

# Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 1, 2020 thru Mar 31, 2020

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>Mon - 03/02/2020</b>							
After School Meal/Supper (K-Sand Turkey Combo Pack wChzSI	Total	2					
Fruit Banana Fresh	Sandwich	2	312	1011	20.53	34.08	12.78
Veg Lettuc/Tomato/Pick Fixings	ONE	1	108	1	1.32	27.63	0.4
Milk 1% LF	1/2 CUP	1	21	739	0.52	4.78	0.1
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
Pkt Mayonnaise	HALF PINT	1	120	150	9.0	22.0	0.0
Pkt Mustard	1 EACH	1	61	61	0.0	1.01	6.07
	1 PACKET	1	6	86	0.0	0.0	0.0
Weighted Daily Average			535	1610	30.95	69.79	17.31
% of Calories					23.2%	52.2%	29.2%
Nutrient Guideline			550-650	1230			

<b>Tue - 03/03/2020</b>							
After School Meal/Supper (K-PB&Strawberry Uncrustables	Total	2					
PB&Grape Uncrustables	serving	1	600	540	18.0	64.0	34.0
Fruit Grape Escape Pouch	serving	1	600	540	18.0	64.0	34.0
Veg Cucumber with Tajin 1/2c	PACK	1	45	8	0.0	11.0	0.0
Milk 1% LF	1/2 CUP	1	12	168	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			754	783	27.74	89.38	35.32
% of Calories					14.7%	47.4%	42.2%
Nutrient Guideline			550-650	1230			

<b>Wed - 03/04/2020</b>							
After School Meal/Supper (K-Yogurt Variety UpstateFarms8oz	Total	2					
Cracker Cheddar Bunnies	8 oz	2	180	105	6.0	37.67	0.0
Fruit cup/pop variety	pkg	2	91	132	2.03	13.16	4.05
Veg Carrot Snack Pack 1/2c	1 each	1	80	4	0.69	19.89	0.05
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			456	420	17.87	87.90	5.33
% of Calories					15.7%	77.2%	10.5%
Nutrient Guideline			550-650	1230			

<b>Thu - 03/05/2020</b>							
After School Meal/Supper (K-Lunch Kit Turkey & Cheese WG	Total	2					
Fruit Apple Slices IW 200/2oz	1 Each	2	361	993	16.05	40.12	16.05
Veg Corn Frozen Yellow 1/2c	1 EACH	1	30	0	0.0	7.0	0.0
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	1	67	1	1.99	15.9	0.99
Milk 1% LF	1/2 CUP	1	142	377	4.63	32.86	1.77
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			605	1337	28.86	87.00	18.68
% of Calories					19.1%	57.5%	27.8%
Nutrient Guideline			550-650	1230			

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Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

After School Meal/Supper (K-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							
After School Meal/Supper (K-PB&J Wafer NoHFCS 160/2.3	Total	2					
Cheese Cheddar Stx 168/1oz LOL	1 Each	2	310	210	10.0	31.0	18.0
Fruit Mixed Fruit Cup Wawona	1 oz	2	110	200	7.0	1.0	9.0
Veg Broccoli Raw 1/2c	1 Each	1	61	15	0.0	17.24	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
	PACKETS	1	35	108	0.11	1.7	2.21
Weighted Daily Average			602	627	27.13	62.18	29.44
% of Calories					18.0%	41.3%	44.0%
Nutrient Guideline			550-650	1230			

Mon - 03/09/2020							
After School Meal/Supper (K-Break Cereal Assort 19/20 Sug6	Total	2					
Cheese String Mozz 168/1oz LOL	Bowlpack	2	107	130	2.02	22.68	1.62
Sunflower Seeds	1 oz	2	60	200	7.0	1.0	3.0
Fruit Banana Fresh	1 PACK	2	170	88	5.0	6.5	14.75
Veg Carrot Snack Pack 1/2c	ONE	1	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
	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			536	599	24.18	71.12	20.82
% of Calories					18.1%	53.1%	35.0%
Nutrient Guideline			550-650	1230			

Tue - 03/10/2020							
After School Meal/Supper (K-Yogurt Variety UpstateFarms8oz	Total	2					
Bread Muffin Variety72/2ozOtis	8 oz	2	180	105	6.0	37.67	0.0
Fruit Applesauce Cup- Variety	Muffin	2	183	125	3.25	30.25	5.5
Veg Broccoli Raw 1/2c	applesauce cup	1	54	6	0.0	14.2	0.02
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
	PACKETS	1	35	108	0.11	1.7	2.21
Weighted Daily Average			541	442	19.38	96.58	7.95
% of Calories					14.3%	71.4%	13.2%
Nutrient Guideline			550-650	1230			

