

Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

High School Supper

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 03/02/2020							
High School Supper	Total	1					
Sand Bread Variety High	1 each	1	144	215	5.44	26.78	2.11
Sand Deli Meat Variety	3-6 slices	1	95	424	12.17	1.21	4.68
Sand Cheese Variety	Slice	1	52	138	3.17	0.5	4.17
Fruit Traditional Fresh Combo	ONE	1	73	1	0.88	18.63	0.3
Veg Carrot Snack Pack 1/2c	2.6oz pack	1	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			634	1115	40.66	93.25	13.76
% of Calories					25.7%	58.8%	19.5%
Nutrient Guideline			750-850	1420			

Tue - 03/03/2020							
High School Supper	Total	1					
Yogurt Variety UpstateFarms8oz	8 oz	1	180	105	6.0	37.67	0.0
Bread Muffin Choc 48/4ozOtis	Muffin	1	390	260	7.0	63.0	12.0
Fruit Traditional Fresh Combo	ONE	1	73	1	0.88	18.63	0.3
Veg Cucumber with Tajin 1/2c	1/2 CUP	1	12	168	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			905	844	33.36	159.06	14.93
% of Calories					14.7%	70.3%	14.8%
Nutrient Guideline			750-850	1420			

Wed - 03/04/2020							
High School Supper	Total	1					
Sand Bread Variety High	1 each	1	144	215	5.44	26.78	2.11
Sand Deli Meat Variety	3-6 slices	1	95	424	12.17	1.21	4.68
Sand Cheese Variety	Slice	1	52	138	3.17	0.5	4.17
Fruit cup/pop variety	1 each	1	80	4	0.69	19.89	0.05
Veg Juice V Blend Var 4.23 OZ.	4.23 OZ.	1	55	33	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			676	1125	40.47	100.39	13.51
% of Calories					23.9%	59.4%	18.0%
Nutrient Guideline			750-850	1420			

Thu - 03/05/2020							
High School Supper	Total	1					
PB&Grape Uncrustables	serving	1	600	540	18.0	64.0	34.0
PB&Strawberry Uncrustables	serving	1	600	540	18.0	64.0	34.0
Fruit Traditional Fresh Combo	ONE	1	73	1	0.88	18.63	0.3
Veg Carrot Snack Pack 1/2c	2.6oz pack	1	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			1542	1417	55.88	192.75	70.80
% of Calories					14.5%	50.0%	41.3%
Nutrient Guideline			750-850	1420			

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Fri - 03/06/2020							
High School Supper	Total	1					
Sand Bread Variety High	1 each	1	144	215	5.44	26.78	2.11
Sand Deli Meat Variety	3-6 slices	1	95	424	12.17	1.21	4.68
Sand Cheese Variety	Slice	1	52	138	3.17	0.5	4.17
Fruit Traditional Fresh Combo	ONE	1	73	1	0.88	18.63	0.3
Veg Juice V Blend Var 4.23 OZ.	4.23 OZ.	1	55	33	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			669	1122	40.66	99.12	13.76
% of Calories					24.3%	59.2%	18.5%
Nutrient Guideline			750-850	1420			

Mon - 03/09/2020							
High School Supper	Total	1					
Break Yogurt & Strawberries	8 OZ	1	251	107	6.67	54.4	1.33
Break Soft Bar Variety 1.3 oz	Bar	1	150	49	2.0	24.0	5.0
Veg Carrot Snack Pack 1/2c	2.6oz pack	1	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			671	491	27.67	124.52	8.83
% of Calories					16.5%	74.3%	11.9%
Nutrient Guideline			750-850	1420			

Tue - 03/10/2020							
High School Supper	Total	1					
Sand Bread Variety High	1 each	1	144	215	5.44	26.78	2.11
Sand Deli Meat Variety	3-6 slices	1	95	424	12.17	1.21	4.68
Sand Cheese Variety	Slice	1	52	138	3.17	0.5	4.17
Fruit Traditional Fresh Combo	ONE	1	73	1	0.88	18.63	0.3
Veg Broccoli Salad 1/2c	1/2 cup	1	80	138	1.7	7.13	5.14
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			695	1227	42.36	92.25	18.90
% of Calories					24.4%	53.1%	24.5%
Nutrient Guideline			750-850	1420			

