

Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

After School Meal/Supper (K-8)

Generated on: 9/24/2018 8:42:58 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/01/2018							
After School Meal/Supper (K-	Total	2					
Break Cereal Assort 18/19 Sug6	Bowlpack	2	108	129	2.21	22.76	1.44
Cheese String Mozz 168/1oz LOL	1 oz	2	60	210	8.0	1.0	2.5
Sunflower Seeds	1 PACK	2	170	88	5.0	6.5	14.75
Fruit Banana Fresh	ONE	2	108	1	1.32	27.63	0.4
Veg Juice V Blend 4.23 OZ.	4.23 OZ.	2	55	30	0.0	14.0	0.0
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			625	613	26.02	90.89	20.34
% of Calories					16.6%	58.1%	29.3%
Nutrient Guideline			550-650	1230			

Tue - 10/02/2018							
After School Meal/Supper (K-	Total	2					
PB&J HFCS Free Cup AdvPierre	1 Each	2	400	320	13.0	28.0	29.0
BREAD PRETZEL WG Heartzel	pkg	2	80	200	2.0	16.0	1.0
Fruit Raisins Ind Pack CDE	box	2	113	4	1.0	30.0	0.0
VEG CELERY STICKS 1/2c	1/2 CUP	2	12	59	0.51	2.21	0.13
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			730	738	26.01	95.21	31.38
% of Calories					14.3%	52.2%	38.7%
Nutrient Guideline			550-650	1230			

Wed - 10/03/2018							
After School Meal/Supper (K-	Total	2					
Yogurt Variety UpstateFarms8oz	8 oz	2	180	105	6.0	38.33	0.0
Bread Muffin Variety72/2ozOtis	Muffin	2	177	123	3.0	29.67	5.33
Fruit Peach Cup National	1/2 CUP	2	70	10	1.0	18.0	0.0
Veg Cucumber Raw 1/2c	1/2 CUP	2	10	2	0.48	1.76	0.13
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			561	395	19.98	106.76	6.71
% of Calories					14.2%	76.1%	10.8%
Nutrient Guideline			550-650	1230			

Thu - 10/04/2018							
After School Meal/Supper (K-	Total	2					
Sand TurkBreast Jen-OwChzonBun	1 Sandwich	2	303	711	23.82	31.5	10.29
Fruit Apple Slices Bulk 1/2c	6 slices	2	69	51	0.0	14.17	0.0
Veg Broccoli Raw 1/2c	1/2 cup	2	9	0	0.57	1.71	0.09
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Mayonnaise	1 EACH	1	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	1	6	86	0.0	0.0	0.0
Weighted Daily Average			556	1044	33.94	67.74	15.77
% of Calories					24.4%	48.7%	25.5%
Nutrient Guideline			550-650	1230			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

After School Meal/Supper (K-8)

Generated on: 9/24/2018 8:42:58 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/05/2018							
After School Meal/Supper (K- Lunch Kit Cheese Pizza WG	Total	2					
Lunch Kit Pepp/Cheese Pizza WG	1 EACH	1	370	780	22.0	41.0	16.0
Fruit Grape Escape Pouch	1 EACH	1	370	910	23.0	42.0	15.0
Veg Carrot Snack Pack 1/2c	PACK	2	45	8	0.0	11.0	0.0
Milk 1% LF	2.6oz pack	2	19	26	0.0	8.12	0.0
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			559	1034	32.00	79.62	16.75
% of Calories					22.9%	56.9%	26.9%
Nutrient Guideline			550-650	1230			

Tue - 10/09/2018							
After School Meal/Supper (K- Yogurt Variety UpstateFarms4oz	Total	2					
Cheese String Mozz 168/1oz LOL	4 oz	2	90	52	3.0	19.0	0.0
Break Soft Bar Variety 2.2 oz	1 oz	2	60	210	8.0	1.0	2.5
Fruit Orange - 2 halves 1/2c	Bar	2	250	77	4.0	41.5	8.0
Veg Carrot Snack Pack 1/2c	1/2 c	2	50	0	1.01	12.6	0.13
Milk 1% LF	2.6oz pack	2	19	26	0.0	8.12	0.0
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			595	521	25.51	101.23	11.88
% of Calories					17.2%	68.1%	18.0%
Nutrient Guideline			550-650	1230			

