

Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

Elementary Lunch (K-6)

Generated on: 12/11/2018 12:08:23 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 01/07/2019							
Elementary Lunch (K-6)	Total	1					
Cheese Stuffed Breadsticks	2 pc	1	300	480	20.0	30.0	11.0
Veg Marinara Sauce 1/2c	1/2 CUP	1	73	671	1.81	9.98	3.63
Sand Beef Rib Hoagie 3.25 oz.	Sandwich	1	340	885	18.0	40.0	12.0
Fruit Pop- Variety	one fruit pop	1	73	5	0.62	18.69	0.12
Veg Beans Baked 1/2c	1/2 CUP	1	137	386	7.43	25.77	0.95
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Weighted Daily Average			1277	3029	70.21	178.82	32.80
% of Calories					22.0%	56.0%	23.1%
Nutrient Guideline			600-650	1230			

Tue - 01/08/2019							
Elementary Lunch (K-6)	Total	1					
Enchilada Pie	5 x 5 cut	1	231	584	15.42	14.7	12.58
Pkt Taco Sauce	1 PKT	1	5	96	0.0	1.01	0.0
Chicken Nugget 106/3oz (5 pc)	Serving	1	180	420	12.0	12.0	9.0
Pkt Ketchup	1 PACKET	1	8	67	0.0	2.36	0.0
Fruit Banana Fresh	ONE	1	108	1	1.32	27.63	0.4
Veg Green Bean Frozen 1/2c	1/2 CUP	1	19	6	1.01	4.35	0.11
Veg Jicama Sticks 1/2c	1/2 cup	1	34	4	0.73	8.04	0.0
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	1	2	1	0.14	0.27	0.03
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Fruit Peaches, Cnd,LtSyrup1/2c	1/2 c	1	71	7	0.59	19.01	0.04
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Weighted Daily Average			984	1756	51.84	138.10	27.21
% of Calories					21.1%	56.1%	24.9%
Nutrient Guideline			600-650	1230			

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Jan 7, 2019 thru Jan 31, 2019

Elementary Lunch (K-6)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 01/09/2019							
Elementary Lunch (K-6)	Total	1					
Chicken Noodle Soup CDE 6oz	6 oz	1	89	1863	6.57	12.65	2.5
Sand Grilled Cheese	ONE	1	392	1226	18.0	32.0	23.56
Fruit Mandarin Orange Jumbo1ea	one	1	82	2	1.11	20.87	0.44
VEG CORN : FROZEN YELLOW 1/2c	1/2 CUP	1	101	13	3.78	23.94	1.26
Veg Juice V Blend 4.23 OZ.	4.23 OZ.	1	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
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Weighted Daily Average			1075	3736	51.81	157.84	32.87
% of Calories					19.3%	58.8%	27.5%
Nutrient Guideline			600-650	1230			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 01/10/2019							
Elementary Lunch (K-6)	Total	1					
Chicken Cherry Blossm 176/3.9oz	3.9oz.	1	200	350	13.0	27.0	4.0
Egg Roll WG Pork 60/3ozSchwans	Egg Roll	1	180	370	9.0	20.01	7.0
Noodles Yakisoba w/ Sauce	1/2c scoop	1	160	242	3.61	25.13	4.94
Fruit Pineapple Tidbits 1/2c	1/2 cup	1	59	8	0.84	14.31	0.0
Veg Broccoli Florets Seas 1/2c	1/2 cup	1	58	26	1.6	4.8	3.8
Veg Carrots Steamed	1/2 Cup	1	34	53	0.0	7.46	1.24
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	1	3	3	0.27	0.55	0.05
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Weighted Daily Average			980	1398	48.60	145.07	23.76
% of Calories					19.8%	59.2%	21.8%
Nutrient Guideline			600-650	1230			

