm 176/3.9oz	3.9oz.	261	200	350	13.0	27.0	4.0
Egg Roll WG Pork 60/3ozSchwans	Egg Roll	261	180	370	9.0	20.01	7.0
Rice Seasoned Cooked1/2c	1/2 CUP	250	114	376	2.65	23.61	1.17
Veg Broccoli Florets Seas 1/2c	1/2 cup	250	58	26	1.6	4.8	3.8
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Pkt Soy Sauce	1 PKT	100	0	170	0.0	0.0	0.0
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	458	908	26.36	46.06	18.79
Pizza Hawaiian WGBlend Int/H	6 cut Slice	6	428	743	24.0	47.77	15.55
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	120	444	825	22.49	46.13	19.66
Nachos Cheese ONLY 2M/MA	2 #12CH	50	262	1110	16.15	8.08	18.17
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	50	188	702	14.77	6.6	11.6
Bread Tortilla Chips 2oz	2.0 oz	100	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	75	57	140	3.17	10.97	0.46
VEG SALSA, CANNED (USDA)1/2c	1/2 CUP	24	42	498	1.74	8.1	0.23
VEG JALAPENO PEPPERS, SLICED	1 OZ	0	25	2514	0.0	0.0	0.0
Burrito Bean & Cheese LHS	ONE	25	395	1021	18.72	37.51	19.06
Sand Chick Spicy Patty 106/3oz	Sandwich	100	337	670	20.0	42.0	11.0
Sand Beef Sliders DL/Shann	2 Sandwiches	60	358	884	20.15	37.35	14.12
Corndog Turkey WG 72/4oz	CORNDOG	48	256	681	14.0	28.9	9.4
Veg Potato Seasoned Wedges	1/2 c	100	148	380	2.11	18.99	7.38
Taco Pocket 60/4.5oz Bell Tsty	one	30	260	390	17.0	31.0	8.0
Sand Deli Meat Variety	3-6 slices	70	93	419	11.96	1.01	4.68
Sand Cheese Variety	Slice	70	68	177	4.0	0.5	5.67
Sand Bread Variety High	1 each	70	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	24	421	1168	21.12	33.53	23.7
Salads, Spicy Chicken Patty RC	SERVING	6	310	709	22.1	20.35	16.6
Salads PBJ Uncrustable LHS	SERVING	12	864	817	28.44	101.01	43.39
Fruit Craisins Blueberry	1 EACH	48	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	300	82	1	0.89	21.12	0.27
Fruit Mandarin Orange 2ea	TWO	25	74	2	1.0	18.78	0.4
Fruit Juice A&E Var 4.23oz	4.23 oz	500	63	9	0.0	15.29	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	30	100	177	4.22	12.95	3.23
Veg Juice V Blend Mango 4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	500	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	0	63	343	0.0	12.7	0.0

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

LINDHURST HIGH LUNCH

Generated on: 9/25/2018 8:28:24 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	36	5	1	0.24	0.88	0.07
VEG JALAPENO PEPPERS, SLICED	1 OZ	8	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEARS	16	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	45	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	48	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	48	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C.SCOOP	48	20	2	0.19	4.93	0.05
Fruit Salad w/ Kiwi	1/4 c	290	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
Weighted Daily Average			743	1381	33.53	105.97	21.81
% of Calories					18.0%	57.0%	26.4%
Nutrient Guideline			750-850	1420			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

