

Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

Intermediate Lunch (6-8)

Generated on: 12/11/2018 12:10:28 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 01/07/2019							
Intermediate Lunch (6-8)	Total	1					
Chicken Brd WG 8 Pc Pilgrims	3 oz.	1	246	675	13.71	12.57	14.86
Chicken Chunk WG	5 Pieces	1	241	386	21.73	14.49	10.87
Veg Onion Breaded WG (HS Only)	5pcs	1	200	231	3.01	28.07	8.02
Enchilada Pie	5 x 5 cut	1	231	584	15.42	14.7	12.58
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	1	124	329	4.04	28.65	1.54
VEG CORN : FROZEN YELLOW 1/2c	1/2 CUP	1	101	13	3.78	23.94	1.26
Veg Coleslaw Salad	1/2 c	1	44	82	0.34	3.39	3.33
Fruit Pear Cup National	1/2 CUP	1	70	10	0.0	16.0	0.0
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			1613	2912	84.38	196.19	57.55
% of Calories					20.9%	48.7%	32.1%
Nutrient Guideline			600-700	1360			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 01/08/2019							
Intermediate Lunch (6-8)	Total	1					
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	1	444	825	22.49	46.13	19.66
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	1	391	617	20.04	45.73	14.36
Pizza VegChz WGBlenFlourHS/INT	HS/INT 6 cut	1	391	617	20.06	45.81	14.36
Pizza Pepp & Chz 16"CrustInt/H	6 cut slice	1	502	1004	26.35	39.98	26.92
Pizza Cheese 16"WGCrust HS/INT	6 cut slice	1	441	766	23.55	39.51	20.86
Pizza VegChz Crust 16" HS/INT	6 cut slice	1	516	945	29.24	40.46	25.99
Sand Meatloaf A/P	Sandwich	1	330	590	19.0	39.0	12.0
Cheese Stuffed Breadsticks	2 pc	1	300	480	20.0	30.0	11.0
Veg Salad RomSpinCucTomGarb Drs	1-1/8 CUP	1	100	177	4.22	12.95	3.23
Fruit Banana Fresh	ONE	1	108	1	1.32	27.63	0.4
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Tomato Sliced/Diced	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			3877	6624	208.63	421.58	153.88
% of Calories					21.5%	43.5%	35.7%
Nutrient Guideline			600-700	1360			

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Jan 7, 2019 thru Jan 31, 2019

Intermediate Lunch (6-8)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 01/09/2019							
Intermediate Lunch (6-8)	Total	1					
Sand Hamburger Mesquite DonLee	Sandwich	1	271	450	19.6	32.1	8.3
Sand Cheeseburger Mesq DL	Sandwich	1	321	675	22.1	32.6	12.8
Pkt Ketchup	1 PACKET	1	8	67	0.0	2.36	0.0
Pkt Mustard	1 PACKET	1	6	86	0.0	0.0	0.0
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
Sand Deli Meat Variety	3-6 slices	1	93	419	11.96	1.01	4.68
Sand Cheese Variety	Slice	1	68	177	4.0	0.5	5.67
Sand Bread Variety Intermediat	1 each	1	151	214	5.64	28.34	2.46
Pkt Mayonnaise	1 EACH	1	61	61	0.0	1.01	6.07
Veg Potato Seasoned Wedges	1/2 c	1	148	380	2.11	18.99	7.38
Veg Lettuc/Tomato Fixings	1/2 CUP	1	10	6	0.66	2.05	0.13
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	0.0
Fruit Juice Orange CDE	4 OZ CUP	1	61	2	1.0	14.0	0.0
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			1946	4008	101.70	218.83	79.88
% of Calories					20.9%	45.0%	36.9%
Nutrient Guideline			600-700	1360			

Thu - 01/10/2019							
Intermediate Lunch (6-8)	Total	1					
Bread Tortilla Chips 1.5oz	1.5 OZ	1	203	83	3.0	28.5	7.5
Nachos Mix/Chicken & Cheese	#20Chick#12Ch	1	175	595	13.94	4.37	10.86
Beef Teriyaki Blaster100/4pc	4pcs	1	142	467	16.92	8.67	4.28
Rice Veg Fried WG	#8 scoop	1	137	229	3.05	28.0	2.29
Sand Pepperoni Pocket	one	1	300	680	18.0	32.0	11.0
Veg Beans Refried-Dehy 1/2c	1/2 cup	1	164	488	7.97	23.92	1.99
Veg Broccoli Florets Frzn 1/2c	1/2 cup	1	23	20	2.57	4.45	0.09
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 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
VEG SALSA, CANNED (USDA)1/2c	1/2 CUP	1	42	498	1.74	8.1	0.23
VEG JALAPENO PEPPERS, SLICED	1 OZ	1	25	2514	0.0	0.0	0.0
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0

