

Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Foothill Lunch Single Entr K-6

Portion Values - Detailed

Page 1

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 03/02/2020							
Foothill Lunch Single Entr K-	Total	1					
Cheese Stuffed Breadsticks	2 pc	1	300	480	20.0	30.0	11.0
Marinara Sauce	1/4 cup serving	1	19	323	0.63	4.52	0.03
Fruit Mandarin Orange Jumbo	one	1	55	1	0.75	14.1	0.3
Veg Salad Romaine&Spn	1/2 c	1	11	29	1.36	1.65	0.04
Veg Broccoli Raw	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Carrot Mini Peeled	1/4 CUP	1	14	24	0.33	3.37	0.08
Veg Jicama with Tajin	1/4 CUP	1	18	85	0.37	4.1	0.0
Veg Cucumber Raw	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Celery Sticks	1/4 CUP	1	5	26	0.22	0.96	0.06
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 Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			722	1483	43.30	101.13	16.33
% of Calories					24.0%	56.0%	20.3%
Nutrient Guideline			600-650	1230			

Tue - 03/03/2020							
Foothill Lunch Single Entr K-	Total	1					
Chicken Teriyaki Schwans	#10scp	1	175	363	18.75	10.0	5.62
Rice Brown 1/2c Cook	1/2 CUP	1	36	4	0.84	7.46	0.29
Fruit Banana Fresh	ONE	1	108	1	1.32	27.63	0.4
Fruit canned variety	1/4 c	1	30	2	0.2	7.55	0.02
Veg Tomato Wedges	1/4 CUP	1	2	0	0.08	0.36	0.02
Veg Carrot Mini Peeled	1/4 CUP	1	14	24	0.33	3.37	0.08
Veg Carrot & Raisin Salad	1/4 Cup	1	34	54	0.28	4.73	1.74
Veg Lettuce Shredded	1/2 CUP	1	2	1	0.14	0.27	0.03
Veg Cucumber with Tajin	1/4 CUP	1	6	84	0.24	0.88	0.07
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 Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			696	1047	41.29	102.95	12.98
% of Calories					23.7%	59.2%	16.8%
Nutrient Guideline			600-650	1230			

Wed - 03/04/2020							
Foothill Lunch Single Entr K-	Total	1					
Quesadilla ChzBlen8" Tortilla	quesadilla	1	301	555	19.27	20.07	16.12
Fruit Apple Slices Bulk	6 slices	1	69	51	0.0	14.17	0.0
Fruit canned variety	1/4 c	1	30	2	0.2	7.55	0.02
Veg Salad Romaine&Spn	1/2 c	1	11	29	1.36	1.65	0.04
Veg Tomato Wedges	1/4 CUP	1	2	0	0.08	0.36	0.02
Veg Carrot Mini Peeled	1/4 CUP	1	14	24	0.33	3.37	0.08
Veg Jicama Sticks	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Cucumber with Tajin	1/4 CUP	1	6	84	0.24	0.88	0.07
Veg Celery Sticks	1/4 CUP	1	5	26	0.22	0.96	0.06
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 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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Base Menu Spreadsheet

Foothill Lunch Single Entr K-6

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			744	1287	41.17 22.1%	93.73 50.4%	21.12 25.5%
Nutrient Guideline			600-650	1230			

Thu - 03/05/2020							
Foothill Lunch Single Entr K-	Total	1					
Sand Chicken BBQ Hawaiian bun	#10 scoop	1	305	564	18.39	42.11	6.49
Veg Beans Baked 1/2c	1/2 CUP	1	137	386	7.43	25.77	0.95
Fruit Pineapple Tidbits 1/2c	1/2 cup	1	59	8	0.84	14.31	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Coleslaw Salad 1/4c	1/4 c	1	22	41	0.17	1.7	1.66
Veg Carrot shred 1/8c	1/8 Cup	1	5	8	0.11	1.09	0.03
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	2	0	0.08	0.36	0.02
Veg Jicama with Tajin 1/4c	1/4 CUP	1	18	85	0.37	4.1	0.0
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	5	26	0.22	0.96	0.06
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 Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average % of Calories			857	1662	48.33 22.5%	133.62 62.3%	14.03 14.7%
Nutrient Guideline			600-650	1230			