Wed - 10/10/2018							
After School Meal/Supper (K- Break Cereal Assort 18/19 Sug6	Total	2					
Sunflower Seeds	Bowlpack	2	108	129	2.21	22.76	1.44
Fruit Peach Cup National	1 oz	2	110	200	6.0	1.0	9.0
Veg Juice V Blend 4.23 OZ.	1 PACK	2	170	88	5.0	6.5	14.75
Milk 1% LF	1/2 CUP	2	70	10	1.0	18.0	0.0
Milk Choc Non Fat	4.23 OZ.	2	55	30	0.0	14.0	0.0
	HALF PINT	1	130	160	10.0	16.0	2.5
	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			638	612	23.71	81.26	26.44
% of Calories					14.9%	51.0%	37.3%
Nutrient Guideline			550-650	1230			

Thu - 10/11/2018							
After School Meal/Supper (K- Lunch Kit Turkey & Cheese WG	Total	2					
Fruit Grape Escape Pouch	1 Each	2	361	993	16.05	40.12	16.05
VEG CELERY STICKS 1/2c	PACK	2	45	8	0.0	11.0	0.0
Milk 1% LF	1/2 CUP	2	12	59	0.51	2.21	0.13
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			543	1215	26.06	72.33	17.42
% of Calories					19.2%	53.3%	28.9%
Nutrient Guideline			550-650	1230			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

After School Meal/Supper (K-8)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/12/2018							
After School Meal/Supper (K-PB&Grape Uncrustables	Total serving	2					
	1		600	540	18.0	64.0	34.0
PB&Strawberry Uncrustables	1 serving	1	600	540	18.0	64.0	34.0
Fruit Applesauce Cup Mango 4.5	4.5 oz	2	50	15	0.0	14.0	0.0
Veg Cucumber Raw 1/2c	1/2 CUP	1	10	2	0.48	1.76	0.13
Veg Cucumber with Tajin 1/2c	1/2 CUP	1	15	333	0.48	1.76	0.13
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			787	878	27.98	98.76	35.38
% of Calories					14.2%	50.2%	40.4%
Nutrient Guideline			550-650	1230			

Mon - 10/15/2018							
After School Meal/Supper (K-Yogurt Variety UpstateFarms8oz	Total 8 oz	2					
	2		180	105	6.0	38.33	0.0
Granola Oats&Honey1ozNatureVal	1 oz	2	129	98	2.06	19.59	4.64
Fruit Cranberries DriedCDE1/4c	#16 scoop	2	91	2	0.0	24.65	0.0
Veg Cucumber Raw 1/2c	1/2 CUP	2	10	2	0.48	1.76	0.13
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			534	362	18.04	103.34	6.02
% of Calories					13.5%	77.4%	10.1%
Nutrient Guideline			550-650	1230			

Tue - 10/16/2018							
After School Meal/Supper (K-Sand TurkeyBreast wChz onHoagi	Total 1 Sandwich	2					
	2		283	726	20.82	27.5	10.29
Fruit Apple Slices IW 200/2oz	1 EACH	2	30	0	0.0	7.0	0.0
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	2	21	739	0.52	4.78	0.1
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Pkt Mayonnaise	1 EACH	1	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	1	6	86	0.0	0.0	0.0
Weighted Daily Average			492	1694	30.84	58.79	14.68
% of Calories					25.1%	47.8%	26.9%
Nutrient Guideline			550-650	1230			