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

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Intermediate Lunch (6-8)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			1641	6151	89.58 21.8%	212.17 51.7%	43.80 24.0%
Nutrient Guideline			600-700	1360			

Fri - 01/11/2019							
Intermediate Lunch (6-8)	Total	1					
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	1	444	825	22.49	46.13	19.66
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	1	391	617	20.04	45.73	14.36
Pizza Pepp & Chz 16"CrustInt/H	6 cut slice	1	502	1004	26.35	39.98	26.92
Pizza Cheese 16"WGCrust HS/INT	6 cut slice	1	441	766	23.55	39.51	20.86
Pupusa Bean & Chz Del Real	one	1	290	480	13.0	35.0	11.0
Pkt Taco Sauce	1 PKT	1	5	96	0.0	1.01	0.0
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 Breadstick Garlic 1G	Breadstick	1	100	150	3.0	15.0	3.5
Veg Carrot Snack Pack 1/2c	2.6oz pack	1	19	26	0.0	8.12	0.0
Veg Juice V Blend 4.23 OZ.	4.23 OZ.	1	55	30	0.0	14.0	0.0
Fruit Kiwi 2 fruit	2 ea	1	93	5	1.73	22.28	0.79
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Milk Strawberry Non Fat	HALF PINT	1	120	135	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average % of Calories			3055	5375	159.09 20.8%	359.73 47.1%	114.63 33.8%
Nutrient Guideline			600-700	1360			

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Intermediate Lunch (6-8)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 01/14/2019							
Intermediate Lunch (6-8)	Total	1					
LASAGNA, BEEF Elem/Int	1 Piece	1	369	956	23.8	42.38	13.68
Bread Breadstick Garlic 1G	Breadstick	1	100	150	3.0	15.0	3.5
Chicken 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
Burrito Bean & Cheese Chipotle	Burrito	1	360	390	17.01	44.03	13.01
Pkt Taco Sauce	1 PKT	1	5	96	0.0	1.01	0.0
Veg Carrot Snack Pack 1/2c	2.6oz pack	1	19	26	0.0	8.12	0.0
Veg Corn Frozen Yellow 1/2c	1/2 CUP	1	67	1	1.99	15.9	0.99
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	1	124	329	4.04	28.65	1.54
Fruit Apricot Frozen 96/4.5OZ.	4.5 OZ	1	110	0	1.0	25.0	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
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			1977	5615	97.43	275.76	63.80
% of Calories					19.7%	55.8%	29.1%
Nutrient Guideline			600-700	1360			

Tue - 01/15/2019							
Intermediate Lunch (6-8)	Total	1					
Pizza Fiesta WGBlenFlourHS/INT	HS/INT 6 cut	1	280	641	19.49	14.66	15.04
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	1	391	617	20.04	45.73	14.36
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	1	444	825	22.49	46.13	19.66
Pizza Fiesta WG Crust HS/INT	HS/INT 6 cut	1	285	657	19.78	13.58	15.86
Pizza Pepp & Chz 16"CrustInt/H	6 cut slice	1	502	1004	26.35	39.98	26.92
Pizza Cheese 16"WGCrust HS/INT	6 cut slice	1	441	766	23.55	39.51	20.86
Chicken Crispito 36/2 ea	Crispito	1	540	740	24.01	46.01	28.01
Pkt Taco Sauce	1 PKT	1	5	96	0.0	1.01	0.0
Sand Monte Cristo - Full Sand	Sand	1	551	1199	26.6	58.53	23.06
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	1	100	177	4.22	12.95	3.23
Fruit Banana Fresh	ONE	1	108	1	1.32	27.63	0.4
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	1	3	3	0.27	0.55	0.05
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
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			3994	7299	209.12	399.00	172.50
% of Calories					20.9%	40.0%	38.9%
Nutrient Guideline			600-700	1360			