Fri - 03/06/2020							
Foothill Lunch Single Entr K-	Total	1					
Pizza Pepp & Chz 16"Crust Elem	8 cut slice	1	427	810	23.24	31.43	23.4
Pizza Cheese 16" WG Crust Elem	8 cut slice	1	382	632	21.14	31.08	18.85
Fruit cup/pop variety	1 each	1	80	4	0.69	19.89	0.05
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Broccoli Salad 1/4c	1/4 cup	1	40	69	0.85	3.57	2.57
Veg Carrot shred 1/8c	1/8 Cup	1	5	8	0.11	1.09	0.03
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	2	0	0.08	0.36	0.02
Veg corn: frozen 1/4c	1/4 CUP	1	50	6	1.89	11.97	0.63
Veg Corn Can Yellow CDE 1/4c	1/4 CUP	1	62	164	2.02	14.32	0.77
Veg Cucumber with Tajin 1/4c	1/4 CUP	1	6	84	0.24	0.88	0.07
Veg Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
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 Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average % of Calories			1359	2348	70.94 20.9%	157.90 46.5%	51.19 33.9%
Nutrient Guideline			600-650	1230			

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Mon - 03/09/2020							
Foothill Lunch Single Entr K-	Total	1					
Taco: Crunchy Nacho Taco	Taco	1	261	617	15.21	16.12	14.65
Fruit Kiwi 2 fruit	2 ea	1	93	5	1.73	22.28	0.79
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Veg Salsa, canned (USDA)1/4c	1/4 CUP	1	20	242	0.85	3.94	0.11
Veg Jicama with Tajin 1/4c	1/4 CUP	1	18	85	0.37	4.1	0.0
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	5	26	0.22	0.96	0.06
Veg Lettuce Shredded 1/4C	1/4 CUP	1	1	1	0.07	0.14	0.01
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 Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			712	1514	38.42	93.35	20.52
% of Calories					21.6%	52.4%	25.9%
Nutrient Guideline			600-650	1230			

Tue - 03/10/2020							
Foothill Lunch Single Entr K-	Total	1					
Sand Sloppy Joe	Sandwich	1	347	942	20.87	46.42	9.47
Fruit Banana Fresh	ONE	1	108	1	1.32	27.63	0.4
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	2	0	0.08	0.36	0.02
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Veg Carrot & Raisin Salad 1/4c	1/4 Cup	1	34	54	0.28	4.73	1.74
Veg Lettuce Shredded 1/4C	1/4 CUP	1	1	1	0.07	0.14	0.01
Veg Cucumber with Tajin 1/4c	1/4 CUP	1	6	84	0.24	0.88	0.07
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 Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			802	1620	42.29	124.22	16.49
% of Calories					21.1%	62.0%	18.5%
Nutrient Guideline			600-650	1230			

Wed - 03/11/2020							
Foothill Lunch Single Entr K-	Total	1					
Chicken Brd WG 8 Pc Pilgrims	3 oz.	1	260	570	16.0	10.0	17.0
Bread Wheat Dinner Roll	ROLL	1	100	160	5.0	17.0	1.0
Veg Beans Baked 1/2c	1/2 CUP	1	137	386	7.43	25.77	0.95
Fruit Apple Slices Bulk 1/2c	6 slices	1	69	51	0.0	14.17	0.0
Fruit canned variety 1/4c	1/4 c	1	30	2	0.2	7.55	0.02
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	2	0	0.08	0.36	0.02
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Coleslaw Salad 1/4c	1/4 c	1	22	41	0.17	1.7	1.66
Veg Cucumber with Tajin 1/4c	1/4 CUP	1	6	84	0.24	0.88	0.07
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 Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			956	1863	50.29 21.0%	127.16 53.2%	25.56 24.1%
Nutrient Guideline			600-650	1230			

Thu - 03/12/2020							
Foothill Lunch Single Entr K-	Total	1					
Sand Hamburger Mesquite DonLee	Sandwich	1	271	450	19.6	31.1	8.3
Sand Cheeseburger Mesq DL	Sandwich	1	326	675	22.6	32.1	12.8
Veg Potato Seasoned Wedges	1/2 c	1	148	380	2.11	18.99	7.38
Fruit Grapes Bunches 1/2c	1/2 CUP	1	85	3	0.8	21.78	0.44
Fruit canned variety 1/4c	1/4 c	1	30	2	0.2	7.55	0.02
Veg Lettuce Shredded 1/2C	1/2 CUP	1	3	3	0.27	0.55	0.05
Veg Broccoli Salad 1/4c	1/4 cup	1	40	69	0.85	3.57	2.57
Veg Carrot shred 1/8c	1/8 Cup	1	5	8	0.11	1.09	0.03
Veg Tomato Sliced/Diced 1/4c	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg corn: frozen 1/4c	1/4 CUP	1	50	6	1.89	11.97	0.63
Veg Corn Can Yellow CDE 1/4c	1/4 CUP	1	62	164	2.02	14.32	0.77
Veg Cucumber with Tajin 1/4c	1/4 CUP	1	6	84	0.24	0.88	0.07
Veg Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	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
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			1334	2647	70.43 21.1%	188.43 56.5%	37.93 25.6%
Nutrient Guideline			600-650	1230			

