

# Marysville JUSD

## Base Menu Spreadsheet

### Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

After School Meal/Supper (K-8)

Generated on: 12/11/2018 12:11:07 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
<b>Mon - 01/07/2019</b>							
After School Meal/Supper (K-	Total	2					
Break Cereal Assort 18/19 Sug6	Bowlpack	2	108	129	2.21	22.76	1.44
Cheese String Mozz 168/1oz LOL	1 oz	2	60	210	8.0	1.0	2.5
Sunflower Seeds	1 PACK	2	170	88	5.0	6.5	14.75
Fruit Apple Slices IW 200/2oz	1 EACH	2	30	0	0.0	7.0	0.0
Veg Carrot Snack Pack 1/2c	2.6oz pack	2	19	26	0.0	8.12	0.0
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			512	608	24.71	64.38	19.94
% of Calories					19.3%	50.3%	35.0%
Nutrient Guideline			550-650	1230			

<b>Tue - 01/08/2019</b>							
After School Meal/Supper (K-	Total	2					
PB&J HFCS Free Cup AdvPierre	1 Each	2	400	320	13.0	28.0	29.0
BREAD PRETZEL WG Heartzel	pkg	2	80	200	2.0	16.0	1.0
Fruit Raisins Ind Pack CDE	box	2	113	4	1.0	30.0	0.0
VEG CELERY STICKS 1/2c	1/2 CUP	2	12	59	0.51	2.21	0.13
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			730	738	26.01	95.21	31.38
% of Calories					14.3%	52.2%	38.7%
Nutrient Guideline			550-650	1230			

<b>Wed - 01/09/2019</b>							
After School Meal/Supper (K-	Total	2					
Yogurt Variety UpstateFarms8oz	8 oz	2	180	105	6.0	38.33	0.0
Bread Muffin Variety72/2ozOtis	Muffin	2	177	123	3.0	29.67	5.33
Fruit Banana Fresh	ONE	2	108	1	1.32	27.63	0.4
Veg Cucumber Raw 1/2c	1/2 CUP	2	10	2	0.48	1.76	0.13
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			599	386	20.30	116.39	7.11
% of Calories					13.6%	77.7%	10.7%
Nutrient Guideline			550-650	1230			

<b>Thu - 01/10/2019</b>							
After School Meal/Supper (K-	Total	2					
Sand TurkeyBreast wChz onPanin	1 Sandwich	2	298	694	22.29	27.85	11.48
Fruit Grape Escape Pouch	PACK	2	45	8	0.0	11.0	0.0
Veg Broccoli Raw 1/2c	1/2 cup	2	9	0	0.57	1.71	0.09
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Mayonnaise	1 EACH	1	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	1	6	86	0.0	0.0	0.0
Weighted Daily Average			527	984	32.41	60.92	16.96
% of Calories					24.6%	46.2%	28.9%
Nutrient Guideline			550-650	1230			

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# Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

After School Meal/Supper (K-8)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
<b>Fri - 01/11/2019</b>							
After School Meal/Supper (K- Lunch Kit Cheese Pizza WG	Total	2					
Lunch Kit Pepp/Cheese Pizza WG	1 EACH	1	370	780	22.0	41.0	16.0
Fruit Pears Fresh	ONE	2	101	2	0.64	27.11	0.25
Veg Juice V Blend 4.23 OZ.	4.23 OZ.	2	55	30	0.0	14.0	0.0
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			651	1032	32.64	101.61	17.00
% of Calories					20.0%	62.4%	23.5%
Nutrient Guideline			550-650	1230			

<b>Mon - 01/14/2019</b>							
After School Meal/Supper (K- Yogurt Variety UpstateFarms4oz	Total	2					
Cheese String Mozz 168/1oz LOL	4 oz	2	90	52	3.0	19.0	0.0
Break Soft Bar Variety 1.3 oz	1 oz	2	60	210	8.0	1.0	2.5
Fruit Banana Fresh	Bar	2	150	47	2.0	24.0	5.0
Veg Carrot Snack Pack 1/2c	ONE	2	108	1	1.32	27.63	0.4
Milk 1% LF	2.6oz pack	2	19	26	0.0	8.12	0.0
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
Weighted Daily Average	HALF PINT	1	120	150	9.0	22.0	0.0
% of Calories			552	492	23.82	98.75	9.15
Nutrient Guideline			550-650	1230	17.3%	71.5%	14.9%

