

Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 7, 2019 thru Jan 31, 2019

LINDHURST HIGH LUNCH

Generated on: 12/11/2018 12:21:15 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 01/07/2019							
LINDHURST HIGH LUNCH	Total	856					
Sand Chicken BBQ Hambun	#10 scoop	160	315	535	21.4	44.18	6.5
SOUP MINESTRONI	1 Cup	100	226	1535	9.79	42.85	1.37
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
Sand Pork Rib Bun100/3oz	Sandwich	100	370	860	20.0	43.0	14.0
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	160	21	739	0.52	4.78	0.1
Veg Potato Seasoned Wedges	1/2 c	380	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	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	0	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	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

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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LINDHURST HIGH LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
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			802	1767	33.77	113.99	24.90
% of Calories					16.8%	56.9%	27.9%
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 - 01/08/2019							
LINDHURST HIGH LUNCH	Total	856					
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
Bread Tostada Bowl Large WG	Bowl	151	206	0	2.42	27.87	14.54
Bread Tortilla Chips 1oz	1.0 oz	96	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 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
VEG CORN COB 96/1cob	COB	96	40	2	1.34	9.64	0.3
Bread Garlic Knot 2G	Garlic Knot	198	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	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 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	Sandwich	24	201	868	15.13	3.53	14.7
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
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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	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			807	1374	35.36	113.39	25.99
% of Calories					17.5%	56.2%	29.0%
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 - 01/09/2019							
LINDHURST HIGH LUNCH	Total	867					
Chicken Teriyaki Schwans	#10scp	174	175	363	18.75	10.0	5.62
Egg Roll WG Pork 60/3ozSchwans	Egg Roll	252	180	370	9.0	20.01	7.0
Rice Seasoned Cooked1/2c	1/2 CUP	100	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	30	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	50	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	Burrito	30	512	1214	30.18	52.62	17.86
Sand Chick Spicy Patty 106/3oz	Sandwich	110	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	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	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			680	1276	33.07	95.24	19.52
% of Calories					19.5%	56.1%	25.8%
Nutrient Guideline			750-850	1420			

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Thu - 01/10/2019							
LINDHURST HIGH LUNCH	Total	857					
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	75	111	293	13.04	5.01	5.01
Chicken Fajita Meat	#8 scoop	85	122	607	18.02	2.0	4.01
Veg onion, cilantro, lime	portion	160	15	3	0.39	4.7	0.1
Bread Breadstick ChzGarlic 1G	Breadstick	160	100	140	3.0	13.0	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 White	One Slice	192	138	198	1.98	23.08	3.96
Macaroni & Cheese Entree	2 #10 scoops	100	323	1634	15.56	30.6	16.12
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	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
Sand Chicken Spic Filet w/ Bun	Sandwich	80	400	590	27.0	46.0	13.0
Chicken Hot & Spicy Bonles Win	5 pieces	189	203	343	19.06	10.16	10.16
Veg Potato Seasoned Wedges	1/2 c	189	148	380	2.11	18.99	7.38
BREAD CHOCOLATE ELF GRAHAM	ONE	189	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	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 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

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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)
Weighted Daily Average % of Calories			793	1743	37.29 18.8%	105.56 53.2%	26.19 29.7%
Nutrient Guideline			750-850	1420			

Fri - 01/11/2019							
LINDHURST HIGH LUNCH	Total	833					
Sand Beef Roast -Tri Tip	SANDWICHES	90	269	263	19.0	26.0	9.5
Sand Chicken BBQ Hambun	#10 scoop	53	315	535	21.4	44.18	6.5
Macaroni Salad 1/2c WG	1/2 CUP	100	146	156	2.75	20.67	6.72
Veg Onion Breaded WG (HS Only)	5pcs	176	200	231	3.01	28.07	8.02
Sand Polish Dog	1 Sandwich	100	340	760	13.0	32.98	18.0
Turkey Bacon	2 Slice	1	45	215	4.54	0.0	2.27
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
Pudding - Chocolate	1/2 CUP	192	401	74	1.52	36.99	19.29
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
Sand Hamburger HighOnly DonLee	Sandwich	30	371	686	26.23	42.13	12.07
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
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	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 Strawberry Cup FrozenCDE	1/2 CUP	96	90	0	1.0	22.0	0.0
Fruit Mixed Berry Pop	Serving	192	83	1	0.84	20.86	0.37
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 RomSpinCucTomGarb Drs	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