Fri - 03/13/2020							
Foothill Lunch Single Entr K-	Total	1					
Turkey & Gravy Whit 107/4.16oz	4.16 oz	1	120	520	18.0	2.0	4.5
Bread Wheat Dinner Roll	ROLL	1	100	160	5.0	17.0	1.0
Veg Potato Mashed Loaded 1/2cup	1/2 Cup	1	65	245	1.46	13.75	0.63
Fruit cup/pop variety	1 each	1	80	4	0.69	19.89	0.05
Veg Salad Romaine&Spn 1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Carrot shred 1/8c	1/8 Cup	1	5	8	0.11	1.09	0.03
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	2	0	0.08	0.36	0.02
Veg Jicama with Tajin 1/4c	1/4 CUP	1	18	85	0.37	4.1	0.0
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	5	26	0.22	0.96	0.06
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 Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average % of Calories			704	1592	46.93 26.7%	103.24 58.6%	11.15 14.2%
Nutrient Guideline			600-650	1230			

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 03/17/2020							
Foothill Lunch Single Entr K-	Total	1					
Nachos Cheese ONLY 1M/MA	#12CH	1	138	554	6.92	4.15	9.69
Bread Tortilla Chips 1.5oz	1.5 OZ	1	203	83	3.0	28.5	7.5
Veg Beans Refried-Dehy 1/2c	#8 scoop	1	164	488	7.97	23.92	1.99
Fruit Banana Fresh	ONE	1	108	1	1.32	27.63	0.4
Fruit canned variety 1/4c	1/4 c	1	30	2	0.2	7.55	0.02
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Carrot shred 1/8c	1/8 Cup	1	5	8	0.11	1.09	0.03
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	2	0	0.08	0.36	0.02
Veg Jicama with Tajin 1/4c	1/4 CUP	1	18	85	0.37	4.1	0.0
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	5	26	0.22	0.96	0.06
VEG SALSA, CANNED (USDA)1/2c	1/2 CUP	1	42	498	1.74	8.1	0.23
Veg Jalepeno peppers, sliced	1 OZ	1	25	2514	0.0	0.0	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
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			1049	4803	42.93	150.45	24.80
% of Calories					16.4%	57.4%	21.3%
Nutrient Guideline			600-650	1230			

Wed - 03/18/2020							
Foothill Lunch Single Entr K-	Total	1					
Sand Chick Patty RichCh WG	Sandwich	1	339	619	18.96	41.96	10.97
Sand Chick Spicy Patty 106/3oz	Sandwich	1	337	670	20.0	41.0	11.0
Veg Potato Spirals Seasoned	1/2 cup	1	100	151	1.0	17.08	3.01
Fruit Apple Slices Bulk 1/2c	6 slices	1	69	51	0.0	14.17	0.0
Veg Tomato Sliced/Diced 1/4c	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Veg Lettuce Shredded 1/4C	1/2 CUP	1	2	1	0.14	0.27	0.03
Veg Coleslaw Salad 1/4c	1/4 c	1	22	41	0.17	1.7	1.66
Veg Cucumber with Tajin 1/4c	1/4 CUP	1	6	84	0.24	0.88	0.07
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	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
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			1192	2418	60.36	164.01	31.63
% of Calories					20.3%	55.0%	23.9%
Nutrient Guideline			600-650	1230			

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 03/19/2020							
Foothill Lunch Single Entr K-	Total	1					
Chicken Tamale Pie - 96 srvg	6 X 4 cut	1	384	1068	26.54	38.91	11.53
Fruit Grapes Bunches 1/2c	1/2 CUP	1	85	3	0.8	21.78	0.44
Fruit canned variety 1/4c	1/4 c	1	30	2	0.2	7.55	0.02
Veg Tomato Sliced/Diced 1/4c	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Lettuce Shredded 1/4C	1/2 CUP	1	2	1	0.14	0.27	0.03
Veg Coleslaw Salad 1/4c	1/4 c	1	22	41	0.17	1.7	1.66
Veg Cucumber with Tajin 1/4c	1/4 CUP	1	6	84	0.24	0.88	0.07
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 Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			858	1740	48.31	120.99	18.64
% of Calories					22.5%	56.4%	19.6%
Nutrient Guideline			600-650	1230			