<b>Tue - 01/15/2019</b>							
After School Meal/Supper (K- Break Cereal Assort 18/19 Sug6	Total	2					
Sunflower Seeds	Bowlpack	2	108	129	2.21	22.76	1.44
Fruit Mandarin Orange Jumbo1ea	1 oz	2	110	200	6.0	1.0	9.0
Veg Juice V Blend 4.23 OZ.	1 PACK	2	170	88	5.0	6.5	14.75
Milk 1% LF	one	2	82	2	1.11	20.87	0.44
Milk Choc Non Fat	4.23 OZ.	2	55	30	0.0	14.0	0.0
Weighted Daily Average	HALF PINT	1	130	160	10.0	16.0	2.5
% of Calories	HALF PINT	1	120	150	9.0	22.0	0.0
Nutrient Guideline			650	604	23.82	84.13	26.89
			550-650	1230	14.7%	51.8%	37.2%

<b>Wed - 01/16/2019</b>							
After School Meal/Supper (K- Lunch Kit Turkey & Cheese WG	Total	2					
Fruit Grape Escape Pouch	1 Each	2	361	993	16.05	40.12	16.05
VEG CELERY STICKS 1/2c	PACK	2	45	8	0.0	11.0	0.0
Milk 1% LF	1/2 CUP	2	12	59	0.51	2.21	0.13
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
Weighted Daily Average	HALF PINT	1	120	150	9.0	22.0	0.0
% of Calories			543	1215	26.06	72.33	17.42
Nutrient Guideline			550-650	1230	19.2%	53.3%	28.9%

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Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

After School Meal/Supper (K-8)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
<b>Thu - 01/17/2019</b>							
After School Meal/Supper (K-PB&Grape Uncrustables	Total serving	2					
	1		600	540	18.0	64.0	34.0
PB&Strawberry Uncrustables	1 serving	1	600	540	18.0	64.0	34.0
Fruit Pear Cup National	1/2 CUP	2	70	10	0.0	16.0	0.0
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	1	124	329	4.04	28.65	1.54
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average % of Calories			857	869	29.52 13.8%	113.32 52.9%	36.02 37.8%
Nutrient Guideline			550-650	1230			

<b>Fri - 01/18/2019</b>							
After School Meal/Supper (K-Yogurt Variety UpstateFarms8oz	Total 8 oz	2					
	2		180	105	6.0	38.33	0.0
Cracker Cheddar Bunnies	2 pkg	2	91	132	2.03	13.16	3.54
Fruit Cranberries DriedCDE1/4c	#16 scoop	2	91	2	0.0	24.65	0.0
Veg Cucumber Raw 1/2c	1/2 CUP	2	10	2	0.48	1.76	0.13
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average % of Calories			497	395	18.01 14.5%	96.91 78.1%	4.92 8.9%
Nutrient Guideline			550-650	1230			

<b>Tue - 01/22/2019</b>							
After School Meal/Supper (K-Sand TurkeyBreast wChz onHoagi	Total 1 Sandwich	2					
	2		283	726	20.82	27.5	10.29
Fruit Apple Slices IW 200/2oz	1 EACH	2	30	0	0.0	7.0	0.0
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	2	21	739	0.52	4.78	0.1
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Pkt Mayonnaise	1 EACH	1	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	1	6	86	0.0	0.0	0.0
Weighted Daily Average % of Calories			492	1694	30.84 25.1%	58.79 47.8%	14.68 26.9%
Nutrient Guideline			550-650	1230			

<b>Wed - 01/23/2019</b>							
After School Meal/Supper (K-PB&J Wafer NoHFCS 160/2.3	Total 1 Each	2					
	2		310	210	10.0	31.0	18.0
Cheese Cheddar Stx 168/1oz LOL	1 oz	1	110	200	6.0	1.0	9.0
Fruit Applesauce Cup Straw 4.5	4.5 oz	2	50	15	0.0	14.0	0.0
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	1	124	329	4.04	28.65	1.54
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average % of Calories			602	644	24.52 16.3%	78.82 52.4%	24.52 36.7%
Nutrient Guideline			550-650	1230			

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Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

After School Meal/Supper (K-8)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 01/24/2019							
After School Meal/Supper (K-Break Cereal Assort 18/19 Sug6	Total	2					
Cheese String Mozz 168/1oz LOL	Bowlpack	2	108	129	2.21	22.76	1.44
Sunflower Seeds	1 oz	2	60	210	8.0	1.0	2.5
Fruit Pears Fresh	1 PACK	2	170	88	5.0	6.5	14.75
Veg Carrot Snack Pack 1/2c	ONE	2	101	2	0.64	27.11	0.25
Milk 1% LF	2.6oz pack	2	19	26	0.0	8.12	0.0
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			584	609	25.35	84.49	20.19
% of Calories					17.4%	57.9%	31.1%
Nutrient Guideline			550-650	1230			