LINDHURST HIGH LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/25/2018							
LINDHURST HIGH LUNCH	Total	804					
LASAGNA, BEEF High	1 Piece	168	336	1096	22.28	25.24	17.74
Bread Breadstick ChzGarlic 1G	Breadstick	168	100	140	3.0	15.0	3.0
Bread Breadstick ChzGarlic 1G	Breadstick	168	100	140	3.0	15.0	3.0
Veg Salad RomSpinCucTom1.5c	1.5 CUP	112	34	62	3.26	6.23	0.21
Veg Carrot Snack Pack 1/2c	ONE PACK	60	19	26	0.0	8.12	0.0
Cake Chocolate	One Slice	150	121	237	2.1	20.47	3.67
Frosting Vanilla Cream-3 cakes	Portions	150	109	29	0.09	19.02	3.74
Sand Pig in a Blanket - 2G	Sandwich	100	310	540	14.0	30.0	15.0
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	524	1037	30.13	52.64	21.47
Pizza Hawaiian WGBlend Int/H	6 cut Slice	12	489	849	27.43	54.6	17.78
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	120	507	943	25.71	52.72	22.47
Chicken Honey Sriracha Chunks	6 pieces	198	296	377	22.44	22.44	13.26
Veg Potato Seasoned Wedges	1/2 c	198	148	380	2.11	18.99	7.38
BREAD CHOCOLATE ELF GRAHAM	ONE	198	120	125	2.0	20.0	4.0
VEG CELERY STICKS 1/2c	1/2 CUP	30	12	59	0.51	2.21	0.13
Sunbutter Cup IW 160/1.1oz	1 Each	30	200	120	7.0	7.0	16.0
Sand Pork Rib Hoagie 3.25 oz.	Sandwich	60	210	660	13.0	12.0	12.0
CornDog Turkey WG 72/4oz	CORNDOG	48	256	681	14.0	28.9	9.4
Taco Pocket 60/4.5oz Bell Tsty	one	30	260	390	17.0	31.0	8.0
Sand Deli Meat Variety	3-6 slices	80	93	419	11.96	1.01	4.68
Sand Cheese Variety	Slice	80	68	177	4.0	0.5	5.67
Sand Bread Variety High	1 each	80	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	80	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	24	421	1168	21.12	33.53	23.7
Salads, Spicy Chicken Patty RC	SERVING	12	310	709	22.1	20.35	16.6
Salads PBJ Uncrustable LHS	SERVING	6	864	817	28.44	101.01	43.39
Fruit Craisins Blueberry	1 EACH	48	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	300	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	700	63	9	0.0	15.29	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	30	100	177	4.22	12.95	3.23
Veg Juice V Blend Mango 4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	128	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	36	5	1	0.24	0.88	0.07
VEG JALAPENO PEPPERS, SLICED	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	32	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	24	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	0	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C.SCOOP	0	20	2	0.19	4.93	0.05
Fruit Salad w/ Kiwi	1/4 c	290	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09

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Marysville JUSD

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

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			847	1554	37.03 17.5%	114.84 54.2%	28.24 30.0%
Nutrient Guideline			750-850	1420			

Fri - 10/26/2018							
LINDHURST HIGH LUNCH	Total	819					
Sand Sloppy Joe	Sandwich	150	353	1033	22.11	43.2	6.62
Veg Potato Seasoned Wedges	1/2 c	150	148	380	2.11	18.99	7.38
Veg Carrot Snack Pack 1/2c	ONE PACK	60	19	26	0.0	8.12	0.0
Cookie Oatmeal	1 Each	200	200	168	3.66	27.95	8.41
Sand Chicken BBQ Panini	#10 scoop	80	319	513	23.47	40.53	7.69
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	458	908	26.36	46.06	18.79
Pizza Hawaiian WGBlend Int/H	6 cut Slice	12	428	743	24.0	47.77	15.55
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	120	444	825	22.49	46.13	19.66
Calzone Pepperoni & Cheese HS	CALZONE	30	471	887	24.34	46.9	21.44
Nachos Cheese ONLY 2M/MA	2 #12CH	50	262	1110	16.15	8.08	18.17
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	50	188	702	14.77	6.6	11.6
Bread Tortilla Chips 2oz	2.0 oz	100	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	75	57	140	3.17	10.97	0.46
Salsa Nortena La Patrona#16scp	#16 scoop	32	22	611	0.0	4.36	0.0
Burrito Bean & Cheese LHS	ONE	25	395	1021	18.72	37.51	19.06
Corndog Turkey WG 72/4oz	CORNDOG	48	256	681	14.0	28.9	9.4
Veg Potato Seasoned Wedges	1/2 c	80	148	380	2.11	18.99	7.38
Sand Chick Spicy Patty 106/3oz	Sandwich	100	337	670	20.0	42.0	11.0
Sand Beef Sliders DL/Shann	2 Sandwiches	48	358	884	20.15	37.35	14.12
Sand Deli Meat Variety	3-6 slices	70	93	419	11.96	1.01	4.68
Sand Cheese Variety	Slice	70	68	177	4.0	0.5	5.67
Sand Bread Variety High	1 each	70	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	24	421	1168	21.12	33.53	23.7
Salads, Spicy Chicken Patty RC	SERVING	6	310	709	22.1	20.35	16.6
Salads PBJ Uncrustable LHS	SERVING	12	864	817	28.44	101.01	43.39
Fruit Traditional Fresh Combo	ONE	300	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	700	63	9	0.0	15.29	0.0
Fruit Mandarin Orange 2ea	TWO	25	74	2	1.0	18.78	0.4
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	32	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	0	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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LINDHURST HIGH LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	16	5	1	0.24	0.88	0.07
VEG JALAPENO PEPPERS, SLICED	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	32	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	8	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	0	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C. SCOOP	0	20	2	0.19	4.93	0.05
Fruit Applesauce Canned 1/4c	1/4 C. SCOOP	0	28	1	0.11	7.44	0.03
Fruit Salad w/ Kiwi	1/4 c	290	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
Weighted Daily Average			791	1489	34.53	110.69	24.16
% of Calories					17.5%	56.0%	27.5%
Nutrient Guideline			750-850	1420			