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Elementary Lunch (K-6)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 01/11/2019							
Elementary Lunch (K-6)	Total	1					
Pizza Cheese 16" WG Crust Elem	8 cut slice	1	382	690	21.53	30.18	19.14
Pizza Cheese WGBlendFlour Elem	8 cut slice	1	320	521	17.06	34.58	12.6
Pizza Hawaiian 16" Crust Elem	8 cut slice	1	414	798	24.92	31.94	20.17
Pizza Hawaiian WG Blend Elem	8 cut Slice	1	345	605	19.71	35.95	13.4
Pizza Pepp & Chz 16"Crust Elem	8 cut slice	1	427	868	23.63	30.53	23.69
Pizza Pepp & Chz WGBlend Elem	8 cut Slice	1	355	660	18.7	34.86	16.15
Cheese Wheel_1/2 piece	2 pieces	1	272	456	17.0	21.0	10.0
Fruit Kiwi 2 fruit	2 ea	1	93	5	1.73	22.28	0.79
Veg Rom/Spin Salad w/ Ranch	1 Cup	1	40	138	3.23	4.3	1.72
Veg Carrot Baby PeeledBulk1/2c	1/2 CUP	1	29	49	0.65	6.74	0.17
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Milk Strawberry Non Fat	HALF PINT	1	120	135	9.0	22.0	0.0
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Fruit Pears Can1/4c USDA	1/4c Scoop	1	33	2	0.1	8.52	0.02
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Weighted Daily Average			3142	5472	177.54	328.24	122.82
% of Calories					22.6%	41.8%	35.2%
Nutrient Guideline			600-650	1230			

Mon - 01/14/2019							
Elementary Lunch (K-6)	Total	1					
Burrito Bean & Cheese Chipotle	Burrito	1	360	390	17.01	44.03	13.01
Pkt Taco Sauce	1 PKT	1	5	96	0.0	1.01	0.0
Corndog Turkey WG 72/4oz	Corndog	1	256	681	14.0	28.9	9.4
Fruit Mixed Fruit Cup Wawona	1 Each	1	61	15	0.0	17.24	0.0
Veg Carrots Steamed	1/2 Cup	1	34	53	0.0	7.46	1.24
VEG CORN : FROZEN YELLOW 1/2c	1/2 CUP	1	101	13	3.78	23.94	1.26
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			1158	1827	56.82	173.60	29.93
% of Calories					19.6%	60.0%	23.3%
Nutrient Guideline			600-650	1230			

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Elementary Lunch (K-6)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 01/15/2019							
Elementary Lunch (K-6)	Total	1					
Bread Tortilla Chips 1.5oz	1.5 OZ	1	203	83	3.0	28.5	7.5
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	1	188	702	14.77	6.6	11.6
Nachos Cheese ONLY 1M/MA	#12CH	1	131	555	8.08	4.04	9.09
Fruit Banana Fresh	ONE	1	108	1	1.32	27.63	0.4
VEG SALSA, CANNED (USDA)1/2c	1/2 CUP	1	42	498	1.74	8.1	0.23
Veg Beans Refried-Dehy 1/2c	1/2 cup	1	164	488	7.97	23.92	1.99
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	1	3	3	0.27	0.55	0.05
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Fruit Peaches, Cnd,LtSyrup1/2c	1/2 c	1	71	7	0.59	19.01	0.04
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Weighted Daily Average			1254	2909	58.73	171.09	35.97
% of Calories					18.7%	54.6%	25.8%
Nutrient Guideline			600-650	1230			

Wed - 01/16/2019							
Elementary Lunch (K-6)	Total	1					
Sand Hamburger Mesquite DonLee	Sandwich	1	271	450	19.6	32.1	8.3
Sand Cheeseburger Mesq DL	Sandwich	1	321	675	22.1	32.6	12.8
Pkt Ketchup	1 PACKET	1	8	67	0.0	2.36	0.0
Pkt Mustard	1 PACKET	1	6	86	0.0	0.0	0.0
Pkt Mayonnaise	1 EACH	1	61	61	0.0	1.01	6.07
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	1	21	739	0.52	4.78	0.1
Veg Potato Spirals Seasoned	1/2 cup	1	100	151	1.0	17.08	3.01
Fruit Mandarin Orange Jumbo1ea	one	1	82	2	1.11	20.87	0.44
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			1217	2830	66.28	163.38	35.74
% of Calories					21.8%	53.7%	26.4%
Nutrient Guideline			600-650	1230			

