

# Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

Page 1

Generated on: 2/24/2020 2:57:41 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 03/02/2020							
LINDHURST HIGH LUNCH	Total	860					
Sand Chick cordon bleu	Sandwich	100	445	695	34.51	41.51	15.76
Veg Carrot Snack Pack 1/2c	ONE PACK	60	19	26	0.0	8.12	0.0
Sand Pork Rib Hoagie 3.25 oz.	Sandwich	160	210	660	13.0	12.0	12.0
Veg Potato Seasoned Wedges	1/2 c	260	148	380	2.11	18.99	7.38
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	463	874	25.65	46.99	18.77
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	6	395	576	20.03	46.83	14.36
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	6	453	968	22.62	48.16	19.79
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	144	449	785	22.48	47.23	19.67
Calzone Pepperoni & Cheese HS	CALZONE	30	471	833	24.11	46.9	21.44
Sand Beef Sliders DL/Shann	2 Sandwiches	48	363	804	20.65	37.85	14.12
Sand Chick Spicy Patty 106/3oz	Sandwich	1	337	670	20.0	41.0	11.0
Sand Grill HamTyson/Chz Crois	Sandwich	36	431	1168	22.12	34.53	23.7
Nachos Cheese ONLY 2M/MA	2 #12CH	50	277	1108	13.85	8.31	19.39
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	50	195	701	13.63	6.72	12.2
Bread Tortilla Chips 2oz	2.0 oz	100	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	37	57	140	3.17	10.97	0.46
Sand Deli Meat Variety	3-6 slices	70	95	424	12.17	1.21	4.68
Sand Cheese Variety	Slice	70	52	138	3.17	0.5	4.17
Sand Bread Variety High	1 each	70	144	215	5.44	26.78	2.11
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Salads PBJ Uncrustable LHS	SERVING	12	864	817	27.42	101.01	43.39
Fruit Traditional Fresh Combo	ONE	300	73	1	0.88	18.63	0.3
Fruit Pears Fresh	ONE	1	101	2	0.64	27.11	0.25
Fruit Juice A&E Var 4.23oz	4.23 oz	700	60	8	0.0	14.14	0.0
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	32	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	30	55	35	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	0	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Raw 1/4c	1/4 cup	17	5	0	0.29	0.86	0.04
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
Veg Cucumber Raw 1/4c	1/4 CUP	16	5	1	0.24	0.88	0.07
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Jicama with Tajin 1/4c	1/4 CUP	1	18	85	0.37	4.1	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	0.0
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	32	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
Weighted Daily Average			646	1209	29.06	84.78	21.82
% of Calories					18.0%	52.5%	30.4%
Nutrient Guideline			750-850	1420			

\*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.

# Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

Page 2

Generated on: 2/24/2020 2:57:41 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 03/03/2020							
LINDHURST HIGH LUNCH	Total	863					
Chicken Fajita Meat	#8 scoop	165	122	607	18.02	2.0	4.01
Cheese Shredded Cheddar 1oz	#20 scoop	165	111	192	6.08	1.01	9.11
Veg Lettuce Shredded 1/4C	1/4 CUP	146	1	1	0.07	0.14	0.01
Veg Tomato Sliced/Diced 1/4c	1/4 CUP	50	8	2	0.41	1.81	0.09
Veg onion, cilantro, lime	portion	50	15	3	0.39	4.7	0.1
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Beans Refried-Dehy 1/2c	#8 scoop	126	164	488	7.97	23.92	1.99
Bread Tortilla Flour WG 10"	one	151	170	240	5.0	26.0	5.0
Rice Brown ChilMixSpanCook1/2c	1/2 CUP	150	119	156	2.85	24.31	0.95
Sand Chicken Spic Filet w/ Bun	Sandwich	100	378	600	28.0	46.0	10.0
Veg Potato Seasoned Wedges	1/2 c	100	148	380	2.11	18.99	7.38
Chicken Honey Sriracha Chunks	6 pieces	154	296	377	22.44	22.44	13.26
Veg Potato Seasoned Wedges	1/2 c	360	148	380	2.11	18.99	7.38
VEG CORN COB 96/1cob	COB	96	40	2	1.34	9.64	0.3
Bread Garlic Knot 2G	Garlic Knot	256	172	273	4.05	23.29	7.09
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	463	874	25.65	46.99	18.77
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	6	395	576	20.03	46.83	14.36
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	6	453	968	22.62	48.16	19.79
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	144	449	785	22.48	47.23	19.67
Chicken Tend Bowl w/Pot&Corn	Bowl	80	360	948	19.83	50.98	10.34
Taco Pocket Housemade	taco pocket	30	466	1394	27.43	53.6	16.03
Sand Grill HamTyson/Chz	Sandwich	36	211	868	16.12	4.53	14.7
Sand Deli Meat Variety	3-6 slices	70	95	424	12.17	1.21	4.68
Sand Cheese Variety	Slice	70	52	138	3.17	0.5	4.17
Sand Bread Variety High	1 each	70	144	215	5.44	26.78	2.11
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Salads PBJ Uncrustable LHS	SERVING	12	864	817	27.42	101.01	43.39
Fruit Craisins Blueberry	1 EACH	48	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	300	73	1	0.88	18.63	0.3
Fruit Juice A&E Var 4.23oz	4.23 oz	700	60	8	0.0	14.14	0.0
Fruit Apple Slices IW 200/2oz	1 EACH	40	30	0	0.0	7.0	0.0
Fruit Pears Fresh	ONE	20	101	2	0.64	27.11	0.25
Fruit Applesauce Cup Mango 4.5	4.5 oz	25	60	15	0.0	15.0	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	30	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	30	55	35	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23

\*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.

# Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

Page 3

Generated on: 2/24/2020 2:57:41 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Sauce BBQ	1 OZ.	64	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Veg Broccoli Raw 1/4c	1/4 cup	17	5	0	0.29	0.86	0.04
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
Veg Cucumber Raw 1/4c	1/4 CUP	36	5	1	0.24	0.88	0.07
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Jicama with Tajin 1/4c	1/4 CUP	1	18	85	0.37	4.1	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	0.0
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	45	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
FRUIT STRAWBERRIES,FRESH	1/4 CUP	1	18	1	0.38	4.4	0.17
Weighted Daily Average			812	1586	37.18	110.16	25.51
% of Calories					18.3%	54.3%	28.3%
Nutrient Guideline			750-850	1420			

\*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.

# Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

Page 4

Generated on: 2/24/2020 2:57:41 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 03/04/2020							
LINDHURST HIGH LUNCH	Total	876					
Chicken Teriyaki Schwans	#10scp	269	130	300	14.0	8.0	4.5
Egg Roll WG Pork 60/3ozSchwans	Egg Roll	264	170	300	9.0	20.0	7.0
Noodles Yakisoba WG w/ Sauce	1/2c scoop	1	160	242	3.61	25.13	4.94
Rice Seasoned Cooked1/2c	1/2 CUP	250	112	98	2.65	23.2	0.96
Veg Zucchini Steamed 1/2c	1/2 CUP	250	22	13	0.92	2.62	1.12
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Pkt Soy Sauce	1 PKT	100	0	170	0.0	0.0	0.0
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	463	874	25.65	46.99	18.77
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	6	453	968	22.62	48.16	19.79
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	12	395	576	20.03	46.83	14.36
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	150	449	785	22.48	47.23	19.67
Nachos Cheese ONLY 2M/MA	2 #12CH	50	277	1108	13.85	8.31	19.39
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	50	195	701	13.63	6.72	12.2
Bread Tortilla Chips 2oz	2.0 oz	50	270	110	4.0	38.0	10.0
Veg Beans Pinto Seasoned	1/2 Cup	75	130	163	7.11	23.44	1.2
Veg Salsa Verde Del Real	oz.	24	9	139	0.28	1.42	0.28
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
Sand Chick Spicy Patty 106/3oz	Sandwich	106	337	670	20.0	41.0	11.0
Sand Beef Sliders DL/Shann	2 Sandwiches	48	363	804	20.65	37.85	14.12
Veg Potato Seasoned Wedges	1/2 c	100	148	380	2.11	18.99	7.38
Calzone Pepperoni & Cheese HS	CALZONE	30	471	833	24.11	46.9	21.44
Sand Grill HamTyson/Chz Crois	Sandwich	36	431	1168	22.12	34.53	23.7
Sand Deli Meat Variety	3-6 slices	70	95	424	12.17	1.21	4.68
Sand Cheese Variety	Slice	70	52	138	3.17	0.5	4.17
Sand Bread Variety High	1 each	70	144	215	5.44	26.78	2.11
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Salads PBJ Uncrustable LHS	SERVING	18	864	817	27.42	101.01	43.39
Fruit Craisins Blueberry	1 EACH	48	110	0	0.0	28.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	500	60	8	0.0	14.14	0.0
Fruit Traditional Fresh Combo	ONE	300	73	1	0.88	18.63	0.3
Fruit Winter Fresh Combo	ONE	20	69	1	0.75	17.72	0.27
Fruit Apple Slices IW 200/2oz	1 EACH	20	30	0	0.0	7.0	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	30	100	177	4.22	12.95	3.23
Veg Juice V Blend Mango 4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	500	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	0	63	343	0.0	12.7	0.0

\*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.

# Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

Page 5

Generated on: 2/24/2020 2:57:41 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Raw 1/4c	1/4 cup	17	5	0	0.29	0.86	0.04
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
Veg Cucumber Raw 1/4c	1/4 CUP	36	5	1	0.24	0.88	0.07
Veg Jalepeno peppers, sliced	1 OZ	8	25	2514	0.0	0.0	0.0
Veg Jicama with Tajin 1/4c	1/4 CUP	1	18	85	0.37	4.1	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	0.0
VEG PICKLE SPEARS	2 PICKLE SPEARS	16	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	45	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
FRUIT STRAWBERRIES,FRESH	1/4 CUP	1	18	1	0.38	4.4	0.17
Weighted Daily Average			698	1291	34.03	94.77	21.54
% of Calories					19.5%	54.3%	27.8%
Nutrient Guideline			750-850	1420			

\*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.

# Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

Page 6

Generated on: 2/24/2020 2:57:41 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 03/05/2020							
LINDHURST HIGH LUNCH	Total	875					
LASAGNA, BEEF High	1 Piece	160	336	1078	21.65	25.24	17.74
Veg Salad RomSpinCucTom1.5c	1.5 CUP	128	34	62	3.26	6.23	0.21
Bread Breadstick ChzGarlic 1G	Breadstick	160	100	140	3.0	13.0	3.0
Veg Carrot Snack Pack 1/2c	ONE PACK	60	19	26	0.0	8.12	0.0
JELLO	1/2 CUP	150	3	2	0.05	0.61	0.0
Sand Chicken Slider Tyson/Shan	2 Sandwiches	100	468	753	28.54	54.82	16.31
Veg Lettuc/Tomato Fixings	1/2 CUP	100	10	6	0.66	2.05	0.13
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	463	874	25.65	46.99	18.77
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	6	453	968	22.62	48.16	19.79
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	12	395	576	20.03	46.83	14.36
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	150	449	785	22.48	47.23	19.67
Chicken Honey Sriracha Chunks	6 pieces	165	296	377	22.44	22.44	13.26
Veg Potato Seasoned Wedges	1/2 c	100	148	380	2.11	18.99	7.38
Bread Cinn Elf Graham 150/1oz	One	165	120	105	2.0	21.0	4.0
Chicken Tend Bowl w/Pot&Corn	Bowl	80	360	948	19.83	50.98	10.34
Burrito Chicken & RiceVerdeLHS	Burrito	1	510	936	29.17	52.2	17.65
Sand Grill HamTyson/Chz Crois	Sandwich	24	431	1168	22.12	34.53	23.7
Sand Deli Meat Variety	3-6 slices	70	95	424	12.17	1.21	4.68
Sand Cheese Variety	Slice	70	52	138	3.17	0.5	4.17
Sand Bread Variety High	1 each	70	144	215	5.44	26.78	2.11
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Salads PBJ Uncrustable LHS	SERVING	18	864	817	27.42	101.01	43.39
Fruit Craisins Blueberry	1 EACH	48	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	300	73	1	0.88	18.63	0.3
Fruit Juice A&E Var 4.23oz	4.23 oz	700	60	8	0.0	14.14	0.0
Fruit Pears Fresh	ONE	1	101	2	0.64	27.11	0.25
Fruit Apple Slices IW 200/2oz	1 EACH	1	30	0	0.0	7.0	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	30	100	177	4.22	12.95	3.23
Veg Juice V Blend Mango 4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	128	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Raw 1/4c	1/4 cup	17	5	0	0.29	0.86	0.04
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
Veg Cucumber Raw 1/4c	1/4 CUP	36	5	1	0.24	0.88	0.07
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	0.0
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
	ARS						
Veg Salad Romaine&Spnch1c port	1 CUP	32	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
FRUIT STRAWBERRIES,FRESH	1/4 CUP	1	18	1	0.38	4.4	0.17
Weighted Daily Average			690	1269	32.62	93.83	21.73
% of Calories					18.9%	54.4%	28.4%
Nutrient Guideline			750-850	1420			

\*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.

# Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

Page 7

Generated on: 2/24/2020 2:57:41 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 03/06/2020							
LINDHURST HIGH LUNCH	Total	850					
Sand Hamburger HighOnly DonLee	Sandwich	100	371	686	26.23	40.8	12.07
Sand Chicken Spic Filet w/ Bun	Sandwich	80	378	600	28.0	46.0	10.0
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	200	21	739	0.52	4.78	0.1
Veg Potato Seasoned Wedges	1/2 c	260	148	380	2.11	18.99	7.38
Veg Carrot Snack Pack 1/2c	ONE PACK	60	19	26	0.0	8.12	0.0
Cookie Snickerdoodle	#30 scoop	192	221	110	4.42	30.84	9.01
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	463	874	25.65	46.99	18.77
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	6	453	968	22.62	48.16	19.79
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	6	395	576	20.03	46.83	14.36
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	144	449	785	22.48	47.23	19.67
Calzone Pepperoni & Cheese HS	CALZONE	30	471	833	24.11	46.9	21.44
Nachos Cheese ONLY 2M/MA	2 #12CH	50	277	1108	13.85	8.31	19.39
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	50	195	701	13.63	6.72	12.2
Bread Tortilla Chips 2oz	2.0 oz	100	270	110	4.0	38.0	10.0
Veg Beans Pinto Seasoned	1/2 Cup	75	130	163	7.11	23.44	1.2
Veg Salsa Verde Del Real	oz.	24	9	139	0.28	1.42	0.28
Veg Potato Seasoned Wedges	1/2 c	80	148	380	2.11	18.99	7.38
Sand Chick Spicy Patty 106/3oz	Sandwich	103	337	670	20.0	41.0	11.0
Sand Grill HamTyson/Chz Crois	Sandwich	36	431	1168	22.12	34.53	23.7
Sand Beef Sliders DL/Shann	2 Sandwiches	48	363	804	20.65	37.85	14.12
Sand Deli Meat Variety	3-6 slices	70	95	424	12.17	1.21	4.68
Sand Cheese Variety	Slice	70	52	138	3.17	0.5	4.17
Sand Bread Variety High	1 each	70	144	215	5.44	26.78	2.11
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Salads PBJ Uncrustable LHS	SERVING	18	864	817	27.42	101.01	43.39
Fruit Juice A&E Var 4.23oz	4.23 oz	700	60	8	0.0	14.14	0.0
Fruit Traditional Fresh Combo	ONE	300	73	1	0.88	18.63	0.3
Fruit Pears Fresh	ONE	20	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarb Drs	1-1/8 CUP	32	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	30	55	35	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	0	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0

\*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.

# Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

Page 8

Generated on: 2/24/2020 2:57:41 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Veg Broccoli Raw 1/4c	1/4 cup	17	5	0	0.29	0.86	0.04
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
Veg Cucumber Raw 1/4c	1/4 CUP	16	5	1	0.24	0.88	0.07
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Jicama with Tajin 1/4c	1/4 CUP	1	18	85	0.37	4.1	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	0.0
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	32	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
FRUIT STRAWBERRIES,FRESH	1/4 CUP	1	18	1	0.38	4.4	0.17
Weighted Daily Average			768	1487	33.04	105.52	24.80
% of Calories					17.2%	55.0%	29.1%
Nutrient Guideline			750-850	1420			

\*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.



# Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

Page 9

Generated on: 2/24/2020 2:57:41 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 03/09/2020							
LINDHURST HIGH LUNCH	Total	860					
Sand Pork Rib Hoagie 3.25 oz.	Sandwich	160	210	660	13.0	12.0	12.0
Veg Onion Breaded WG (HS Only)	5pcs	1	200	231	3.01	28.07	8.02
Veg Coleslaw Salad 1/2c	1/2 c	1	44	82	0.34	3.39	3.33
Sand Chicken BBQ Hambun	#10 scoop	100	315	535	21.4	43.18	6.5
Veg Carrot Snack Pack 1/2c	ONE PACK	60	19	26	0.0	8.12	0.0
Veg Potato Seasoned Wedges	1/2 c	260	148	380	2.11	18.99	7.38
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	463	874	25.65	46.99	18.77
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	6	395	576	20.03	46.83	14.36
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	6	453	968	22.62	48.16	19.79
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	144	449	785	22.48	47.23	19.67
Calzone Pepperoni & Cheese HS	CALZONE	30	471	833	24.11	46.9	21.44
Sand Beef Sliders DL/Shann	2 Sandwiches	48	363	804	20.65	37.85	14.12
Sand Chick Spicy Patty 106/3oz	Sandwich	1	337	670	20.0	41.0	11.0
Sand Grill HamTyson/Chz Crois	Sandwich	36	431	1168	22.12	34.53	23.7
Nachos Cheese ONLY 2M/MA	2 #12CH	50	277	1108	13.85	8.31	19.39
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	50	195	701	13.63	6.72	12.2
Bread Tortilla Chips 2oz	2.0 oz	100	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	37	57	140	3.17	10.97	0.46
Sand Deli Meat Variety	3-6 slices	70	95	424	12.17	1.21	4.68
Sand Cheese Variety	Slice	70	52	138	3.17	0.5	4.17
Sand Bread Variety High	1 each	70	144	215	5.44	26.78	2.11
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Salads PBJ Uncrustable LHS	SERVING	12	864	817	27.42	101.01	43.39
Fruit Traditional Fresh Combo	ONE	300	73	1	0.88	18.63	0.3
Fruit Pears Fresh	ONE	1	101	2	0.64	27.11	0.25
Fruit Juice A&E Var 4.23oz	4.23 oz	700	60	8	0.0	14.14	0.0
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	32	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	30	55	35	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	0	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Raw 1/4c	1/4 cup	17	5	0	0.29	0.86	0.04
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
Veg Cucumber Raw 1/4c	1/4 CUP	16	5	1	0.24	0.88	0.07
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Jicama with Tajin 1/4c	1/4 CUP	1	18	85	0.37	4.1	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	0.0
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	ARS 1 CUP	32	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
Weighted Daily Average			631	1191	27.54	85.01	20.75
% of Calories					17.4%	53.9%	29.6%
Nutrient Guideline			750-850	1420			

\*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.

# Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

Page 10

Generated on: 2/24/2020 2:57:41 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 03/10/2020							
LINDHURST HIGH LUNCH	Total	863					
Beef Taco Meat MJUSD #8scp2M	#8 scoop	165	130	489	13.42	3.09	7.25
Sauce Cheese Cheddar Jalapeno	3 oz Servings	165	141	575	7.07	5.05	10.1
Veg Lettuce Shredded 1/2C	1/2 CUP	146	3	3	0.27	0.55	0.05
Veg Tomato Sliced/Diced 1/4c	1/4 CUP	50	8	2	0.41	1.81	0.09
Veg onion, cilantro, lime	portion	50	15	3	0.39	4.7	0.1
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Beans Refried-Dehy 1/2c	#8 scoop	126	164	488	7.97	23.92	1.99
Bread Tortilla Chips 2oz	2.0 oz	150	270	110	4.0	38.0	10.0
VEG SALSA, CANNED (USDA)1/2c	1/2 CUP	1	42	498	1.74	8.1	0.23
Sand Chicken Spic Filet w/ Bun	Sandwich	100	378	600	28.0	46.0	10.0
Veg Potato Seasoned Wedges	1/2 c	100	148	380	2.11	18.99	7.38
Chicken Honey Sriracha Chunks	6 pieces	154	296	377	22.44	22.44	13.26
Veg Potato Seasoned Wedges	1/2 c	360	148	380	2.11	18.99	7.38
VEG CORN COB 96/1cob	COB	96	40	2	1.34	9.64	0.3
Bread Garlic Knot 2G	Garlic Knot	256	172	273	4.05	23.29	7.09
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	463	874	25.65	46.99	18.77
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	6	395	576	20.03	46.83	14.36
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	6	453	968	22.62	48.16	19.79
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	144	449	785	22.48	47.23	19.67
Chicken Tend Bowl w/Pot&Corn	Bowl	80	360	948	19.83	50.98	10.34
Taco Pocket Housemade	taco pocket	30	466	1394	27.43	53.6	16.03
Sand Grill HamTyson/Chz	Sandwich	36	211	868	16.12	4.53	14.7
Sand Deli Meat Variety	3-6 slices	70	95	424	12.17	1.21	4.68
Sand Cheese Variety	Slice	70	52	138	3.17	0.5	4.17
Sand Bread Variety High	1 each	70	144	215	5.44	26.78	2.11
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Salads PBJ Uncrustable LHS	SERVING	12	864	817	27.42	101.01	43.39
Fruit Craisins Blueberry	1 EACH	48	110	0	0.0	28.0	0.0
Fruit Winter Fresh Combo	ONE	300	69	1	0.75	17.72	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	700	60	8	0.0	14.14	0.0
Fruit Banana Fresh	ONE	40	108	1	1.32	27.63	0.4
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	30	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	30	55	35	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	64	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0