Fri - 01/25/2019							
After School Meal/Supper (K-PB&J HFCS Free Cup AdvPierre	Total	2					
BREAD PRETZEL WG Hartzel	1 Each	2	400	320	13.0	28.0	29.0
Fruit Raisins Ind Pack CDE	pkg	2	80	200	2.0	16.0	1.0
VEG CELERY STICKS 1/2c	box	2	113	4	1.0	30.0	0.0
Milk 1% LF	1/2 CUP	2	12	59	0.51	2.21	0.13
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			730	738	26.01	95.21	31.38
% of Calories					14.3%	52.2%	38.7%
Nutrient Guideline			550-650	1230			

Mon - 01/28/2019							
After School Meal/Supper (K-Yogurt Variety UpstateFarms8oz	Total	2					
Bread Muffin Variety72/2ozOtis	8 oz	2	180	105	6.0	38.33	0.0
Fruit Banana Fresh	Muffin	2	177	123	3.0	29.67	5.33
Veg Cucumber Raw 1/2c	ONE	2	108	1	1.32	27.63	0.4
Milk 1% LF	1/2 CUP	2	10	2	0.48	1.76	0.13
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			599	386	20.30	116.39	7.11
% of Calories					13.6%	77.7%	10.7%
Nutrient Guideline			550-650	1230			

Tue - 01/29/2019							
After School Meal/Supper (K-Sand TurkBreast Jen-OwChzonBun	Total	2					
Sand Turkey Combo Pack wChzBn	1 Sandwich	1	303	711	23.82	31.5	10.29
Fruit Peach Fruit Pop	Sandwich	1	307	911	19.03	32.58	12.78
Veg Broccoli Raw 1/2c	Serving	2	54	12	0.51	14.31	0.0
Milk 1% LF	1/2 cup	2	9	0	0.57	1.71	0.09
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
Pkt Ranch Dressing 12gm	HALF PINT	1	120	150	9.0	22.0	0.0
Pkt Mayonnaise	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Mustard	1 EACH	1	61	61	0.0	1.01	6.07
	1 PACKET	1	6	86	0.0	0.0	0.0

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Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

After School Meal/Supper (K-8)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			544	1105	32.06	68.42	17.01
% of Calories					23.6%	50.3%	28.2%
Nutrient Guideline			550-650	1230			

Wed - 01/30/2019							
After School Meal/Supper (K- Lunch Kit Cheese Pizza WG	Total	2					
Lunch Kit Pepp/Cheese Pizza WG	1 EACH	1	370	780	22.0	41.0	16.0
Fruit Apple Slices IW 200/2oz	1 EACH	1	370	910	23.0	42.0	15.0
Veg Carrot Snack Pack 1/2c	1 EACH	2	30	0	0.0	7.0	0.0
Milk 1% LF	2.6oz pack	2	19	26	0.0	8.12	0.0
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
Weighted Daily Average	HALF PINT	1	120	150	9.0	22.0	0.0
% of Calories			544	1026	32.00	75.62	16.75
Nutrient Guideline					23.5%	55.6%	27.7%
			550-650	1230			

Thu - 01/31/2019							
After School Meal/Supper (K- Yogurt Variety UpstateFarms4oz	Total	2					
Cheese String Mozz 168/1oz LOL	4 oz	2	90	52	3.0	19.0	0.0
Break Soft Bar Variety 1.3 oz	1 oz	2	60	210	8.0	1.0	2.5
Fruit Orange - 2 halves 1/2c	Bar	2	150	47	2.0	24.0	5.0
Veg Juice V Blend 4.23 OZ.	1/2 c	2	50	0	1.01	12.6	0.13
Milk 1% LF	4.23 OZ.	2	55	30	0.0	14.0	0.0
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
Weighted Daily Average	HALF PINT	1	120	150	9.0	22.0	0.0
% of Calories			530	495	23.51	89.60	8.88
Nutrient Guideline					17.7%	67.6%	15.1%
			550-650	1230			

Weighted Average			597	779	26.22	87.29	18.18
					17.6%	58.5%	27.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	597		550 - 650	100%				
Sodium (mg)	779		1230					
Protein (g)	26.22	17.57%						
Carbohydrate (g)	87.29	58.50%						
Total Fat (g)	18.18	27.42%						

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