

Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Intermediate Lunch (6-8)

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							
Intermediate Lunch (6-8)	Total	1					
Cheese Stuffed Breadsticks	2 pc	1	300	480	20.0	30.0	11.0
Veg Marinara Sauce 1/2c	1/2 CUP	1	61	398	2.04	10.21	1.53
Chicken Parmesan RC Patty	serving	1	342	1037	20.17	38.5	12.43
Bread Breadstick Garlic 1G	Breadstick	1	100	95	1.0	15.0	3.5
Fruit Mandarin Orange Jumbo1ea	one	1	55	1	0.75	14.1	0.3
Veg Broccoli Florets Seas 1/2c	1/2 cup	1	58	26	1.6	4.8	3.8
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
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
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
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			1259	2689	65.79	168.23	37.44
% of Calories					20.9%	53.4%	26.8%
Nutrient Guideline			600-700	1360			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 03/03/2020							
Intermediate Lunch (6-8)	Total	1					
Chicken Orange Schwan's	2.8 oz serving	1	150	190	13.0	9.0	6.0
Rice Brown 1/2c Cook	1/2 CUP	1	36	4	0.84	7.46	0.29
Sand TurkeyBreast Ital. Panini	Sandwich	1	176	523	19.17	2.34	10.04
Fruit Banana Fresh	ONE	1	108	1	1.32	27.63	0.4
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	1	55	35	0.0	14.0	0.0
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
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 & Raisin Salad 1/4c	1/4 Cup	1	34	54	0.28	4.73	1.74
Veg shredded lettuce	1/8 CUP	1	3	2	0.25	0.5	0.05
Veg Cucumber with Tajin 1/4c	1/4 CUP	1	6	84	0.24	0.88	0.07
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			909	1435	54.49	123.27	23.33
% of Calories					24.0%	54.2%	23.1%
Nutrient Guideline			600-700	1360			

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Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Intermediate Lunch (6-8)

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 03/04/2020							
Intermediate Lunch (6-8)	Total	1					
Pasta Bake Rotini w/Beef&Chz	8 oz	1	257	486	17.54	22.99	10.86
Bread Breadstick Garlic 1G	Breadstick	1	100	95	1.0	15.0	3.5
Quesadilla ChzBlen8" TortillaLT	quesadilla	1	301	555	19.27	20.07	16.12
Fruit Apple Slices Bulk 1/2c	6 slices	1	69	51	0.0	14.17	0.0
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	1	142	377	4.63	32.86	1.77
Veg Jicama with Tajin 1/2c	1/2 CUP	1	33	169	0.67	7.38	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
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 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 Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			1254	2329	64.41	167.07	37.18
% of Calories					20.5%	53.3%	26.7%
Nutrient Guideline			600-700	1360			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 03/05/2020							
Intermediate Lunch (6-8)	Total	1					
Beef Taco Meat MJUSD #8scp2M	#8 scoop	1	130	489	13.42	3.09	7.25
Bread Tortilla Corn 6" - 2pc	two	1	120	10	2.0	24.0	2.0
Sand Chicken BBQ Hawaiian bun	#10 scoop	1	305	564	18.39	42.11	6.49
Veg Beans Pinto Seasoned	1/2 Cup	1	130	163	7.11	23.44	1.2
Fruit Pineapple Tidbits 1/2c	1/2 cup	1	59	8	0.84	14.31	0.0
Veg onion, cilantro, lime	portion	1	15	3	0.39	4.7	0.1
Veg Coleslaw Salad 1/2c	1/2 c	1	44	82	0.34	3.39	3.33
Veg Jicama with Tajin 1/4c	1/4 CUP	1	18	85	0.37	4.1	0.0
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	2	0	0.08	0.36	0.02
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
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			1134	1974	63.87	163.70	25.27
% of Calories					22.5%	57.8%	20.1%
Nutrient Guideline			600-700	1360			

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Base Menu Spreadsheet

Intermediate Lunch (6-8)

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 03/06/2020							
Intermediate Lunch (6-8)	Total	1					
Pizza Cheese 16"WGCrust HS/INT	6 cut slice	1	447	720	23.53	40.77	20.86
Pizza Pepp & Chz 16"CrustInt/H	6 cut slice	1	507	958	26.33	41.23	26.93
Pizza VegChz Crust 16" HS/INT	6 cut slice	1	524	880	29.23	42.22	26.0
Mac & Cheese w/Chick "Mad Mac"	2 #10 scoops	1	365	1119	20.29	30.48	17.35
Fruit Juice Orange CDE	4 OZ CUP	1	61	2	1.0	14.0	0.0
Fruit cup/pop variety	each	1	80	4	0.69	19.89	0.05
Veg Broccoli Salad 1/2c	1/2 cup	1	80	138	1.7	7.13	5.14
Veg Salad Romaine&Spnch 1c port	1 CUP	1	21	59	2.71	3.29	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
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
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			2505	4684	129.16	269.30	102.69
% of Calories					20.6%	43.0%	36.9%
Nutrient Guideline			600-700	1360			