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 01/16/2019							
Intermediate Lunch (6-8)	Total	1					
Sand Hamburger Mesquite DonLee	Sandwich	1	271	450	19.6	32.1	8.3
Sand Cheeseburger Mesq DL	Sandwich	1	321	675	22.1	32.6	12.8
Sand Meatball w/ French Bread	4 Meatballs	1	321	630	19.33	33.12	12.88
Chicken Parmeseanw/BreastFilet	serving	1	372	483	24.04	45.44	12.42
Veg Potato Spirals Seasoned	1/2 cup	1	100	151	1.0	17.08	3.01
Veg Lettuc/Tomato Fixings	1/2 CUP	1	10	6	0.66	2.05	0.13
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	0.0
Fruit Juice Orange CDE	4 OZ CUP	1	61	2	1.0	14.0	0.0
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			1816	3260	110.09	231.85	54.64
% of Calories					24.2%	51.1%	27.1%
Nutrient Guideline			600-700	1360			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 01/17/2019							
Intermediate Lunch (6-8)	Total	1					
Nachos Mix/DL Beef & Cheese	#30beef#12Ch	1	52	102	6.93	2.77	1.88
Bread Tortilla Chips 1.5oz	1.5 OZ	1	203	83	3.0	28.5	7.5
Chicken Tangerine AF 176/3.9oz	3.9oz.	1	189	379	13.95	24.9	3.98
Noodles Yakisoba w/ Sauce	1/2c scoop	1	160	242	3.61	25.13	4.94
Chicken Nugget 106/3oz (5 pc)	Serving	1	180	420	12.0	12.0	9.0
Veg Beans Refried-Dehy 1/2c	1/2 cup	1	164	488	7.97	23.92	1.99
Veg Carrots Steamed	1/2 Cup	1	34	53	0.0	7.46	1.24
Fruit Kiwi 2 fruit	2 ea	1	93	5	1.73	22.28	0.79
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	1	3	3	0.27	0.55	0.05
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			1422	2347	70.46	200.25	36.44
% of Calories					19.8%	56.3%	23.1%
Nutrient Guideline			600-700	1360			

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Base Menu Spreadsheet

Portion Values - Detailed

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Intermediate Lunch (6-8)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 01/18/2019							
Intermediate Lunch (6-8)	Total	1					
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	1	444	825	22.49	46.13	19.66
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	1	391	617	20.04	45.73	14.36
Pizza Pepp & Chz 16"CrustInt/H	6 cut slice	1	502	1004	26.35	39.98	26.92
Pizza Cheese 16"WGCrust HS/INT	6 cut slice	1	441	766	23.55	39.51	20.86
Sand TurkeyBreast Ital. Panini	Sandwich	1	331	695	24.64	29.69	13.23
Sand Chick Patty RichCh WG	Sandwich	1	339	619	18.96	42.96	10.97
Sand Chick Spicy Patty 106/3oz	Sandwich	1	337	670	20.0	42.0	11.0
Veg Salad Romaine&Spnch1c port	1 CUP	1	21	59	2.71	3.29	0.09
Veg Cucumber with Tajin 1/2c	1/2 CUP	1	12	168	0.48	1.76	0.13
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
Milk Strawberry Non Fat	HALF PINT	1	120	135	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 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			3345	6131	189.86	382.03	122.68
% of Calories					22.7%	45.7%	33.0%
Nutrient Guideline			600-700	1360			

Tue - 01/22/2019							
Intermediate Lunch (6-8)	Total	1					
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	1	444	825	22.49	46.13	19.66
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	1	391	617	20.04	45.73	14.36
Pizza Pepp & Chz 16"CrustInt/H	6 cut slice	1	502	1004	26.35	39.98	26.92
Pizza Cheese 16"WGCrust HS/INT	6 cut slice	1	441	766	23.55	39.51	20.86
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	1	448	1008	22.63	47.06	19.78
Pizza Pepp/Jalap16"CrustInt/HS	6 cut slice	1	507	1214	26.5	41.04	27.06
Sand Chick Spicy Patty 106/3oz	Sandwich	1	337	670	20.0	42.0	11.0
Sand Chick Patty RichCh WG	Sandwich	1	339	619	18.96	42.96	10.97
Corndog Turkey WG 72/4oz	Corndog	1	256	681	14.0	28.9	9.4
Pkt Ketchup	1 PACKET	1	8	67	0.0	2.36	0.0
Pkt Mustard	1 PACKET	1	6	86	0.0	0.0	0.0
Veg Beans Baked 1/2c	1/2 CUP	1	137	386	7.43	25.77	0.95
Veg Potato Rounds - Simplot	1/2 cup	1	143	214	2.38	16.67	8.33
Fruit Banana Fresh	ONE	1	108	1	1.32	27.63	0.4
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	1	3	3	0.27	0.55	0.05
Veg Tomato Sliced/Diced	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0

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Intermediate Lunch (6-8)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			4414	8734	226.92 20.6%	499.01 45.2%	174.81 35.6%
Nutrient Guideline			600-700	1360			