Fri - 03/20/2020							
Foothill Lunch Single Entr K-	Total	1					
Pizza Cheese 16" WG Crust Elem	8 cut slice	1	382	632	21.14	31.08	18.85
Pizza Hawaiian 16" Crust Elem	8 cut slice	1	414	740	24.12	32.84	19.88
Pizza Pepp & Chz 16"Crust Elem	8 cut slice	1	427	810	23.24	31.43	23.4
Fruit cup/pop variety	1 each	1	80	4	0.69	19.89	0.05
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Broccoli Salad 1/4c	1/4 cup	1	40	69	0.85	3.57	2.57
Veg Carrot shred 1/8c	1/8 Cup	1	5	8	0.11	1.09	0.03
Veg Corn Can Yellow CDE 1/4c	1/4 CUP	1	62	164	2.02	14.32	0.77
Veg corn: frozen 1/4c	1/4 CUP	1	50	6	1.89	11.97	0.63
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	2	0	0.08	0.36	0.02
Veg Cucumber with Tajin 1/4c	1/4 CUP	1	6	84	0.24	0.88	0.07
Veg Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
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 Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			1773	3088	95.06	190.74	71.07
% of Calories					21.5%	43.0%	36.1%
Nutrient Guideline			600-650	1230			

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Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Foothill Lunch Single Entr K-6

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 03/23/2020							
Foothill Lunch Single Entr K-	Total	1					
Chicken Breaded Drumstick	Drumstick	1	190	450	16.0	5.0	11.0
Bread Breadstick Garlic 1G	Breadstick	1	100	95	1.0	15.0	3.5
Veg Beans Baked 1/2c	1/2 CUP	1	137	386	7.43	25.77	0.95
Fruit Kiwi 2 fruit	2 ea	1	93	5	1.73	22.28	0.79
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Veg Jicama with Tajin 1/4c	1/4 CUP	1	18	85	0.37	4.1	0.0
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	5	26	0.22	0.96	0.06
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 Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			867	1614	48.08	120.56	21.24
% of Calories					22.2%	55.6%	22.0%
Nutrient Guideline			600-650	1230			

Tue - 03/24/2020							
Foothill Lunch Single Entr K-	Total	1					
LASAGNA, BEEF Elem/Int	1 Piece	1	313	974	20.86	29.44	13.22
Fruit Banana Fresh	ONE	1	108	1	1.32	27.63	0.4
Fruit canned variety 1/4c	1/4 c	1	30	2	0.2	7.55	0.02
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	2	0	0.08	0.36	0.02
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Veg Carrot & Raisin Salad 1/4c	1/4 Cup	1	34	54	0.28	4.73	1.74
Veg Lettuce Shredded 1/4C	1/2 CUP	1	2	1	0.14	0.27	0.03
Veg Corn Can Yellow CDE 1/4c	1/4 CUP	1	62	164	2.02	14.32	0.77
Veg corn: frozen 1/4c	1/4 CUP	1	50	6	1.89	11.97	0.63
Veg Cucumber with Tajin 1/4c	1/4 CUP	1	6	84	0.24	0.88	0.07
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 Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			911	1826	46.47	141.22	21.69
% of Calories					20.4%	62.0%	21.4%
Nutrient Guideline			600-650	1230			

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Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Foothill Lunch Single Entr K-6

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 03/25/2020							
Foothill Lunch Single Entr K-	Total	1					
Sand Hamburger Mesquite DonLee	Sandwich	1	271	450	19.6	31.1	8.3
Sand Cheeseburger Mesq DL	Sandwich	1	326	675	22.6	32.1	12.8
Veg Potato Spirals Seasoned	1/2 cup	1	100	151	1.0	17.08	3.01
Fruit Apple Slices Bulk 1/2c	6 slices	1	69	51	0.0	14.17	0.0
Fruit canned variety 1/4c	1/4 c	1	30	2	0.2	7.55	0.02
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	2	0	0.08	0.36	0.02
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Cucumber with Tajin 1/4c	1/4 CUP	1	6	84	0.24	0.88	0.07
Veg Coleslaw Salad 1/4c	1/4 c	1	22	41	0.17	1.7	1.66
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	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
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
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
Weighted Daily Average			1180	2437	65.35	158.97	30.77
% of Calories					22.1%	53.9%	23.5%
Nutrient Guideline			600-650	1230			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 03/26/2020							
Foothill Lunch Single Entr K-	Total	1					
Egg Roll WG Pork 60/3ozSchwans	Egg Roll	1	170	300	9.0	20.0	7.0
Rice Brown 1/2c Cook	1/2 CUP	1	36	4	0.84	7.46	0.29
Fruit Grapes Bunches 1/2c	1/2 CUP	1	85	3	0.8	21.78	0.44
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Carrot shred 1/8c	1/8 Cup	1	5	8	0.11	1.09	0.03
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	2	0	0.08	0.36	0.02
Veg Jicama with Tajin 1/4c	1/4 CUP	1	18	85	0.37	4.1	0.0
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	5	26	0.22	0.96	0.06
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 Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			626	969	32.13	98.98	12.66
% of Calories					20.5%	63.2%	18.2%
Nutrient Guideline			600-650	1230			