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

LINDHURST HIGH LUNCH

Generated on: 9/25/2018 8:28:24 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/29/2018							
LINDHURST HIGH LUNCH	Total	819					
Sand Cheeseburger Mesq DL	Sandwich	250	321	675	22.1	32.6	12.8
Veg Potato Seasoned Wedges	1/2 c	160	148	380	2.11	18.99	7.38
Veg Carrot Snack Pack 1/2c	ONE PACK	60	19	26	0.0	8.12	0.0
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	100	21	739	0.52	4.78	0.1
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	458	908	26.36	46.06	18.79
Pizza Hawaiian WGBlend Int/H	6 cut Slice	12	428	743	24.0	47.77	15.55
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	72	444	825	22.49	46.13	19.66
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	12	448	1008	22.63	47.06	19.78
Calzone Pepperoni & Cheese HS	CALZONE	30	471	887	24.34	46.9	21.44
Nachos Cheese ONLY 2M/MA	2 #12CH	1	262	1110	16.15	8.08	18.17
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	70	188	702	14.77	6.6	11.6
Bread Tortilla Chips 2oz	2.0 oz	70	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	37	57	140	3.17	10.97	0.46
Salsa Nortena La Patrona#16scp	#16 scoop	32	22	611	0.0	4.36	0.0
Burrito Bean & Cheese LHS	ONE	25	395	1021	18.72	37.51	19.06
Corndog Turkey WG 72/4oz	CORNDOG	36	256	681	14.0	28.9	9.4
Veg Potato Seasoned Wedges	1/2 c	80	148	380	2.11	18.99	7.38
Sand Chick Spicy Patty 106/3oz	Sandwich	100	337	670	20.0	42.0	11.0
Sand Beef Sliders DL/Shann	2 Sandwiches	48	358	884	20.15	37.35	14.12
Sand Deli Meat Variety	3-6 slices	70	93	419	11.96	1.01	4.68
Sand Cheese Variety	Slice	70	68	177	4.0	0.5	5.67
Sand Bread Variety High	1 each	70	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	36	421	1168	21.12	33.53	23.7
Salads, Spicy Chicken Patty RC	SERVING	12	310	709	22.1	20.35	16.6
Salads PBJ Uncrustable LHS	SERVING	12	864	817	28.44	101.01	43.39
Fruit Traditional Fresh Combo	ONE	300	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	700	63	9	0.0	15.29	0.0
Fruit Mandarin Orange 2ea	TWO	25	74	2	1.0	18.78	0.4
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	32	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	0	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