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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)
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
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			891	1375	32.82	122.89	29.49
% of Calories					14.7%	55.2%	29.8%
Nutrient Guideline			750-850	1420			

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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)
Mon - 01/14/2019							
LINDHURST HIGH LUNCH	Total	856					
Sand Chicken Slider Tyson/Shan	2 Sandwiches	160	468	753	28.54	54.82	16.31
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	160	21	739	0.52	4.78	0.1
CHICKEN NOODLE SOUP Tyson 6oz	6 oz	100	73	1519	4.11	11.68	2.31
Veg Carrot Snack Pack 1/2c	ONE PACK	60	19	26	0.0	8.12	0.0
Sand Chicken BBQ Hambun	#10 scoop	100	315	535	21.4	44.18	6.5
Veg Onion Breaded WG (HS Only)	5pcs	100	200	231	3.01	28.07	8.02
Veg Coleslaw Salad	1/2 c	100	44	82	0.34	3.39	3.33
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	0	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	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

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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
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			740	1600	33.67	104.04	22.69
% of Calories					18.2%	56.2%	27.6%
Nutrient Guideline			750-850	1420			

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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)
Tue - 01/15/2019							
LINDHURST HIGH LUNCH	Total	857					
Tamale Cheese Green Del Real	one	160	380	470	12.0	29.0	27.0
Cheese Shredded Cheddar 0.5oz	#40 scoop	160	56	96	3.54	0.51	4.56
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 Hot & Spicy Bonles Win	5 pieces	189	203	343	19.06	10.16	10.16
Veg Potato Seasoned Wedges	1/2 c	189	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	189	172	273	4.05	23.29	7.09
BREAD CHOC. GRAHAMS BELLY BEAR	1 EACH	189	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
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	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 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

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Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

LINDHURST HIGH LUNCH

Generated on: 12/11/2018 12:21:16 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
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			846	1628	34.90	117.09	28.50
% of Calories					16.5%	55.4%	30.3%
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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Jan 7, 2019 thru Jan 31, 2019

LINDHURST HIGH LUNCH

Generated on: 12/11/2018 12:21:16 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 01/16/2019							
LINDHURST HIGH LUNCH	Total	867					
Chicken Korean BBQ Fajita Meat	3.4 oz	174	261	1169	27.21	20.03	6.05
Egg Roll WG Pork 60/3ozSchwans	Egg Roll	252	180	370	9.0	20.01	7.0
Noodles Yakisoba WG	1/2 c	160	111	25	3.02	21.14	1.51
Rice Seasoned Cooked1/2c	1/2 CUP	100	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	30	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	50	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	Burrito	30	512	1214	30.18	52.62	17.86
Sand Chick Spicy Patty 106/3oz	Sandwich	110	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	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	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 RomSpinCucTomGarbDr	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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Jan 7, 2019 thru Jan 31, 2019

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	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			717	1443	35.33	101.16	19.88
% of Calories					19.7%	56.4%	24.9%
Nutrient Guideline			750-850	1420			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

LINDHURST HIGH LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 01/17/2019							
LINDHURST HIGH LUNCH	Total	876					
Chicken Parmeseanw/BreastFilet	1 serving	160	372	483	24.04	45.44	12.42
Veg Marinara Sauce 1/2c	1/2 CUP	160	73	671	1.81	9.98	3.63
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
Bread Breadstick ChzGarlic 1G	Breadstick	168	100	140	3.0	13.0	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
FRUIT PEACH CRISP	1/2 CUP	150	154	45	2.09	31.72	2.66
Sand Pig in a Blanket - 2G	Sandwich	100	310	540	14.0	30.0	15.0
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	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

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Jan 7, 2019 thru Jan 31, 2019

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			810	1493	37.85 18.7%	113.25 55.9%	24.61 27.3%
Nutrient Guideline			750-850	1420			

Fri - 01/18/2019							
LINDHURST HIGH LUNCH	Total	856					
Sand Cheeseburger Mesq DL	Sandwich	260	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 Onion Breaded WG (HS Only)	5pcs	117	200	231	3.01	28.07	8.02
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
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
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	70	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
Burrito Bean & Cheese LHS	ONE	0	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	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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Jan 7, 2019 thru Jan 31, 2019

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			730	1435	32.72	100.70	23.47
% of Calories					17.9%	55.2%	28.9%
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 - 01/22/2019							
LINDHURST HIGH LUNCH	Total	856					
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
Bread Taco Shell Large	one	151	119	0	1.19	14.23	5.93
Bread Tortilla Chips 1oz	1.0 oz	96	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 Hot & Spicy Bonles Win	5 pieces	198	203	343	19.06	10.16	10.16
Veg Potato Seasoned Wedges	1/2 c	198	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	198	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	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 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	Sandwich	24	201	868	15.13	3.53	14.7
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
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