Wed - 10/17/2018							
After School Meal/Supper (K-PB&J Wafer NoHFCS 160/2.3	Total 1 Each	2					
	2		310	210	10.0	31.0	18.0
Cheese Cheddar Stx 168/1oz LOL	1 oz	1	110	200	6.0	1.0	9.0
Fruit Applesauce Cup Straw 4.5	4.5 oz	2	50	15	0.0	14.0	0.0
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	1	124	329	4.04	28.65	1.54
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0

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Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

After School Meal/Supper (K-8)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			602	644	24.52 16.3%	78.82 52.4%	24.52 36.7%
Nutrient Guideline			550-650	1230			

Thu - 10/18/2018							
After School Meal/Supper (K-Break Cereal Assort 18/19 Sug6	Total Bowlpack	2					
Cheese String Mozz 168/1oz LOL	1 oz	2	108	129	2.21	22.76	1.44
Sunflower Seeds	1 PACK	2	60	210	8.0	1.0	2.5
Fruit Grape Escape Pouch	PACK	2	170	88	5.0	6.5	14.75
Veg Carrot Snack Pack 1/2c	2.6oz pack	2	45	8	0.0	11.0	0.0
Milk 1% LF	HALF PINT	1	19	26	0.0	8.12	0.0
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
Weighted Daily Average % of Calories			527	616	24.71 18.7%	68.38 51.9%	19.94 34.0%
Nutrient Guideline			550-650	1230			

Fri - 10/19/2018							
After School Meal/Supper (K-PB&J HFCS Free Cup AdvPierre	Total 1 Each	2					
BREAD PRETZEL WG Heartzel	pkg	2	400	320	13.0	28.0	29.0
Fruit Raisins Ind Pack CDE	box	2	80	200	2.0	16.0	1.0
VEG CELERY STICKS 1/2c	1/2 CUP	2	113	4	1.0	30.0	0.0
Milk 1% LF	HALF PINT	1	12	59	0.51	2.21	0.13
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
Weighted Daily Average % of Calories			730	738	26.01 14.3%	95.21 52.2%	31.38 38.7%
Nutrient Guideline			550-650	1230			

Mon - 10/22/2018							
After School Meal/Supper (K-Yogurt Variety UpstateFarms8oz	Total 8 oz	2					
Bread Muffin Variety72/2ozOtis	Muffin	2	180	105	6.0	38.33	0.0
Fruit Peach Cup National	1/2 CUP	2	177	123	3.0	29.67	5.33
Veg Cucumber Raw 1/2c	1/2 CUP	2	70	10	1.0	18.0	0.0
Milk 1% LF	HALF PINT	1	10	2	0.48	1.76	0.13
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
Weighted Daily Average % of Calories			561	395	19.98 14.2%	106.76 76.1%	6.71 10.8%
Nutrient Guideline			550-650	1230			

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After School Meal/Supper (K-8)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/23/2018							
After School Meal/Supper (K-Sand TurkBreast Jen-OwChzonBun)	Total	2					
	1 Sandwich	2	303	711	23.82	31.5	10.29
Fruit Apple Slices Bulk 1/2c	6 slices	2	69	51	0.0	14.17	0.0
Veg Broccoli Raw 1/2c	1/2 cup	2	9	0	0.57	1.71	0.09
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Mayonnaise	1 EACH	1	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	1	6	86	0.0	0.0	0.0
Weighted Daily Average % of Calories			556	1044	33.94 24.4%	67.74 48.7%	15.77 25.5%
Nutrient Guideline			550-650	1230			

Wed - 10/24/2018							
After School Meal/Supper (K-Lunch Kit Cheese Pizza WG)	Total	2					
	1 EACH	1	370	780	22.0	41.0	16.0
Lunch Kit Pepp/Cheese Pizza WG	1 EACH	1	370	910	23.0	42.0	15.0
Fruit Banana Fresh	ONE	2	108	1	1.32	27.63	0.4
Veg Juice V Blend 4.23 OZ.	4.23 OZ.	2	55	30	0.0	14.0	0.0
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average % of Calories			658	1031	33.32 20.3%	102.13 62.1%	17.15 23.5%
Nutrient Guideline			550-650	1230			