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Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Foothill Lunch Single Entr K-6

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 03/27/2020							
Foothill Lunch Single Entr K-	Total	1					
Break Pancake WG Buttermil 2ea	2 pancakes	1	159	189	3.98	29.88	2.99
Break Sausage Link -2 pc	Two Links	1	120	180	12.0	0.0	8.0
Veg Potato Rounds - Simplot	1/2 cup	1	167	226	1.19	19.05	8.33
Fruit cup/pop variety	1 each	1	80	4	0.69	19.89	0.05
Veg Tomato Sliced/Diced 1/4c	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Lettuce Shredded 1/4C	1/2 CUP	1	2	1	0.14	0.27	0.03
Veg Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
Veg Cucumber with Tajin 1/4c	1/4 CUP	1	6	84	0.24	0.88	0.07
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 Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Pkt Syrup, Pancake 1oz	1 Pkt	1	80	0	0.0	21.0	0.0
Pkt Ketchup	1 PACKET	1	8	67	0.0	2.36	0.0
Weighted Daily Average			956	1320	38.68	144.20	24.41
% of Calories					16.2%	60.3%	23.0%
Nutrient Guideline			600-650	1230			

Mon - 03/30/2020							
Foothill Lunch Single Entr K-	Total	1					
Sand Beef Rib Hoagie 3.25 oz.	Sandwich	1	340	885	18.0	40.0	12.0
Veg Potato Seasoned Wedges	1/2 c	1	148	380	2.11	18.99	7.38
Fruit Mandarin Orange Jumbo1ea	one	1	55	1	0.75	14.1	0.3
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	2	0	0.08	0.36	0.02
Veg Jicama with Tajin 1/4c	1/4 CUP	1	18	85	0.37	4.1	0.0
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	5	26	0.22	0.96	0.06
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 Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			893	1945	42.86	125.96	24.70
% of Calories					19.2%	56.4%	24.9%
Nutrient Guideline			600-650	1230			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 1, 2020 thru Mar 31, 2020

Foothill Lunch Single Entr K-6

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 03/31/2020							
Foothill Lunch Single Entr K-Enchilada Pie	Total 6 x 4 cut	1					
Veg Beans Refried-Dehy 1/2c	#8 scoop	1	241	608	15.22	15.31	13.1
Fruit Banana Fresh	ONE	1	164	488	7.97	23.92	1.99
Veg Tomato Sliced/Diced 1/8c	1/8 CUP	1	108	1	1.32	27.63	0.4
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	4	1	0.2	0.9	0.05
Veg Salsa, canned (USDA)1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Veg Lettuce Shredded 1/4C	1/2 CUP	1	20	242	0.85	3.94	0.11
Veg Cucumber with Tajin 1/4c	1/4 CUP	1	2	1	0.14	0.27	0.03
Veg Jalepeno peppers, sliced	1 OZ	1	6	84	0.24	0.88	0.07
Milk 1% LF	HALF PINT	1	25	2514	0.0	0.0	0.0
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
Pkt Ranch Dressing 12gm	PACKETS	1	120	150	9.0	22.0	0.0
Pkt Italian Dressing 12gm	Packet	1	35	108	0.11	1.7	2.21
		1	5	95	0.0	1.0	0.0
Weighted Daily Average			874	4479	45.37	116.93	20.54
% of Calories					20.8%	53.5%	21.2%
Nutrient Guideline			600-650	1230			

Weighted Average			956	2081	50.43	131.37	25.21
					21.1%	55.0%	23.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	956		600 - 650	147%			306	Correction Required - Calories too High Correction Required - Sodium too High
Sodium (mg)	2081		1230				851	
Protein (g)	50.43	21.11%						
Carbohydrate (g)	131.37	54.99%						
Total Fat (g)	25.21	23.75%						

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