Wed - 03/11/2020							
High School Supper	Total	1					
Wrap, Chicken pulled Tyson	wrap	1	469	1079	22.08	38.83	24.68
Fruit Apple Slices IW 200/2oz	1 EACH	1	30	0	0.0	7.0	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			749	1389	41.08	83.83	27.18
% of Calories					22.0%	44.8%	32.7%
Nutrient Guideline			750-850	1420			

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Base Menu Spreadsheet

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 03/12/2020							
High School Supper	Total	1					
PB&J Wafer NoHFCS 160/2.3	1 Each	1	310	210	10.0	31.0	18.0
Sunflower Seeds	1 PACK	1	170	88	5.0	6.5	14.75
Veg Juice V Blend Var 4.23 OZ.	4.23 OZ.	1	55	33	0.0	14.0	0.0
Fruit Traditional Fresh Combo	ONE	1	73	1	0.88	18.63	0.3
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			858	641	34.88	108.13	35.55
% of Calories					16.3%	50.4%	37.3%
Nutrient Guideline			750-850	1420			

Fri - 03/13/2020							
High School Supper	Total	1					
Sand Bread Variety High	1 each	1	144	215	5.44	26.78	2.11
Sand Deli Meat Variety	3-6 slices	1	95	424	12.17	1.21	4.68
Sand Cheese Variety	Slice	1	52	138	3.17	0.5	4.17
Fruit Traditional Fresh Combo	ONE	1	73	1	0.88	18.63	0.3
Veg Carrot Snack Pack 1/2c	2.6oz pack	1	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			634	1115	40.66	93.25	13.76
% of Calories					25.7%	58.8%	19.5%
Nutrient Guideline			750-850	1420			

Tue - 03/17/2020							
High School Supper	Total	1					
Yogurt Variety UpstateFarms8oz	8 oz	1	180	105	6.0	37.67	0.0
Bread Muffin Choc 48/4ozOtis	Muffin	1	390	260	7.0	63.0	12.0
Fruit Traditional Fresh Combo	ONE	1	73	1	0.88	18.63	0.3
Veg Juice V Blend Var 4.23 OZ.	4.23 OZ.	1	55	33	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			948	709	32.88	171.29	14.80
% of Calories					13.9%	72.3%	14.1%
Nutrient Guideline			750-850	1420			

Wed - 03/18/2020							
High School Supper	Total	1					
Sand Bread Variety High	1 each	1	144	215	5.44	26.78	2.11
Sand Deli Meat Variety	3-6 slices	1	95	424	12.17	1.21	4.68
Sand Cheese Variety	Slice	1	52	138	3.17	0.5	4.17
Fruit cup/pop variety	1 each	1	80	4	0.69	19.89	0.05
Veg Jicama Sticks 1/2c	1/2 cup	1	34	4	0.73	8.04	0.0
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			655	1096	41.20	94.43	13.51
% of Calories					25.2%	57.7%	18.6%
Nutrient Guideline			750-850	1420			

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 03/19/2020							
High School Supper	Total	1					
PB&Grape Uncrustables	serving	1	600	540	18.0	64.0	34.0
PB&Strawberry Uncrustables	serving	1	600	540	18.0	64.0	34.0
Fruit Traditional Fresh Combo	ONE	1	73	1	0.88	18.63	0.3
Veg Juice V Blend Var 4.23 OZ.	4.23 OZ.	1	55	33	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			1578	1424	55.88	198.63	70.80
% of Calories					14.2%	50.4%	40.4%
Nutrient Guideline			750-850	1420			

Fri - 03/20/2020							
High School Supper	Total	1					
Sand Bread Variety High	1 each	1	144	215	5.44	26.78	2.11
Sand Deli Meat Variety	3-6 slices	1	95	424	12.17	1.21	4.68
Sand Cheese Variety	Slice	1	52	138	3.17	0.5	4.17
Fruit Traditional Fresh Combo	ONE	1	73	1	0.88	18.63	0.3
Veg Broccoli Raw 1/2c	1/2 cup	1	9	0	0.57	1.71	0.09
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
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			658	1198	41.34	88.53	16.06
% of Calories					25.1%	53.8%	22.0%
Nutrient Guideline			750-850	1420			