Wed - 03/11/2020							
After School Meal/Supper (K-Lunch Kit Pepp/Cheese Pizza WG	Total	2					
Fruit Grape Escape Pouch	1 EACH	2	360	750	13.0	34.0	17.0
Veg Jicama with Tajin 1/2c	PACK	1	45	8	0.0	11.0	0.0
Milk 1% LF	1/2 CUP	2	33	169	0.67	7.38	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			541	1078	23.17	65.88	18.25
% of Calories					17.1%	48.7%	30.4%
Nutrient Guideline			550-650	1230			

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Base Menu Spreadsheet

After School Meal/Supper (K-8)

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
<b>Thu - 03/12/2020</b>							
After School Meal/Supper (K-Sand TurkBreast Jen-OwChzonBun	Total	2					
Fruit Pear Cup National	1 Sandwich	2	308	737	24.32	31.0	10.29
Veg Jicama with Tajin 1/2c	1/2 CUP	1	70	5	0.0	19.0	0.0
Milk 1% LF	1/2 CUP	2	33	169	0.67	7.38	0.0
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
Pkt Mayonnaise	HALF PINT	1	120	150	9.0	22.0	0.0
Pkt Mustard	1 EACH	1	61	61	0.0	1.01	6.07
	1 PACKET	1	6	86	0.0	0.0	0.0
Weighted Daily Average % of Calories			535	1136	34.49 25.8%	67.39 50.4%	14.58 24.5%
Nutrient Guideline			550-650	1230			

<b>Fri - 03/13/2020</b>							
After School Meal/Supper (K-Yogurt Variety UpstateFarms8oz	Total	2					
Break Soft Bar Variety 1.3 oz	8 oz	2	180	105	6.0	37.67	0.0
Fruit Apple Slices IW 200/2oz	Bar	2	150	49	2.0	24.0	5.0
Veg Cucumber with Tajin 1/2c	1 EACH	1	30	0	0.0	7.0	0.0
Milk 1% LF	1/2 CUP	2	12	168	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 % of Calories			482	476	17.98 14.9%	85.93 71.3%	6.38 11.9%
Nutrient Guideline			550-650	1230			

<b>Tue - 03/17/2020</b>							
After School Meal/Supper (K-Break Cereal Assort 19/20 Sug6	Total	2					
Cheese Cheddar Stx 168/1oz LOL	Bowlpack	2	107	130	2.02	22.68	1.62
Sunflower Seeds	1 oz	2	110	200	7.0	1.0	9.0
Fruit Grape Escape Pouch	1 PACK	2	170	88	5.0	6.5	14.75
Veg Juice V Blend Var 4.23 OZ.	PACK	1	45	8	0.0	11.0	0.0
Milk 1% LF	4.23 OZ.	2	55	33	0.0	14.0	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 % of Calories			590	609	23.52 16.0%	68.68 46.6%	26.62 40.6%
Nutrient Guideline			550-650	1230			

<b>Wed - 03/18/2020</b>							
After School Meal/Supper (K-Sand Turkey Combo Pack wChzSI	Total	2					
Fruit cup/pop variety	Sandwich	2	312	1011	20.53	34.08	12.78
Veg Lettuc/Tomato/Pick Fixings	1 each	1	80	4	0.69	19.89	0.05
Milk 1% LF	1/2 CUP	1	21	739	0.52	4.78	0.1
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
Pkt Mayonnaise	HALF PINT	1	120	150	9.0	22.0	0.0
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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Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

After School Meal/Supper (K-8)

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			521	1611	30.63	65.93	17.14
% of Calories					23.5%	50.6%	29.6%
Nutrient Guideline			550-650	1230			

Thu - 03/19/2020							
After School Meal/Supper (K-)	Total	2					
Yogurt Variety UpstateFarms8oz	8 oz	2	180	105	6.0	37.67	0.0
Cracker Cheddar Bunnies	pkg	2	91	132	2.03	13.16	4.05
Fruit Apple Slices IW 200/2oz	1 EACH	1	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			431	418	17.53	81.45	5.30
% of Calories					16.3%	75.7%	11.1%
Nutrient Guideline			550-650	1230			

Fri - 03/20/2020							
After School Meal/Supper (K-)	Total	2					
PB&Strawberry Uncrustables	serving	1	600	540	18.0	64.0	34.0
PB&Grape Uncrustables	serving	1	600	540	18.0	64.0	34.0
Fruit Mixed Fruit Cup Wawona	1 Each	1	61	15	0.0	17.24	0.0
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			762	787	27.74	92.50	35.32
% of Calories					14.6%	48.6%	41.7%
Nutrient Guideline			550-650	1230			