Mon - 03/09/2020							
Intermediate Lunch (6-8)	Total	1					
Taco: Crunchy Nacho Taco	Taco	1	261	617	15.21	16.12	14.65
Chicken Crispito 36/2 ea	Crispito	1	540	740	24.01	46.01	28.01
Veg Beans Refried-Dehy 1/2c	#8 scoop	1	164	488	7.97	23.92	1.99
Fruit Kiwi 2 fruit	2 ea	1	93	5	1.73	22.28	0.79
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
Veg Lettuce Shredded 1/4C	1/2 CUP	1	2	1	0.14	0.27	0.03
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 Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
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			1423	2802	70.72	164.15	50.61
% of Calories					19.9%	46.1%	32.0%
Nutrient Guideline			600-700	1360			

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 03/10/2020							
Intermediate Lunch (6-8)	Total	1					
Sand Grilled Cheese	ONE	1	412	1226	20.0	36.0	23.56
Sand Sloppy Joe	Sandwich	1	347	942	20.87	46.42	9.47
Veg Potato Wedge 8-Cut Fries	1/2 CUP	1	120	140	2.0	20.01	4.0
Fruit Banana Fresh	ONE	1	108	1	1.32	27.63	0.4
Veg Carrot & Raisin Salad 1/2c	1/2 Cup	1	69	109	0.55	9.45	3.47
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg 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 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
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			1369	3041	64.57	184.96	45.80
% of Calories					18.9%	54.1%	30.1%
Nutrient Guideline			600-700	1360			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 03/11/2020							
Intermediate Lunch (6-8)	Total	1					
Chicken Brd WG 8 Pc Pilgrims	3 oz.	1	260	570	16.0	10.0	17.0
Chicken Honey Sriracha Chunks	6 pieces	1	296	377	22.44	22.44	13.26
Bread Wheat Dinner Roll	ROLL	1	100	160	5.0	17.0	1.0
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	1	142	377	4.63	32.86	1.77
Veg Coleslaw Salad 1/2c	1/2 c	1	44	82	0.34	3.39	3.33
Fruit Apple Slices Bulk 1/2c	6 slices	1	69	51	0.0	14.17	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
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 Lettuce Shredded 1/4C	1/2 CUP	1	2	1	0.14	0.27	0.03
Veg Cucumber with Tajin 1/4c	1/4 CUP	1	6	84	0.24	0.88	0.07
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			1271	2245	68.88	157.03	41.29
% of Calories					21.7%	49.4%	29.2%
Nutrient Guideline			600-700	1360			

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Intermediate Lunch (6-8)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 03/12/2020							
Intermediate Lunch (6-8)	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
Pizza Cheese 16"WGCrust HS/INT	6 cut slice	1	447	720	23.53	40.77	20.86
Pizza Hawaiian 16"Crust Int/HS	6 cut slice	1	489	864	27.51	43.11	22.23
Pizza Pepp & Chz 16"CrustInt/H	6 cut slice	1	507	958	26.33	41.23	26.93
Fruit Grapes Bunches 1/2c	1/2 CUP	1	85	3	0.8	21.78	0.44
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	1	55	35	0.0	14.0	0.0
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
Veg Salad Romaine&Spnch1c port	1 CUP	1	21	59	2.71	3.29	0.09
Fruit canned variety 1/4c	1/4 c	1	30	2	0.2	7.55	0.02
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
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			2721	4927	148.14	319.42	100.59
% of Calories					21.8%	47.0%	33.3%
Nutrient Guideline			600-700	1360			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 03/13/2020							
Intermediate Lunch (6-8)	Total	1					
Chicken Breaded Drumstick	Drumstick	1	190	450	16.0	5.0	11.0
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 Loaded1/2cup	1/2 Cup	1	65	245	1.46	13.75	0.63
Veg Broccoli Florets Seas 1/2c	1/2 cup	1	58	26	1.6	4.8	3.8
Fruit Juice Orange CDE	4 OZ CUP	1	61	2	1.0	14.0	0.0
Fruit cup/pop variety	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
Veg Cucumber with Tajin 1/4c	1/4 CUP	1	6	84	0.24	0.88	0.07
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 Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			996	2068	65.16	122.93	25.95
% of Calories					26.2%	49.4%	23.5%
Nutrient Guideline			600-700	1360			