LINDHURST HIGH LUNCH

Generated on: 9/25/2018 8:28:24 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	16	5	1	0.24	0.88	0.07
VEG JALAPENO PEPPERS, SLICED	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	32	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	8	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	0	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C. SCOOP	0	20	2	0.19	4.93	0.05
Fruit Applesauce Canned 1/4c	1/4 C. SCOOP	0	28	1	0.11	7.44	0.03
Fruit Salad w/ Kiwi	1/4 c	290	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
Weighted Daily Average			711	1429	32.51	98.74	22.43
% of Calories					18.3%	55.6%	28.4%
Nutrient Guideline			750-850	1420			

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Marysville JUSD

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Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

LINDHURST HIGH LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/30/2018							
LINDHURST HIGH LUNCH	Total	802					
Enchilada Pie	5 x 5 cut	151	231	584	15.42	14.7	12.58
Veg Lettuce Shredded 1/2C	1/2 CUP	111	3	3	0.27	0.55	0.05
Cheese Shredded Cheddar 1oz	#20 scoop	80	111	192	7.09	1.01	9.11
Veg Beans Refried-Dehy 1/2c	1/2 cup	80	164	488	7.97	23.92	1.99
Bread Tortilla Chips 1oz	1.0 oz	50	135	55	2.0	19.0	5.0
Rice Brown ChilMixSpanCook1/2c	1/2 CUP	50	121	434	2.85	24.73	1.16
VEG JALAPENO PEPPERS, SLICED	1 OZ	16	25	2514	0.0	0.0	0.0
Sand Chicken Spic Filet w/ Bun	Sandwich	100	400	590	27.0	46.0	13.0
Veg Potato Seasoned Wedges	1/2 c	100	148	380	2.11	18.99	7.38
Chicken Sriracha Hon 176/3.9oz	3.9oz.	176	211	482	12.06	24.12	6.03
Veg Potato Seasoned Wedges	1/2 c	176	148	380	2.11	18.99	7.38
VEG CORN COB 96/1cob	COB	96	40	2	1.34	9.64	0.3
Bread Garlic Knot 2G	Garlic Knot	80	172	273	4.05	23.29	7.09
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	524	1037	30.13	52.64	21.47
Pizza Hawaiian WGBlend Int/H	6 cut Slice	12	489	849	27.43	54.6	17.78
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	72	507	943	25.71	52.72	22.47
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	12	512	1152	25.86	53.79	22.61
Chicken Tend Bowl w/Pot&Corn	Bowl	80	324	661	22.0	34.42	12.43
Taco Pocket 60/4.5oz Bell Tsty	one	30	260	390	17.0	31.0	8.0
Corndog Turkey WG 72/4oz	CORNDOG	36	256	681	14.0	28.9	9.4
Sand Deli Meat Variety	3-6 slices	80	93	419	11.96	1.01	4.68
Sand Cheese Variety	Slice	80	68	177	4.0	0.5	5.67
Sand Bread Variety High	1 each	80	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	80	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz	Sandwich	36	201	868	15.13	3.53	14.7
Salads, Spicy Chicken Patty RC	SERVING	12	310	709	22.1	20.35	16.6
Salads PBJ Uncrustable LHS	SERVING	12	864	817	28.44	101.01	43.39
Fruit Craisins Blueberry	1 EACH	48	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	300	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	700	63	9	0.0	15.29	0.0
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Fruit Pears Fresh	ONE	25	101	2	0.64	27.11	0.25
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	30	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	64	63	343	0.0	12.7	0.0

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

LINDHURST HIGH LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	36	5	1	0.24	0.88	0.07
VEG JALAPENO PEPPERS, SLICED	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	45	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	24	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	48	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C.SCOOP	48	20	2	0.19	4.93	0.05
Fruit Applesauce Canned 1/4c	1/4 C. SCOOP	85	28	1	0.11	7.44	0.03
Fruit Salad w/ Kiwi	1/4 c	290	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
Weighted Daily Average			769	1453	34.06	109.19	22.94
% of Calories					17.7%	56.8%	26.9%
Nutrient Guideline			750-850	1420			