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 01/17/2019							
Elementary Lunch (K-6)	Total	1					
Sand Chick Patty RichCh WG	Sandwich	1	339	619	18.96	42.96	10.97
Sand Chick Spicy Patty 106/3oz	Sandwich	1	337	670	20.0	42.0	11.0
Pkt Ketchup	1 PACKET	1	8	67	0.0	2.36	0.0
Sand Meatball w/ French Bread	4 Meatballs	1	321	630	19.33	33.12	12.88
Fruit Kiwi 2 fruit	2 ea	1	93	5	1.73	22.28	0.79
Veg Broccoli Florets Seas 1/2c	1/2 cup	1	58	26	1.6	4.8	3.8
Veg Cucumber Raw 1/2c	1/2 CUP	1	10	2	0.48	1.76	0.13
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	1	2	1	0.14	0.27	0.03
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			1502	2590	82.71	200.57	44.55
% of Calories					22.0%	53.4%	26.7%
Nutrient Guideline			600-650	1230			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 01/18/2019							
Elementary Lunch (K-6)	Total	1					
Pizza Cheese WGBlendFlour Elem	8 cut slice	1	320	521	17.06	34.58	12.6
Pizza Pepp & Chz WGBlend Elem	8 cut Slice	1	355	660	18.7	34.86	16.15
Pizza Cheese 16" WG Crust Elem	8 cut slice	1	382	690	21.53	30.18	19.14
Pizza Pepp & Chz 16"Crust Elem	8 cut slice	1	427	868	23.63	30.53	23.69
Taco Pocket 60/4.5oz Bell Tsty	one	1	260	390	17.0	31.0	8.0
Fruit Grapes Bunches 1/2c	1/2 CUP	1	58	2	0.55	14.85	0.3
Veg Rom/Spin Salad w/ Ranch	1 Cup	1	40	138	3.23	4.3	1.72
Veg Carrot Baby PeeledBulk1/2c	1/2 CUP	1	29	49	0.65	6.74	0.17
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Milk Strawberry Non Fat	HALF PINT	1	120	135	9.0	22.0	0.0
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Fruit Pears Can1/4c USDA	1/4c Scoop	1	33	2	0.1	8.52	0.02
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			2337	4001	131.73	262.91	86.77
% of Calories					22.5%	45.0%	33.4%
Nutrient Guideline			600-650	1230			

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 01/22/2019							
Elementary Lunch (K-6)	Total	1					
Chicken Alfredo	#8 scoop	1	174	655	14.18	3.03	12.13
Pasta Spiral Rotini WG CDE 20#	1/2 c	1	97	9	4.08	20.94	0.39
Bread Wheat Dinner Roll	ROLL	1	100	160	6.0	17.0	1.0
Sand Meatloaf A/P	Sandwich	1	330	590	19.0	39.0	12.0
Pkt Ketchup	1 PACKET	1	8	67	0.0	2.36	0.0
Pkt Mustard	1 PACKET	1	6	86	0.0	0.0	0.0
Pkt Mayonnaise	1 EACH	1	61	61	0.0	1.01	6.07
Fruit Banana Fresh	ONE	1	108	1	1.32	27.63	0.4
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	1	21	739	0.52	4.78	0.1
Veg Juice V Blend 4.23 OZ.	4.23 OZ.	1	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
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Fruit Peaches, Cnd,LtSyrup1/2c	1/2 c	1	71	7	0.59	19.01	0.04
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Weighted Daily Average			1377	3004	67.64	201.34	37.15
% of Calories					19.7%	58.5%	24.3%
Nutrient Guideline			600-650	1230			