Thu - 10/25/2018							
After School Meal/Supper (K-Yogurt Variety UpstateFarms4oz)	Total	2					
	4 oz	2	90	52	3.0	19.0	0.0
Cheese String Mozz 168/1oz LOL	1 oz	2	60	210	8.0	1.0	2.5
Break Soft Bar Variety 2.2 oz	Bar	2	250	77	4.0	41.5	8.0
Fruit Orange - 2 halves 1/2c	1/2 c	2	50	0	1.01	12.6	0.13
Veg Carrot Snack Pack 1/2c	2.6oz pack	2	19	26	0.0	8.12	0.0
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average % of Calories			595	521	25.51 17.2%	101.23 68.1%	11.88 18.0%
Nutrient Guideline			550-650	1230			

Fri - 10/26/2018							
After School Meal/Supper (K-Break Cereal Assort 18/19 Sug6)	Total	2					
	Bowlpack	2	108	129	2.21	22.76	1.44
Cheese Cheddar Stx 168/1oz LOL	1 oz	2	110	200	6.0	1.0	9.0
Sunflower Seeds	1 PACK	2	170	88	5.0	6.5	14.75
Fruit Peach Cup National	1/2 CUP	2	70	10	1.0	18.0	0.0
VEG CELERY STICKS 1/2c	1/2 CUP	2	12	59	0.51	2.21	0.13
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0

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After School Meal/Supper (K-8)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			595	641	24.22 16.3%	69.47 46.7%	26.57 40.2%
Nutrient Guideline			550-650	1230			

Mon - 10/29/2018							
After School Meal/Supper (K- Lunch Kit Turkey & Cheese WG	Total	2					
Fruit Grape Escape Pouch	1 Each	2	361	993	16.05	40.12	16.05
VEG CELERY STICKS 1/2c	PACK	2	45	8	0.0	11.0	0.0
Milk 1% LF	1/2 CUP	2	12	59	0.51	2.21	0.13
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average % of Calories			543	1215	26.06 19.2%	72.33 53.3%	17.42 28.9%
Nutrient Guideline			550-650	1230			

Tue - 10/30/2018							
After School Meal/Supper (K- PB&Grape Uncrustables	Total	2					
PB&Strawberry Uncrustables	serving	1	600	540	18.0	64.0	34.0
Fruit Applesauce Cup Mango 4.5	serving	1	600	540	18.0	64.0	34.0
Veg Carrot Snack Pack 1/2c	4.5 oz	2	50	15	0.0	14.0	0.0
Milk 1% LF	2.6oz pack	1	19	26	0.0	8.12	0.0
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average % of Calories			785	723	27.50 14.0%	101.06 51.5%	35.25 40.4%
Nutrient Guideline			550-650	1230			

Wed - 10/31/2018							
After School Meal/Supper (K- Yogurt Variety UpstateFarms8oz	Total	2					
Granola Oats&Honey1ozNatureVal	8 oz	2	180	105	6.0	38.33	0.0
Fruit Cranberries DriedCDE1/4c	1 oz	2	129	98	2.06	19.59	4.64
Veg Cucumber Raw 1/2c	#16 scoop	2	91	2	0.0	24.65	0.0
Milk 1% LF	1/2 CUP	2	10	2	0.48	1.76	0.13
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average % of Calories			534	362	18.04 13.5%	103.34 77.4%	6.02 10.1%
Nutrient Guideline			550-650	1230			

Weighted Average			605	774	26.09 17.2%	87.38 57.8%	18.88 28.1%
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After School Meal/Supper (K-8)

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Sodm (mg) Shortfall	Protn (g) Overage	Carb (g)	T-Fat (g) Error Messages (if any)
Calories	605		550 - 650	100%					
Sodium (mg)	774		1230						
Protein (g)	26.09	17.25%							
Carbohydrate (g)	87.38	57.78%							
Total Fat (g)	18.88	28.09%							

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

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.