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Intermediate Lunch (6-8)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 03/17/2020							
Intermediate Lunch (6-8)	Total	1					
Nachos Mix/AdvP Beef & Cheese	#20beef#12Ch	1	195	766	12.82	5.49	12.83
Bread Tortilla Chips 1.5oz	1.5 OZ	1	203	83	3.0	28.5	7.5
Sand Pig in a Blanket - 2G	Sandwich	1	330	540	13.0	27.0	16.0
Veg Beans Refried-Dehy 1/2c	#8 scoop	1	164	488	7.97	23.92	1.99
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	1	55	35	0.0	14.0	0.0
Fruit Banana Fresh	ONE	1	108	1	1.32	27.63	0.4
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
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
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			1424	2578	60.09	184.69	43.70
% of Calories					16.9%	51.9%	27.6%
Nutrient Guideline			600-700	1360			

Wed - 03/18/2020							
Intermediate Lunch (6-8)	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
Pork Carnitas CDE roast (raw)	#12sccop	1	275	213	26.91	0.81	17.62
Bread Tortilla Corn 6" - 2pc	two	1	120	10	2.0	24.0	2.0
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 Jicama with Tajin 1/2c	1/2 CUP	1	33	169	0.67	7.38	0.0
Veg onion, cilantro, lime	portion	1	15	3	0.39	4.7	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
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
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	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			1653	2814	90.69	204.92	51.35
% of Calories					22.0%	49.6%	28.0%
Nutrient Guideline			600-700	1360			

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Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Intermediate Lunch (6-8)

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 03/19/2020							
Intermediate Lunch (6-8)	Total	1					
Quesadilla ChzBlen8" TortillaLT	quesadilla	1	301	555	19.27	20.07	16.12
Rice Brown Tom/Spn Cook 1/2c	1/2 C	1	111	114	2.23	23.54	1.11
Chicken Tamale Pie - 96 srvg	6 X 4 cut	1	384	1068	26.54	38.91	11.53
Veg Beans Refried-Dehy 1/2c	#8 scoop	1	164	488	7.97	23.92	1.99
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 Cucumber with Tajin 1/2c	1/2 CUP	1	12	168	0.48	1.76	0.13
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
Veg Tomato Sliced/Diced 1/4c	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Salsa, canned (USDA)1/4c	1/4 CUP	1	20	242	0.85	3.94	0.11
Veg Lettuce Shredded 1/4C	1/2 CUP	1	2	1	0.14	0.27	0.03
Veg Jalepeno peppers, sliced	1 OZ	1	25	2514	0.0	0.0	0.0
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			1451	5697	78.00	192.39	36.29
% of Calories					21.5%	53.0%	22.5%
Nutrient Guideline			600-700	1360			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 03/20/2020							
Intermediate Lunch (6-8)	Total	1					
Pizza Cheese 16"WGCrust HS/INT	6 cut slice	1	447	720	23.53	40.77	20.86
Pizza Hawaiian 16"Crust Int/HS	6 cut slice	1	489	864	27.51	43.11	22.23
Pizza VegChz Crust 16" HS/INT	6 cut slice	1	524	880	29.23	42.22	26.0
Sand Meatloaf A/P	Sandwich	1	330	590	19.0	38.0	12.0
Fruit Juice Orange CDE	4 OZ CUP	1	61	2	1.0	14.0	0.0
Fruit cup/pop variety	each	1	80	4	0.69	19.89	0.05
Veg Broccoli Salad 1/2c	1/2 cup	1	80	138	1.7	7.13	5.14
Veg Salad Romaine&Spnch 1c port	1 CUP	1	21	59	2.71	3.29	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
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
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			2452	4061	129.05	278.70	92.64
% of Calories					21.1%	45.5%	34.0%
Nutrient Guideline			600-700	1360			

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Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Intermediate Lunch (6-8)

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							
Intermediate Lunch (6-8)	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
Tater Tot Caserole	6 X 4 cut	1	373	993	24.17	24.15	20.64
Bread Tortilla Chips 1.5oz	1.5 OZ	1	203	83	3.0	28.5	7.5
Veg Beans Baked 1/2c	1/2 CUP	1	137	386	7.43	25.77	0.95
Veg Broccoli Florets Seas 1/2c	1/2 cup	1	58	26	1.6	4.8	3.8
Fruit Kiwi 2 fruit	2 ea	1	93	5	1.73	22.28	0.79
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg 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
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			1496	2716	76.56	177.16	53.15
% of Calories					20.5%	47.4%	32.0%
Nutrient Guideline			600-700	1360			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 03/24/2020							
Intermediate Lunch (6-8)	Total	1					
Chicken Chunk WG	5 Pieces	1	241	386	21.73	14.49	10.87
LASAGNA, BEEF Elem/Int	1 Piece	1	313	974	20.86	29.44	13.22
Bread Breadstick Garlic 1G	Breadstick	1	100	95	1.0	15.0	3.5
Fruit Banana Fresh	ONE	1	108	1	1.32	27.63	0.4
Veg Carrot & Raisin Salad 1/2c	1/2 Cup	1	69	109	0.55	9.45	3.47
Veg Salad Romaine&Spnch1c port	1 CUP	1	21	59	2.71	3.29	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
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 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
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			1307	2419	72.05	178.46	37.84
% of Calories					22.1%	54.6%	26.1%
Nutrient Guideline			600-700	1360			