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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			771	1366	34.36	108.15	23.75
% of Calories					17.8%	56.1%	27.7%
Nutrient Guideline			750-850	1420			

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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)
Wed - 01/23/2019							
LINDHURST HIGH LUNCH	Total	867					
Chicken Tangerine AF 176/3.9oz	3.9oz.	174	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
Noodles Yakisoba WG	1/2 c	160	111	25	3.02	21.14	1.51
Rice Seasoned Cooked1/2c	1/2 CUP	100	114	376	2.65	23.61	1.17
Veg Zucchini Steamed 1/2c	1/2 CUP	250	22	13	0.92	2.62	1.12
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	50	188	702	14.77	6.6	11.6
Bread Tortilla Chips 2oz	2.0 oz	50	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	Burrito	30	512	1214	30.18	52.62	17.86
Sand Chick Spicy Patty 106/3oz	Sandwich	110	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	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	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

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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
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			700	1280	32.54	100.97	19.79
% of Calories					18.6%	57.7%	25.5%
Nutrient Guideline			750-850	1420			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

LINDHURST HIGH LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 01/24/2019							
LINDHURST HIGH LUNCH	Total	860					
LASAGNA, BEEF High	1 Piece	192	336	1096	22.28	25.24	17.74
Bread Breadstick ChzGarlic 1G	Breadstick	192	100	140	3.0	13.0	3.0
Bread Breadstick ChzGarlic 1G	Breadstick	192	100	140	3.0	13.0	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
JELLO	1/2 CUP	150	3	2	0.05	0.61	0.0
Chicken Brd WG 8 Pc Pilgrims	3 oz.	100	246	675	13.71	12.57	14.86
Veg Potato Mashed Loaded1/2cup	1/2 Cup	100	65	245	1.46	13.75	0.63
Veg Carrots Steamed	1/2 Cup	100	34	53	0.0	7.46	1.24
Bread Breadstick Garlic 1G	Breadstick	1	100	150	3.0	15.0	3.5
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	6	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 Hot & Spicy Bonles Win	5 pieces	198	203	343	19.06	10.16	10.16
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	30	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	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 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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Jan 7, 2019 thru Jan 31, 2019

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			739	1442	33.54	98.20	24.76
% of Calories					18.2%	53.2%	30.1%
Nutrient Guideline			750-850	1420			

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Jan 7, 2019 thru Jan 31, 2019

LINDHURST HIGH LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 01/25/2019							
LINDHURST HIGH LUNCH	Total	846					
Chicken Brd WG 8 Pc Pilgrims	3 oz.	160	246	675	13.71	12.57	14.86
Veg Potato Seasoned Wedges	1/2 c	160	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 Snickerdoodle	#30 scoop	195	221	110	4.42	30.84	9.01
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
Sand Chicken Slider Tyson/Shan	2 Sandwiches	80	468	753	28.54	54.82	16.31
VEG JALAPENO PEPPERS, SLICED	1 OZ	36	25	2514	0.0	0.0	0.0
VEG CELERY STICKS 1/2c	1/2 CUP	30	12	59	0.51	2.21	0.13
DRESSING RANCH, LOW FAT 1oz	1 OZ	30	59	190	0.69	2.01	6.23
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	120	444	825	22.49	46.13	19.66
Pizza Hawaiian WGBlend Int/H	6 cut Slice	6	428	743	24.0	47.77	15.55
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	458	908	26.36	46.06	18.79
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
Veg Beans, Chili	1/2 Cup	75	57	140	3.17	10.97	0.46
Bread Tortilla Chips 2oz	2.0 oz	100	270	110	4.0	38.0	10.0
VEG SALSA, CANNED (USDA)1/2c	1/2 CUP	24	42	498	1.74	8.1	0.23
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	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 PBJ Uncrustable LHS	SERVING	12	864	817	28.44	101.01	43.39
Salads, Spicy Chicken Patty RC	SERVING	6	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
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

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

LINDHURST HIGH LUNCH

Generated on: 12/11/2018 12:21:16 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
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
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			874	1588	35.30	122.50	28.63
% of Calories					16.1%	56.0%	29.5%
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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Jan 7, 2019 thru Jan 31, 2019