Wed - 01/23/2019							
Intermediate Lunch (6-8)	Total	1					
Beef Sliced Season 192/2.50 oz	1/2 c	1	143	260	12.07	4.65	9.0
Bread Tortilla Corn 6" - 2pc	two	1	121	10	2.01	24.15	2.01
Veg onion, cilantro, lime	portion	1	15	3	0.39	4.7	0.1
Taco Pocket 60/4.5oz Bell Tsty	one	1	260	390	17.0	31.0	8.0
Pkt Taco Sauce	1 PKT	1	5	96	0.0	1.01	0.0
Sand Hamburger Mesquite DonLee	Sandwich	1	271	450	19.6	32.1	8.3
Sand Cheeseburger Mesq DL	Sandwich	1	321	675	22.1	32.6	12.8
Pkt Ketchup	1 PACKET	1	8	67	0.0	2.36	0.0
Pkt Mustard	1 PACKET	1	6	86	0.0	0.0	0.0
Veg Lettuc/Tomato Fixings	1/2 CUP	1	10	6	0.66	2.05	0.13
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	0.0
VEG CELERY STICKS 1/2c	1/2 CUP	1	12	59	0.51	2.21	0.13
Fruit Juice Orange CDE	4 OZ CUP	1	61	2	1.0	14.0	0.0
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
VEG SALSA, Primo homemade1/4c	1/4 c	1	3	4	0.1	0.65	0.04
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average % of Calories			1585	2940	97.25 24.5%	204.98 51.7%	45.51 25.8%
Nutrient Guideline			600-700	1360			

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Marysville JUSD

Base Menu Spreadsheet

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Intermediate Lunch (6-8)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 01/24/2019							
Intermediate Lunch (6-8)	Total	1					
Turkey & Gravy Whit 107/4.16oz	4.16 oz	1	120	500	18.0	2.0	5.0
Chicken Buffalo Drumstick	Drumstick	1	172	303	17.18	4.04	10.1
Bread Wheat Dinner Roll	ROLL	1	100	160	6.0	17.0	1.0
Quesadilla Chicken8"TortillaLT	quesadilla	1	336	687	25.17	18.9	17.92
Pkt Taco Sauce	1 PKT	1	5	96	0.0	1.01	0.0
Veg Potato Mashed Loaded1/2cup	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
Veg Beans Green Seas. Fzn 1/2c	1/2 CUP	1	21	0	1.41	4.98	0.0
Fruit Kiwi 2 fruit	2 ea	1	93	5	1.73	22.28	0.79
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			1294	2937	94.83	144.35	40.68
% of Calories					29.3%	44.6%	28.3%
Nutrient Guideline			600-700	1360			

Fri - 01/25/2019							
Intermediate Lunch (6-8)	Total	1					
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	1	444	825	22.49	46.13	19.66
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	1	391	617	20.04	45.73	14.36
Pizza Pepp & Chz 16"CrustInt/H	6 cut slice	1	502	1004	26.35	39.98	26.92
Pizza Cheese 16"WGCrust HS/INT	6 cut slice	1	441	766	23.55	39.51	20.86
Mac & Cheese w/Chick "Mad Mac"	2 #10 scoops	1	362	1729	21.05	31.36	17.04
Bean Chz Verde Pocket 60/4oz	one	1	220	260	9.0	25.0	9.0
Veg Broccoli Salad	1/2 cup	1	80	138	1.66	7.08	5.23
Veg Carrot Snack Pack 1/2c	2.6oz pack	1	19	26	0.0	8.12	0.0
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
Milk Strawberry Non Fat	HALF PINT	1	120	135	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
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			2976	6051	154.68	331.39	118.51
% of Calories					20.8%	44.5%	35.8%
Nutrient Guideline			600-700	1360			