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Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Intermediate Lunch (6-8)

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							
Intermediate Lunch (6-8)	Total	1					
Chicken Fajita & Onion/Peppers	#8scp + #40scp	1	177	700	21.03	2.9	8.4
Bread Tortilla Flour WG 8"	1 Tortilla	1	110	180	5.0	18.0	3.0
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
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
Fruit canned variety 1/4c	1/4 c	1	30	2	0.2	7.55	0.02
Veg Coleslaw Salad 1/4c	1/4 c	1	22	41	0.17	1.7	1.66
Veg Tomato Sliced/Diced 1/4c	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
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
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	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			1451	3139	89.81	181.33	42.08
% of Calories					24.8%	50.0%	26.1%
Nutrient Guideline			600-700	1360			

Thu - 03/26/2020							
Intermediate Lunch (6-8)	Total	1					
Beef Teriyaki Blaster100/4pc	4pcs	1	142	467	16.92	8.67	4.28
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 Cucumber with Tajin 1/2c	1/2 CUP	1	12	168	0.48	1.76	0.13
Veg Salad Romaine&Spnch1c port	1 CUP	1	21	59	2.71	3.29	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
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
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			791	1633	50.89	111.06	17.11
% of Calories					25.7%	56.2%	19.5%
Nutrient Guideline			600-700	1360			

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Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Intermediate Lunch (6-8)

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							
Intermediate Lunch (6-8)	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
Pizza Cheese 16"WGCrust HS/INT	6 cut slice	1	447	720	23.53	40.77	20.86
Pizza Hawaiian 16"Crust Int/HS	6 cut slice	1	489	864	27.51	43.11	22.23
Pizza Pepp & Chz 16"CrustInt/H	6 cut slice	1	507	958	26.33	41.23	26.93
Veg Potato Variety Tots/Wedges	1/2 c	1	130	270	2.0	16.0	7.0
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	1	55	35	0.0	14.0	0.0
Fruit cup/pop variety	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
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 Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Pkt Syrup, Pancake 1oz	1 Pkt	1	80	0	0.0	21.0	0.0
Weighted Daily Average			2393	3815	117.44	273.78	93.01
% of Calories					19.6%	45.8%	35.0%
Nutrient Guideline			600-700	1360			

Mon - 03/30/2020							
Intermediate Lunch (6-8)	Total	1					
Sand Beef Rib Hoagie 3.25 oz.	Sandwich	1	340	885	18.0	40.0	12.0
Sand Monte Cristo - Full Sand	Sand	1	556	1179	27.1	61.02	23.06
Veg Potato Seasoned Wedges	1/2 c	1	148	380	2.11	18.99	7.38
Veg Salad Romaine&Spnch1c port	1 CUP	1	21	59	2.71	3.29	0.09
Fruit Mandarin Orange Jumbo1ea	one	1	55	1	0.75	14.1	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
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
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			1459	3154	71.31	188.63	47.80
% of Calories					19.5%	51.7%	29.5%
Nutrient Guideline			600-700	1360			

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Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Intermediate Lunch (6-8)

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 03/31/2020							
Intermediate Lunch (6-8)	Total	1					
Enchilada Pie	6 x 4 cut	1	241	608	15.22	15.31	13.1
Quesadilla Chicken8"TortillaLT	quesadilla	1	345	637	25.27	21.14	17.95
Veg Beans Refried-Dehy 1/2c	#8 scoop	1	164	488	7.97	23.92	1.99
Veg Cucumber with Tajin 1/2c	1/2 CUP	1	12	168	0.48	1.76	0.13
Fruit Banana Fresh	ONE	1	108	1	1.32	27.63	0.4
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Tomato Sliced/Diced 1/8c	1/8 CUP	1	4	1	0.2	0.9	0.05
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 Lettuce Shredded 1/4C	1/2 CUP	1	2	1	0.14	0.27	0.03
Veg Jalepeno peppers, sliced	1 OZ	1	25	2514	0.0	0.0	0.0
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average			1225	5200	70.89	138.96	38.56
% of Calories					23.2%	45.4%	28.3%
Nutrient Guideline			600-700	1360			

Weighted Average			1521	3115	81.05	188.10	49.70
					21.3%	49.5%	29.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1521		600 - 700	217%			821	Correction Required - Calories too High Correction Required - Sodium too High
Sodium (mg)	3115		1360				1755	
Protein (g)	81.05	21.31%						
Carbohydrate (g)	188.10	49.46%						
Total Fat (g)	49.70	29.41%						

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.