LINDHURST HIGH LUNCH

Generated on: 12/11/2018 12:21:16 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 01/28/2019							
LINDHURST HIGH LUNCH	Total	834					
Meatloaf 100/2.90oz AdvP#69190	Slice	168	170	390	12.0	8.0	10.0
Veg Potato Mashed Loaded1/2cup	1/2 Cup	260	65	245	1.46	13.75	0.63
VEG SALAD, ROM SPIN CUC TOM 1c	1 CUP	160	24	33	2.0	4.51	0.18
Bread Garlic Knot 2G	Garlic Knot	260	172	273	4.05	23.29	7.09
Chicken Breaded Drumstick	Drumstick	100	190	450	16.0	5.0	11.0
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	6	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
Nachos Cheese ONLY 2M/MA	2 #12CH	50	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	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
Burrito Colossal Bean & Chick	ONE	0	508	1583	30.4	60.76	14.86
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	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
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

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

Page 28

Jan 7, 2019 thru Jan 31, 2019

LINDHURST HIGH LUNCH

Generated on: 12/11/2018 12:21:16 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			723	1369	32.05 17.7%	98.80 54.6%	23.42 29.1%
Nutrient Guideline			750-850	1420			

Tue - 01/29/2019							
LINDHURST HIGH LUNCH	Total	855					
Pork Carnitas, CDE 132/#8 scp	#8 scoop	160	276	584	26.67	0.0	12.12
Cheese Shredded Cheddar 1oz	#20 scoop	160	111	192	7.09	1.01	9.11
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 Flour WG 8"	1 Tortilla	160	103	168	4.68	16.83	2.81
Bread Tortilla Chips 1oz	1.0 oz	80	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 Hot & Spicy Bonles Win	5 pieces	189	203	343	19.06	10.16	10.16
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

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

LINDHURST HIGH LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Sauce BBQ	1 OZ.	64	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			810	1530	38.20	108.37	25.17
% of Calories					18.9%	53.5%	28.0%
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 - 01/30/2019							
LINDHURST HIGH LUNCH	Total	867					
Chicken General Tso's Lings	Servings	174	170	361	11.0	23.0	3.0
Egg Roll WG Pork 60/3ozSchwans	Egg Roll	252	180	370	9.0	20.01	7.0
Noodles Yakisoba WG	1/2 c	160	111	25	3.02	21.14	1.51
Rice Seasoned Cooked1/2c	1/2 CUP	100	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	30	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	50	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	Burrito	30	512	1214	30.18	52.62	17.86
Sand Chick Spicy Patty 106/3oz	Sandwich	110	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	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	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

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

LINDHURST HIGH LUNCH

Generated on: 12/11/2018 12:21:16 PM

	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			699	1281	32.07	101.75	19.27
% of Calories					18.3%	58.2%	24.8%
Nutrient Guideline			750-850	1420			

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Base Menu Spreadsheet

Portion Values - Detailed

Page 32

Jan 7, 2019 thru Jan 31, 2019

LINDHURST HIGH LUNCH

Generated on: 12/11/2018 12:21:17 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 01/31/2019							
LINDHURST HIGH LUNCH	Total	857					
Spaghetti & Meatballs: For All	1/2cP, 1/4cS&3m	160	334	356	19.98	45.28	7.47
Bread Breadstick ChzGarlic 1G	Breadstick	160	100	140	3.0	13.0	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 White	One Slice	192	138	198	1.98	23.08	3.96
Ital Meatball w/Marinara & Chz	3 Meatballs	100	174	434	16.49	4.65	9.68
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
Sand Chicken Spic Filet w/ Bun	Sandwich	80	400	590	27.0	46.0	13.0
Chicken Hot & Spicy Bonles Win	5 pieces	189	203	343	19.06	10.16	10.16
Veg Potato Seasoned Wedges	1/2 c	189	148	380	2.11	18.99	7.38
BREAD CHOCOLATE ELF GRAHAM	ONE	189	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	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 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
Weighted Daily Average			733	1243	33.22	103.29	21.79
% of Calories					18.1%	56.3%	26.7%
Nutrient Guideline			750-850	1420			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

LINDHURST HIGH LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Average			770	1457	34.34 17.8%	107.19 55.7%	23.99 28.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	770		750 - 850	100%				
Sodium (mg)	1457		1420				37	Correction Required - Sodium too High
Protein (g)	34.34	17.83%						
Carbohydrate (g)	107.19	55.66%						
Total Fat (g)	23.99	28.03%						

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