Mon - 03/23/2020							
After School Meal/Supper (K-)	Total	2					
Lunch Kit Turkey & Cheese WG	1 Each	2	361	993	16.05	40.12	16.05
Fruit Banana Fresh	ONE	1	108	1	1.32	27.63	0.4
Veg Corn Frozen Yellow 1/2c	1/2 CUP	1	67	1	1.99	15.9	0.99
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	1	142	377	4.63	32.86	1.77
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			644	1338	29.51	97.31	18.88
% of Calories					18.3%	60.4%	26.4%
Nutrient Guideline			550-650	1230			

Tue - 03/24/2020							
After School Meal/Supper (K-)	Total	2					
PB&J Wafer NoHFCS 160/2.3	1 Each	2	310	210	10.0	31.0	18.0
Cheese Cheddar Stx 168/1oz LOL	1 oz	2	110	200	7.0	1.0	9.0
Fruit Applesauce Cup- Variety	applesauce cup	1	54	6	0.0	14.2	0.02
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

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After School Meal/Supper (K-8)

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			599	622	27.13	60.66	29.45
% of Calories					18.1%	40.5%	44.3%
Nutrient Guideline			550-650	1230			

Wed - 03/25/2020							
After School Meal/Supper (K-Break Cereal Assort 19/20 Sug6	Total	2					
Cheese String Mozz 168/1oz LOL	Bowlpack	2	107	130	2.02	22.68	1.62
Sunflower Seeds	1 oz	2	60	200	7.0	1.0	3.0
Fruit Grape Escape Pouch	1 PACK	2	170	88	5.0	6.5	14.75
Veg Carrot Snack Pack 1/2c	PACK	1	45	8	0.0	11.0	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
	HALF PINT	1	120	150	9.0	22.0	0.0
Weighted Daily Average			504	602	23.52	62.80	20.62
% of Calories					18.7%	49.8%	36.8%
Nutrient Guideline			550-650	1230			

Thu - 03/26/2020							
After School Meal/Supper (K-Sand TurkBreast Jen-OwChzonBun	Total	2					
Fruit Pear Cup National	1 Sandwich	2	308	737	24.32	31.0	10.29
Veg Jicama with Tajin 1/2c	1/2 CUP	1	70	5	0.0	19.0	0.0
Milk 1% LF	1/2 CUP	2	33	169	0.67	7.38	0.0
Milk Choc Non Fat	HALF PINT	1	130	160	10.0	16.0	2.5
Pkt Mayonnaise	HALF PINT	1	120	150	9.0	22.0	0.0
Pkt Mustard	1 EACH	1	61	61	0.0	1.01	6.07
	1 PACKET	1	6	86	0.0	0.0	0.0
Weighted Daily Average			535	1136	34.49	67.39	14.58
% of Calories					25.8%	50.4%	24.5%
Nutrient Guideline			550-650	1230			

Fri - 03/27/2020							
After School Meal/Supper (K-Yogurt Variety UpstateFarms8oz	Total	2					
Bread Muffin Variety72/2ozOtis	8 oz	2	180	105	6.0	37.67	0.0
Fruit Apple Slices IW 200/2oz	Muffin	2	183	125	3.25	30.25	5.5
Veg Broccoli Raw 1/2c	1 EACH	1	30	0	0.0	7.0	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
	PACKETS	1	35	108	0.11	1.7	2.21
Weighted Daily Average			529	439	19.38	92.98	7.94
% of Calories					14.7%	70.3%	13.5%
Nutrient Guideline			550-650	1230			

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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)
Mon - 03/30/2020							
After School Meal/Supper (K- Lunch Kit Pepp/Cheese Pizza WG	Total	2					
Fruit Banana Fresh	1 EACH	2	360	750	13.0	34.0	17.0
Veg Jicama with Tajin 1/2c	ONE	1	108	1	1.32	27.63	0.4
Milk 1% LF	1/2 CUP	2	33	169	0.67	7.38	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			572	1075	23.83	74.20	18.45
% of Calories					16.7%	51.9%	29.0%
Nutrient Guideline			550-650	1230			

Tue - 03/31/2020							
After School Meal/Supper (K- Yogurt Variety UpstateFarms8oz	Total	2					
Break Soft Bar Variety 1.3 oz	8 oz	2	180	105	6.0	37.67	0.0
Fruit Grape Escape Pouch	Bar	2	150	49	2.0	24.0	5.0
Veg Cucumber with Tajin 1/2c	PACK	1	45	8	0.0	11.0	0.0
Milk 1% LF	1/2 CUP	2	12	168	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			490	480	17.98	87.93	6.38
% of Calories					14.7%	71.8%	11.7%
Nutrient Guideline			550-650	1230			

Weighted Average			560	839	25.10	77.86	17.84
					17.9%	55.6%	28.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	560		550 - 650	100%				
Sodium (mg)	839		1230					
Protein (g)	25.10	17.92%						
Carbohydrate (g)	77.86	55.60%						
Total Fat (g)	17.84	28.67%						

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