Mon - 03/23/2020							
High School Supper	Total	1					
Break Yogurt & Strawberries	8 OZ	1	251	107	6.67	54.4	1.33
Break Soft Bar Variety 1.3 oz	Bar	1	150	49	2.0	24.0	5.0
Veg Carrot Snack Pack 1/2c	2.6oz pack	1	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			671	491	27.67	124.52	8.83
% of Calories					16.5%	74.3%	11.9%
Nutrient Guideline			750-850	1420			

Tue - 03/24/2020							
High School Supper	Total	1					
Sand Bread Variety High	1 each	1	144	215	5.44	26.78	2.11
Sand Deli Meat Variety	3-6 slices	1	95	424	12.17	1.21	4.68
Sand Cheese Variety	Slice	1	52	138	3.17	0.5	4.17
Fruit Traditional Fresh Combo	ONE	1	73	1	0.88	18.63	0.3
Veg Broccoli Salad 1/2c	1/2 cup	1	80	138	1.7	7.13	5.14
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			695	1227	42.36	92.25	18.90
% of Calories					24.4%	53.1%	24.5%
Nutrient Guideline			750-850	1420			

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 03/25/2020							
High School Supper	Total	1					
Wrap, Chicken Fajita & Cream Chz	wrap	1	524	1623	31.71	39.16	26.11
Fruit cup/pop variety	1 each	1	80	4	0.69	19.89	0.05
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			854	1937	51.40	97.06	28.66
% of Calories					24.1%	45.5%	30.2%
Nutrient Guideline			750-850	1420			

Thu - 03/26/2020							
High School Supper	Total	1					
PB&J Wafer NoHFCS 160/2.3	1 Each	1	310	210	10.0	31.0	18.0
Sunflower Seeds	1 PACK	1	170	88	5.0	6.5	14.75
Veg Juice V Blend Var 4.23 OZ.	4.23 OZ.	1	55	33	0.0	14.0	0.0
Fruit Apple Slices IW 200/2oz	1 EACH	1	30	0	0.0	7.0	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			815	640	34.00	96.50	35.25
% of Calories					16.7%	47.4%	38.9%
Nutrient Guideline			750-850	1420			

Fri - 03/27/2020							
High School Supper	Total	1					
Sand Bread Variety High	1 each	1	144	215	5.44	26.78	2.11
Sand Deli Meat Variety	3-6 slices	1	95	424	12.17	1.21	4.68
Sand Cheese Variety	Slice	1	52	138	3.17	0.5	4.17
Fruit Traditional Fresh Combo	ONE	1	73	1	0.88	18.63	0.3
Veg Carrot Snack Pack 1/2c	2.6oz pack	1	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			634	1115	40.66	93.25	13.76
% of Calories					25.7%	58.8%	19.5%
Nutrient Guideline			750-850	1420			

Mon - 03/30/2020							
High School Supper	Total	1					
Sand Bread Variety High	1 each	1	144	215	5.44	26.78	2.11
Sand Deli Meat Variety	3-6 slices	1	95	424	12.17	1.21	4.68
Sand Cheese Variety	Slice	1	52	138	3.17	0.5	4.17
Fruit cup/pop variety	1 each	1	80	4	0.69	19.89	0.05
Veg Juice V Blend Var 4.23 OZ.	4.23 OZ.	1	55	33	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			676	1125	40.47	100.39	13.51
% of Calories					23.9%	59.4%	18.0%
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Tue - 03/31/2020							
High School Supper	Total	1					
Yogurt Variety UpstateFarms8oz	8 oz	1	180	105	6.0	37.67	0.0
Bread Muffin Choc 48/4ozOtis	Muffin	1	390	260	7.0	63.0	12.0
Fruit Traditional Fresh Combo	ONE	1	73	1	0.88	18.63	0.3
Veg Cucumber with Tajin 1/2c	1/2 CUP	1	12	168	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			905	844	33.36	159.06	14.93
% of Calories					14.7%	70.3%	14.8%
Nutrient Guideline			750-850	1420			

Weighted Average			815	1062	39.95	117.26	22.86
					19.6%	57.5%	25.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	815		750 - 850	100%				
Sodium (mg)	1062		1420					
Protein (g)	39.95	19.60%						
Carbohydrate (g)	117.26	57.53%						
Total Fat (g)	22.86	25.23%						

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