Wed - 01/23/2019							
Elementary Lunch (K-6)	Total	1					
Chicken Brd WG 8 Pc Pilgrims	3 oz.	1	246	675	13.71	12.57	14.86
Bread Breadstick Garlic 1G	Breadstick	1	100	150	3.0	15.0	3.5
Pork Carnitas, CDE 132/#8 scp	#8 scoop	1	276	584	26.67	0.0	12.12
Bread Tortilla Flour WG 8"	1 Tortilla	1	103	168	4.68	16.83	2.81
Pkt Taco Sauce	1 PKT	1	5	96	0.0	1.01	0.0
Fruit Mandarin Orange Jumbo1ea	one	1	82	2	1.11	20.87	0.44
Veg Carrot Baby PeeledBulk1/2c	1/2 CUP	1	29	49	0.65	6.74	0.17
Veg Beans Baked 1/2c	1/2 CUP	1	137	386	7.43	25.77	0.95
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	1	3	3	0.27	0.55	0.05
Veg Tomato Sliced/Diced	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Weighted Daily Average			1311	2662	78.20	148.70	39.87
% of Calories					23.9%	45.4%	27.4%
Nutrient Guideline			600-650	1230			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

Elementary Lunch (K-6)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 01/24/2019							
Elementary Lunch (K-6)	Total	1					
Turkey & Gravy Whit 107/4.16oz	4.16 oz	1	120	500	18.0	2.0	5.0
Bread Wheat Dinner Roll	ROLL	1	100	160	6.0	17.0	1.0
Fruit Kiwi 2 fruit	2 ea	1	93	5	1.73	22.28	0.79
Veg Potato Mashed Loaded 1/2cup	1/2 Cup	1	65	245	1.46	13.75	0.63
Veg Beans Green Seas. 1/2c	1/2 CUP	1	28	339	1.53	5.99	0.13
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	1	2	1	0.14	0.27	0.03
Veg Tomato Sliced/Diced	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/2c	1/2 CUP	1	10	2	0.48	1.76	0.13
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Weighted Daily Average			733	1792	49.47	109.79	12.64
% of Calories					27.0%	59.9%	15.5%
Nutrient Guideline			600-650	1230			

Fri - 01/25/2019							
Elementary Lunch (K-6)	Total	1					
Pizza Pepp & Chz 16"Crust Elem	8 cut slice	1	427	868	23.63	30.53	23.69
Pizza Pepp & Chz WGBlend Elem	8 cut Slice	1	355	660	18.7	34.86	16.15
Pizza Cheese 16" WG Crust Elem	8 cut slice	1	382	690	21.53	30.18	19.14
Pizza Cheese WGBlendFlour Elem	8 cut slice	1	320	521	17.06	34.58	12.6
Pizza Pepp/Jalap16"Crust Elem	8 cut slice	1	431	1025	23.74	31.33	23.79
Pizza Pepp/Jalep WGBlend Elem	8 cut Slice	1	358	783	18.79	35.48	16.23
Tamale Cheese Green Del Real	one	1	380	470	12.0	29.0	27.0
Veg Salsa Verde Del Real	oz.	1	9	139	0.28	1.42	0.28
Beans Refried-Dehy 1/2c	1/2 cup	1	164	488	7.97	23.92	1.99
Pkt Taco Sauce	1 PKT	1	5	96	0.0	1.01	0.0
Fruit Grapes Bunches 1/2c	1/2 CUP	1	58	2	0.55	14.85	0.3
Veg Salad Romaine&Spnch 1c port	1 CUP	1	21	59	2.71	3.29	0.09
Veg Cucumber Raw 1/2c	1/2 CUP	1	10	2	0.48	1.76	0.13
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Milk Strawberry Non Fat	HALF PINT	1	120	135	9.0	22.0	0.0
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Fruit Pears Can 1/4c USDA	1/4c Scoop	1	33	2	0.1	8.52	0.02
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Weighted Daily Average			3396	6510	176.91	350.58	146.42
% of Calories					20.8%	41.3%	38.8%
Nutrient Guideline			600-650	1230			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