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Base Menu Spreadsheet

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LINDHURST HIGH LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/31/2018							
LINDHURST HIGH LUNCH	Total	863					
Chicken General Tso's Schwan's	2.8 oz serv	245	140	320	14.0	8.0	5.0
Egg Roll WG Pork 60/3ozSchwans	Egg Roll	245	180	370	9.0	20.01	7.0
Rice Seasoned Cooked1/2c	1/2 CUP	225	114	376	2.65	23.61	1.17
VEG GARDEN BLEND 1/2c	1/2 CUP	250	33	27	1.33	6.67	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Pkt Soy Sauce	1 PKT	100	0	170	0.0	0.0	0.0
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	458	908	26.36	46.06	18.79
Pizza Hawaiian WGBlend Int/H	6 cut Slice	6	428	743	24.0	47.77	15.55
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	120	444	825	22.49	46.13	19.66
Nachos Cheese ONLY 2M/MA	2 #12CH	50	262	1110	16.15	8.08	18.17
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	50	188	702	14.77	6.6	11.6
Bread Tortilla Chips 2oz	2.0 oz	100	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	75	57	140	3.17	10.97	0.46
VEG SALSA, CANNED (USDA)1/2c	1/2 CUP	24	42	498	1.74	8.1	0.23
VEG JALAPENO PEPPERS, SLICED	1 OZ	0	25	2514	0.0	0.0	0.0
Burrito Chicken & RiceVerdeLHS	ONE	30	512	1214	30.18	52.62	17.86
Sand Chick Spicy Patty 106/3oz	Sandwich	100	337	670	20.0	42.0	11.0
Sand Beef Sliders DL/Shann	2 Sandwiches	48	358	884	20.15	37.35	14.12
Corndog Turkey WG 72/4oz	CORNDOG	36	256	681	14.0	28.9	9.4
Veg Potato Seasoned Wedges	1/2 c	100	148	380	2.11	18.99	7.38
Taco Pocket 60/4.5oz Bell Tsty	one	30	260	390	17.0	31.0	8.0
Sand Deli Meat Variety	3-6 slices	70	93	419	11.96	1.01	4.68
Sand Cheese Variety	Slice	70	68	177	4.0	0.5	5.67
Sand Bread Variety High	1 each	70	159	237	5.83	29.93	2.52
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Sand Grill HamTyson/Chz Crois	Sandwich	36	421	1168	21.12	33.53	23.7
Sand Chick Spicy Patty 106/3oz	Sandwich	6	337	670	20.0	42.0	11.0
Salads PBJ Uncrustable LHS	SERVING	12	864	817	28.44	101.01	43.39
Fruit Craisins Blueberry	1 EACH	48	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	300	82	1	0.89	21.12	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	500	63	9	0.0	15.29	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarb Drs	1-1/8 CUP	30	100	177	4.22	12.95	3.23
Veg Juice V Blend Mango 4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	500	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	0	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0

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Base Menu Spreadsheet

Portion Values - Detailed

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LINDHURST HIGH LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	36	5	1	0.24	0.88	0.07
VEG JALAPENO PEPPERS, SLICED	1 OZ	8	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
VEG PICKLE SPEARS	2 PICKLE SPEARS	16	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	45	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Veg Beans Black Canned	1/4 CUP	48	0	0	0.0	0.0	0.0
Fruit Mixed Lt Syrup 1/4c	1/4 C. Scoop	48	168	14	0.0	42.09	0.0
Fruit Peach Diced 1/4c	1/4 C.SCOOP	48	20	2	0.19	4.93	0.05
Fruit Salad w/ Kiwi	1/4 c	290	20	2	0.32	5.03	0.1
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
Weighted Daily Average			730	1392	34.43	102.28	21.36
% of Calories					18.9%	56.0%	26.3%
Nutrient Guideline			750-850	1420			

Weighted Average			769	1485	34.18 17.8%	106.62 55.5%	24.07 28.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	769		750 - 850	100%				
Sodium (mg)	1485		1420				65	Correction Required - Sodium too High
Protein (g)	34.18	17.78%						
Carbohydrate (g)	106.62	55.47%						
Total Fat (g)	24.07	28.18%						

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