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Base Menu Spreadsheet

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Intermediate Lunch (6-8)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 01/28/2019							
Intermediate Lunch (6-8)	Total	1					
Chicken Brd WG 8 Pc Pilgrims	3 oz.	1	246	675	13.71	12.57	14.86
Chicken Chunk WG	5 Pieces	1	241	386	21.73	14.49	10.87
Veg Onion Breaded WG (HS Only)	5pcs	1	200	231	3.01	28.07	8.02
Enchilada Pie	5 x 5 cut	1	231	584	15.42	14.7	12.58
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	1	124	329	4.04	28.65	1.54
VEG CORN : FROZEN YELLOW 1/2c	1/2 CUP	1	101	13	3.78	23.94	1.26
Veg Coleslaw Salad	1/2 c	1	44	82	0.34	3.39	3.33
Fruit Strawberry Cup FrozenCDE	1/2 CUP	1	90	0	1.0	22.0	0.0
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			1633	2902	85.38	202.19	57.55
% of Calories					20.9%	49.5%	31.7%
Nutrient Guideline			600-700	1360			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 01/29/2019							
Intermediate Lunch (6-8)	Total	1					
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	1	444	825	22.49	46.13	19.66
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	1	391	617	20.04	45.73	14.36
Pizza VegChz WGBlenFlourHS/INT	HS/INT 6 cut	1	391	617	20.06	45.81	14.36
Pizza Pepp & Chz 16"CrustInt/H	6 cut slice	1	502	1004	26.35	39.98	26.92
Pizza Cheese 16"WGCrust HS/INT	6 cut slice	1	441	766	23.55	39.51	20.86
Pizza VegChz Crust 16" HS/INT	6 cut slice	1	516	945	29.24	40.46	25.99
Sand Meatloaf A/P	Sandwich	1	330	590	19.0	39.0	12.0
Cheese Stuffed Breadsticks	2 pc	1	300	480	20.0	30.0	11.0
Veg Salad RomSpinCucTomGarb Drs	1-1/8 CUP	1	100	177	4.22	12.95	3.23
Fruit Banana Fresh	ONE	1	108	1	1.32	27.63	0.4
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Tomato Sliced/Diced	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			3877	6624	208.63	421.58	153.88
% of Calories					21.5%	43.5%	35.7%
Nutrient Guideline			600-700	1360			

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Base Menu Spreadsheet

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Intermediate Lunch (6-8)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 01/30/2019							
Intermediate Lunch (6-8)	Total	1					
Sand Hamburger Mesquite DonLee	Sandwich	1	271	450	19.6	32.1	8.3
Sand Cheeseburger Mesq DL	Sandwich	1	321	675	22.1	32.6	12.8
Pkt Ketchup	1 PACKET	1	8	67	0.0	2.36	0.0
Pkt Mustard	1 PACKET	1	6	86	0.0	0.0	0.0
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
Sand Deli Meat Variety	3-6 slices	1	93	419	11.96	1.01	4.68
Sand Cheese Variety	Slice	1	68	177	4.0	0.5	5.67
Sand Bread Variety Intermediat	1 each	1	151	214	5.64	28.34	2.46
Pkt Mayonnaise	1 EACH	1	61	61	0.0	1.01	6.07
Veg Potato Seasoned Wedges	1/2 c	1	148	380	2.11	18.99	7.38
Veg Lettuc/Tomato Fixings	1/2 CUP	1	10	6	0.66	2.05	0.13
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	0.0
Fruit Juice Orange CDE	4 OZ CUP	1	61	2	1.0	14.0	0.0
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			1946	4008	101.70	218.83	79.88
% of Calories					20.9%	45.0%	36.9%
Nutrient Guideline			600-700	1360			

Thu - 01/31/2019							
Intermediate Lunch (6-8)	Total	1					
Bread Tortilla Chips 1.5oz	1.5 OZ	1	203	83	3.0	28.5	7.5
Nachos Mix/Chicken & Cheese	#20Chick#12Ch	1	175	595	13.94	4.37	10.86
Beef Teriyaki Blaster100/4pc	4pcs	1	142	467	16.92	8.67	4.28
Rice Brown 1/2c Cook	1/2 CUP	1	29	3	0.67	5.97	0.24
Sand Pepperoni Pocket	one	1	300	680	18.0	32.0	11.0
Veg Beans Refried-Dehy 1/2c	1/2 cup	1	164	488	7.97	23.92	1.99
Veg Broccoli Florets Frzn 1/2c	1/2 cup	1	23	20	2.57	4.45	0.09
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 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
VEG SALSA, CANNED (USDA)1/2c	1/2 CUP	1	42	498	1.74	8.1	0.23
VEG JALAPENO PEPPERS, SLICED	1 OZ	1	25	2514	0.0	0.0	0.0
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0

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

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

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

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

Intermediate Lunch (6-8)

Generated on: 12/11/2018 12:10:29 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			1532	5925	87.19 22.8%	190.14 49.6%	41.75 24.5%
Nutrient Guideline			600-700	1360			

Weighted Average			2441	4991	132.05 21.6%	283.88 46.5%	89.58 33.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	2441		600 - 700	349%			1741	Correction Required - Calories too High Correction Required - Sodium too High
Sodium (mg)	4991		1360				3631	
Protein (g)	132.05	21.64%						
Carbohydrate (g)	283.88	46.51%						
Total Fat (g)	89.58	33.02%						

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

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