Elementary Lunch (K-6)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 01/28/2019							
Elementary Lunch (K-6)	Total	1					
Cheese Stuffed Breadsticks	2 pc	1	300	480	20.0	30.0	11.0
Veg Marinara Sauce 1/2c	1/2 CUP	1	73	671	1.81	9.98	3.63
Sand Beef Rib Hoagie 3.25 oz.	Sandwich	1	340	885	18.0	40.0	12.0
Fruit Pop- Variety	one fruit pop	1	73	5	0.62	18.69	0.12
Veg Beans Baked 1/2c	1/2 CUP	1	137	386	7.43	25.77	0.95
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Weighted Daily Average			1277	3029	70.21	178.82	32.80
% of Calories					22.0%	56.0%	23.1%
Nutrient Guideline			600-650	1230			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 01/29/2019							
Elementary Lunch (K-6)	Total	1					
Enchilada Pie	5 x 5 cut	1	231	584	15.42	14.7	12.58
Pkt Taco Sauce	1 PKT	1	5	96	0.0	1.01	0.0
Chicken Nugget 106/3oz (5 pc)	Serving	1	180	420	12.0	12.0	9.0
Pkt Ketchup	1 PACKET	1	8	67	0.0	2.36	0.0
Fruit Banana Fresh	ONE	1	108	1	1.32	27.63	0.4
Veg Green Bean Frozen 1/2c	1/2 CUP	1	19	6	1.01	4.35	0.11
Veg Jicama Sticks 1/2c	1/2 cup	1	34	4	0.73	8.04	0.0
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	1	2	1	0.14	0.27	0.03
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Fruit Peaches, Cnd,LtSyrup1/2c	1/2 c	1	71	7	0.59	19.01	0.04
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Weighted Daily Average			984	1756	51.84	138.10	27.21
% of Calories					21.1%	56.1%	24.9%
Nutrient Guideline			600-650	1230			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

Elementary Lunch (K-6)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 01/30/2019							
Elementary Lunch (K-6)	Total	1					
Chicken Noodle Soup CDE 6oz	6 oz	1	89	1863	6.57	12.65	2.5
Sand Grilled Cheese	ONE	1	392	1226	18.0	32.0	23.56
Fruit Mandarin Orange Jumbo1ea	one	1	82	2	1.11	20.87	0.44
VEG CORN : FROZEN YELLOW 1/2c	1/2 CUP	1	101	13	3.78	23.94	1.26
Veg Juice V Blend 4.23 OZ.	4.23 OZ.	1	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
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Weighted Daily Average			1075	3736	51.81	157.84	32.87
% of Calories					19.3%	58.8%	27.5%
Nutrient Guideline			600-650	1230			

Thu - 01/31/2019							
Elementary Lunch (K-6)	Total	1					
Chicken Lemongrass 176/3.9oz	3.9oz.	1	190	350	11.0	21.0	6.0
Egg Roll WG Pork 60/3ozSchwans	Egg Roll	1	180	370	9.0	20.01	7.0
Noodles Yakisoba w/ Sauce	1/2c scoop	1	160	242	3.61	25.13	4.94
Fruit Pineapple Tidbits 1/2c	1/2 cup	1	59	8	0.84	14.31	0.0
Veg Broccoli Florets Seas 1/2c	1/2 cup	1	58	26	1.6	4.8	3.8
Veg Carrots Steamed	1/2 Cup	1	34	53	0.0	7.46	1.24
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	1	3	3	0.27	0.55	0.05
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Weighted Daily Average			970	1398	46.60	139.07	25.76
% of Calories					19.2%	57.4%	23.9%
Nutrient Guideline			600-650	1230			

Weighted Average			1447	2969	77.16	185.77	45.95
					21.3%	51.4%	28.6%

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Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

Elementary Lunch (K-6)

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Sodm (mg) Shortfall	Protn (g) Overage	Carb (g)	T-Fat (g) Error Messages (if any)
Calories	1447		600 - 650	223%				797	Correction Required - Calories too High Correction Required - Sodium too High
Sodium (mg)	2969		1230				1739		
Protein (g)	77.16	21.33%							
Carbohydrate (g)	185.77	51.35%							
Total Fat (g)	45.95	28.58%							

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