\*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.

# Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

Page 11

Generated on: 2/24/2020 2:57:41 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
Veg Cucumber Raw 1/4c	1/4 CUP	36	5	1	0.24	0.88	0.07
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Jicama with Tajin 1/4c	1/4 CUP	1	18	85	0.37	4.1	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	0.0
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	45	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
FRUIT STRAWBERRIES,FRESH	1/4 CUP	1	18	1	0.38	4.4	0.17
Weighted Daily Average			815	1587	35.86	108.66	27.04
% of Calories					17.6%	53.4%	29.9%
Nutrient Guideline			750-850	1420			

\*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.

# Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

Page 12

Generated on: 2/24/2020 2:57:41 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 03/11/2020							
LINDHURST HIGH LUNCH	Total	830					
Chicken Cherry Blossm 176/3.9oz	3.9oz.	256	200	350	13.0	27.0	4.0
Egg Roll WG Pork 60/3ozSchwans	Egg Roll	256	170	300	9.0	20.0	7.0
Rice Seasoned Cooked1/2c	1/2 CUP	250	112	98	2.65	23.2	0.96
Veg Broccoli Florets Seas 1/2c	1/2 cup	150	58	26	1.6	4.8	3.8
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Pkt Soy Sauce	1 PKT	100	0	170	0.0	0.0	0.0
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	463	874	25.65	46.99	18.77
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	6	453	968	22.62	48.16	19.79
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	120	449	785	22.48	47.23	19.67
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	6	395	576	20.03	46.83	14.36
Nachos Cheese ONLY 2M/MA	2 #12CH	30	277	1108	13.85	8.31	19.39
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	50	195	701	13.63	6.72	12.2
Bread Tortilla Chips 2oz	2.0 oz	50	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	75	57	140	3.17	10.97	0.46
Veg Salsa Verde Del Real	oz.	24	9	139	0.28	1.42	0.28
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
Sand Chick Spicy Patty 106/3oz	Sandwich	110	337	670	20.0	41.0	11.0
Sand Beef Sliders DL/Shann	2 Sandwiches	48	363	804	20.65	37.85	14.12
Veg Potato Seasoned Wedges	1/2 c	100	148	380	2.11	18.99	7.38
Calzone Pepperoni & Cheese HS	CALZONE	36	471	833	24.11	46.9	21.44
Sand Grill HamTyson/Chz Crois	Sandwich	24	431	1168	22.12	34.53	23.7
Sand Deli Meat Variety	3-6 slices	70	95	424	12.17	1.21	4.68
Sand Cheese Variety	Slice	70	52	138	3.17	0.5	4.17
Sand Bread Variety High	1 each	70	144	215	5.44	26.78	2.11
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Salads PBJ Uncrustable LHS	SERVING	6	864	817	27.42	101.01	43.39
Fruit Craisins Blueberry	1 EACH	48	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	300	73	1	0.88	18.63	0.3
Fruit Stone Variety Fresh	1 each	20	45	0	0.95	11.09	0.3
Fruit Juice A&E Var 4.23oz	4.23 oz	500	60	8	0.0	14.14	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	30	100	177	4.22	12.95	3.23
Veg Juice V Blend Mango 4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	500	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	0	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Raw 1/4c	1/4 cup	17	5	0	0.29	0.86	0.04
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
Veg Cucumber Raw 1/4c	1/4 CUP	36	5	1	0.24	0.88	0.07
Veg Jalepeno peppers, sliced	1 OZ	8	25	2514	0.0	0.0	0.0
Veg Jicama with Tajin 1/4c	1/4 CUP	1	18	85	0.37	4.1	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	0.0
VEG PICKLE SPEARS	2 PICKLE SPEARS	16	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	45	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
FRUIT STRAWBERRIES,FRESH	1/4 CUP	1	18	1	0.38	4.4	0.17

\*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.

# Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

Page 13

Generated on: 2/24/2020 2:57:41 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			711	1290	33.22 18.7%	100.49 56.6%	20.68 26.2%
Nutrient Guideline			750-850	1420			

Thu - 03/12/2020							
LINDHURST HIGH LUNCH	Total	854					
Chicken strips, seasoned	1.25 oz	160	47	90	6.29	1.05	2.09
Chicken strips, seasoned	1.25 oz	160	47	90	6.29	1.05	2.09
Sauce White Cheese Blend	2 oz Servings	160	87	360	5.33	2.0	6.67
Pasta, Parmesan	#8noodle#8sauc	160	147	577	5.61	29.47	1.86
Bread Breadstick ChzGarlic 1G	Breadstick	160	100	140	3.0	13.0	3.0
Veg Salad RomSpinCucTom1.5c	1.5 CUP	96	34	62	3.26	6.23	0.21
Sand Meatball w/ French Bread	4 Meatballs	96	314	612	19.23	32.97	12.19
Veg Carrot Snack Pack 1/2c	ONE PACK	60	19	26	0.0	8.12	0.0
Cake Chocolate	One Slice	192	121	237	2.1	20.47	3.67
Frosting Chocolate Cream - 3 c	Portions	192	112	37	0.24	19.71	3.77
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	463	874	25.65	46.99	18.77
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	6	453	968	22.62	48.16	19.79
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	12	395	576	20.03	46.83	14.36
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	138	449	785	22.48	47.23	19.67
Chicken Honey Sriracha Chunks	6 pieces	154	296	377	22.44	22.44	13.26
Bread Chocolate Elf Graham	ONE	154	120	125	2.0	20.0	4.0
Chicken Bowl w/Pot&Corn	Bowl	80	399	941	25.57	49.47	13.21
Veg Potato Rounds - Simplot	1/2 cup	100	167	226	1.19	19.05	8.33
Burrito Chicken & RiceVerdeLHS	Burrito	30	510	936	29.17	52.2	17.65
Sand Grill HamTyson/Chz Crois	Sandwich	36	431	1168	22.12	34.53	23.7
Sand Deli Meat Variety	3-6 slices	70	95	424	12.17	1.21	4.68
Sand Cheese Variety	Slice	70	52	138	3.17	0.5	4.17
Sand Bread Variety High	1 each	70	144	215	5.44	26.78	2.11
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Veg Salad Romaine&Spnch1c port	1 CUP	10	21	59	2.71	3.29	0.09
Salads PBJ Uncrustable LHS	SERVING	6	864	817	27.42	101.01	43.39
Fruit Craisins Blueberry	1 EACH	48	110	0	0.0	28.0	0.0
Fruit Winter Fresh Combo	ONE	300	69	1	0.75	17.72	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	700	60	8	0.0	14.14	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	30	100	177	4.22	12.95	3.23
Veg Juice V Blend Mango 4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	128	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0

\*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.

# Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

Page 14

Generated on: 2/24/2020 2:57:42 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
Veg Cucumber Raw 1/4c	1/4 CUP	36	5	1	0.24	0.88	0.07
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Jicama with Tajin 1/4c	1/4 CUP	1	18	85	0.37	4.1	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	0.0
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	32	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
FRUIT STRAWBERRIES,FRESH	1/4 CUP	1	18	1	0.38	4.4	0.17
Weighted Daily Average			739	1352	33.62	102.45	22.64
% of Calories					18.2%	55.4%	27.6%
Nutrient Guideline			750-850	1420			

\*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.

# Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

Page 15

Generated on: 2/24/2020 2:57:42 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 03/13/2020							
LINDHURST HIGH LUNCH	Total	850					
Sand Hamburger HighOnly DonLee	Sandwich	100	371	686	26.23	40.8	12.07
Sand Chicken Spic Filet w/ Bun	Sandwich	80	378	600	28.0	46.0	10.0
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	200	21	739	0.52	4.78	0.1
Veg Potato Seasoned Wedges	1/2 c	260	148	380	2.11	18.99	7.38
Veg Carrot Snack Pack 1/2c	ONE PACK	60	19	26	0.0	8.12	0.0
Cookie Snickerdoodle	#30 scoop	192	221	110	4.42	30.84	9.01
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	463	874	25.65	46.99	18.77
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	6	453	968	22.62	48.16	19.79
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	6	395	576	20.03	46.83	14.36
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	144	449	785	22.48	47.23	19.67
Calzone Pepperoni & Cheese HS	CALZONE	30	471	833	24.11	46.9	21.44
Nachos Cheese ONLY 2M/MA	2 #12CH	50	277	1108	13.85	8.31	19.39
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	50	195	701	13.63	6.72	12.2
Bread Tortilla Chips 2oz	2.0 oz	100	270	110	4.0	38.0	10.0
Veg Beans Pinto Seasoned	1/2 Cup	75	130	163	7.11	23.44	1.2
Veg Salsa Verde Del Real	oz.	24	9	139	0.28	1.42	0.28
Veg Potato Seasoned Wedges	1/2 c	80	148	380	2.11	18.99	7.38
Sand Chick Spicy Patty 106/3oz	Sandwich	103	337	670	20.0	41.0	11.0
Sand Grill HamTyson/Chz Crois	Sandwich	36	431	1168	22.12	34.53	23.7
Sand Beef Sliders DL/Shann	2 Sandwiches	48	363	804	20.65	37.85	14.12
Sand Deli Meat Variety	3-6 slices	70	95	424	12.17	1.21	4.68
Sand Cheese Variety	Slice	70	52	138	3.17	0.5	4.17
Sand Bread Variety High	1 each	70	144	215	5.44	26.78	2.11
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Salads PBJ Uncrustable LHS	SERVING	18	864	817	27.42	101.01	43.39
Fruit Juice A&E Var 4.23oz	4.23 oz	700	60	8	0.0	14.14	0.0
Fruit Traditional Fresh Combo	ONE	300	73	1	0.88	18.63	0.3
Fruit Pears Fresh	ONE	20	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarb Drs	1-1/8 CUP	32	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	30	55	35	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	0	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Raw 1/4c	1/4 cup	17	5	0	0.29	0.86	0.04
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
Veg Cucumber Raw 1/4c	1/4 CUP	16	5	1	0.24	0.88	0.07
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Jicama with Tajin 1/4c	1/4 CUP	1	18	85	0.37	4.1	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	0.0
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	32	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
FRUIT STRAWBERRIES,FRESH	1/4 CUP	1	18	1	0.38	4.4	0.17

\*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.

# Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

Page 16

Generated on: 2/24/2020 2:57:42 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			768	1487	33.04 17.2%	105.52 55.0%	24.80 29.1%
Nutrient Guideline			750-850	1420			

Mon - 03/16/2020							
LINDHURST HIGH LUNCH	Total	860					
Chicken Fajita Meat	#8 scoop	160	122	607	18.02	2.0	4.01
Sauce Cheese Cheddar Jalapeno	3 oz Servings	160	141	575	7.07	5.05	10.1
Veg Potato Rounds - Simplot	1/2 cup	160	167	226	1.19	19.05	8.33
Veg Tomato Sliced/Diced 1/8c	1/8 CUP	100	4	1	0.2	0.9	0.05
Veg Jalepeno peppers, sliced	1 OZ	48	25	2514	0.0	0.0	0.0
Turkey Bacon	2 Slice	40	45	215	4.54	0.0	2.27
Bread Garlic Knot 2G	Garlic Knot	160	172	273	4.05	23.29	7.09
Veg Carrot Snack Pack 1/2c	ONE PACK	60	19	26	0.0	8.12	0.0
Sand Monte Cristo - Full Sand	Sand	160	556	1179	27.1	61.02	23.06
Veg Potato Seasoned Wedges	1/2 c	260	148	380	2.11	18.99	7.38
Bread Breadstick ChzGarlic 1G	Breadstick	100	100	140	3.0	13.0	3.0
Sand Chick Spicy Patty 106/3oz	Sandwich	115	337	670	20.0	41.0	11.0
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	463	874	25.65	46.99	18.77
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	6	395	576	20.03	46.83	14.36
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	6	453	968	22.62	48.16	19.79
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	144	449	785	22.48	47.23	19.67
Calzone Pepperoni & Cheese HS	CALZONE	30	471	833	24.11	46.9	21.44
Sand Beef Sliders DL/Shann	2 Sandwiches	48	363	804	20.65	37.85	14.12
Sand Grill HamTyson/Chz Crois	Sandwich	36	431	1168	22.12	34.53	23.7
Nachos Cheese ONLY 2M/MA	2 #12CH	50	277	1108	13.85	8.31	19.39
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	50	195	701	13.63	6.72	12.2
Bread Tortilla Chips 2oz	2.0 oz	100	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	37	57	140	3.17	10.97	0.46
Sand Deli Meat Variety	3-6 slices	70	95	424	12.17	1.21	4.68
Sand Cheese Variety	Slice	70	52	138	3.17	0.5	4.17
Sand Bread Variety High	1 each	70	144	215	5.44	26.78	2.11
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Salads PBJ Uncrustable LHS	SERVING	12	864	817	27.42	101.01	43.39
Fruit Traditional Fresh Combo	ONE	300	73	1	0.88	18.63	0.3
Fruit Pears Fresh	ONE	1	101	2	0.64	27.11	0.25
Fruit Juice A&E Var 4.23oz	4.23 oz	700	60	8	0.0	14.14	0.0
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	32	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	30	55	35	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	0	63	343	0.0	12.7	0.0

\*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.



# Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

Page 17

Generated on: 2/24/2020 2:57:42 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Raw 1/4c	1/4 cup	17	5	0	0.29	0.86	0.04
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
Veg Cucumber Raw 1/4c	1/4 CUP	16	5	1	0.24	0.88	0.07
Veg Jalapeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Jicama with Tajin 1/4c	1/4 CUP	1	18	85	0.37	4.1	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	0.0
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	32	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
Weighted Daily Average			831	1793	36.55	105.31	29.45
% of Calories					17.6%	50.7%	31.9%
Nutrient Guideline			750-850	1420			

\*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.

# Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

Page 18

Generated on: 2/24/2020 2:57:42 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 03/17/2020							
LINDHURST HIGH LUNCH	Total	863					
Beef Taco Meat MJUSD #8scp2M	#8 scoop	165	130	489	13.42	3.09	7.25
Cheese Shredded Cheddar 1oz	#20 scoop	165	111	192	6.08	1.01	9.11
Veg Lettuce Shredded 1/4C	1/4 CUP	146	1	1	0.07	0.14	0.01
Veg Tomato Sliced/Diced 1/4c	1/4 CUP	50	8	2	0.41	1.81	0.09
Veg onion, cilantro, lime	portion	50	15	3	0.39	4.7	0.1
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Beans Refried-Dehy 1/2c	#8 scoop	126	164	488	7.97	23.92	1.99
Bread Tostada Bowl Large WG	Bowl	150	170	0	2.0	22.99	11.99
VEG SALSA, CANNED (USDA)1/2c	1/2 CUP	1	42	498	1.74	8.1	0.23
Sand Chicken Spic Filet w/ Bun	Sandwich	100	378	600	28.0	46.0	10.0
Veg Potato Seasoned Wedges	1/2 c	100	148	380	2.11	18.99	7.38
Chicken Honey Sriracha Chunks	6 pieces	154	296	377	22.44	22.44	13.26
Veg Potato Seasoned Wedges	1/2 c	360	148	380	2.11	18.99	7.38
VEG CORN COB 96/1cob	COB	96	40	2	1.34	9.64	0.3
Bread Garlic Knot 2G	Garlic Knot	256	172	273	4.05	23.29	7.09
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	463	874	25.65	46.99	18.77
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	6	395	576	20.03	46.83	14.36
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	6	453	968	22.62	48.16	19.79
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	144	449	785	22.48	47.23	19.67
Chicken Tend Bowl w/Pot&Corn	Bowl	80	360	948	19.83	50.98	10.34
Taco Pocket Housemade	taco pocket	30	466	1394	27.43	53.6	16.03
Sand Grill HamTyson/Chz	Sandwich	36	211	868	16.12	4.53	14.7
Sand Deli Meat Variety	3-6 slices	70	95	424	12.17	1.21	4.68
Sand Cheese Variety	Slice	70	52	138	3.17	0.5	4.17
Sand Bread Variety High	1 each	70	144	215	5.44	26.78	2.11
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Salads PBJ Uncrustable LHS	SERVING	12	864	817	27.42	101.01	43.39
Fruit Craisins Blueberry	1 EACH	48	110	0	0.0	28.0	0.0
Fruit Winter Fresh Combo	ONE	300	69	1	0.75	17.72	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	700	60	8	0.0	14.14	0.0
Fruit Banana Fresh	ONE	40	108	1	1.32	27.63	0.4
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	30	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	30	55	35	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	64	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
Veg Cucumber Raw 1/4c	1/4 CUP	36	5	1	0.24	0.88	0.07
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Jicama with Tajin 1/4c	1/4 CUP	1	18	85	0.37	4.1	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	0.0
VEG PICKLE SPEARS	2 PICKLE SPE ARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	45	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
FRUIT STRAWBERRIES,FRESH	1/4 CUP	1	18	1	0.38	4.4	0.17

\*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.

# Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

Page 19

Generated on: 2/24/2020 2:57:42 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			791	1495	35.29 17.8%	105.21 53.2%	27.19 30.9%
Nutrient Guideline			750-850	1420			

Wed - 03/18/2020							
LINDHURST HIGH LUNCH	Total	830					
Chicken Sriracha Hon 176/3.9oz	3.9oz.	256	211	482	12.06	24.12	6.03
Egg Roll WG Pork 60/3ozSchwans	Egg Roll	256	170	300	9.0	20.0	7.0
Noodles Yakisoba WG w/ Sauce	1/2c scoop	160	160	242	3.61	25.13	4.94
Rice Seasoned Cooked1/2c	1/2 CUP	250	112	98	2.65	23.2	0.96
Veg Broccoli Florets Seas 1/2c	1/2 cup	150	58	26	1.6	4.8	3.8
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Pkt Soy Sauce	1 PKT	100	0	170	0.0	0.0	0.0
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	463	874	25.65	46.99	18.77
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	6	453	968	22.62	48.16	19.79
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	120	449	785	22.48	47.23	19.67
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	6	395	576	20.03	46.83	14.36
Nachos Cheese ONLY 2M/MA	2 #12CH	30	277	1108	13.85	8.31	19.39
Nachos Mix/JTM Beef & Cheese	#20beef#12CH	50	195	701	13.63	6.72	12.2
Bread Tortilla Chips 2oz	2.0 oz	50	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	75	57	140	3.17	10.97	0.46
Veg Salsa Verde Del Real	oz.	24	9	139	0.28	1.42	0.28
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
Sand Chick Spicy Patty 106/3oz	Sandwich	110	337	670	20.0	41.0	11.0
Sand Beef Sliders DL/Shann	2 Sandwiches	48	363	804	20.65	37.85	14.12
Veg Potato Seasoned Wedges	1/2 c	100	148	380	2.11	18.99	7.38
Calzone Pepperoni & Cheese HS	CALZONE	30	471	833	24.11	46.9	21.44
Sand Grill HamTyson/Chz Crois	Sandwich	24	431	1168	22.12	34.53	23.7
Sand Deli Meat Variety	3-6 slices	70	95	424	12.17	1.21	4.68
Sand Cheese Variety	Slice	70	52	138	3.17	0.5	4.17
Sand Bread Variety High	1 each	70	144	215	5.44	26.78	2.11
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Salads PBJ Uncrustable LHS	SERVING	6	864	817	27.42	101.01	43.39
Fruit Craisins Blueberry	1 EACH	48	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	300	73	1	0.88	18.63	0.3
Fruit Stone Variety Fresh	1 each	20	45	0	0.95	11.09	0.3
Fruit Juice A&E Var 4.23oz	4.23 oz	500	60	8	0.0	14.14	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarb Drs	1-1/8 CUP	30	100	177	4.22	12.95	3.23
Veg Juice V Blend Mango 4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	500	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	0	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0

\*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.

# Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

Page 20

Generated on: 2/24/2020 2:57:42 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Raw 1/4c	1/4 cup	17	5	0	0.29	0.86	0.04
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
Veg Cucumber Raw 1/4c	1/4 CUP	36	5	1	0.24	0.88	0.07
Veg Jalepeno peppers, sliced	1 OZ	8	25	2514	0.0	0.0	0.0
Veg Jicama with Tajin 1/4c	1/4 CUP	1	18	85	0.37	4.1	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	0.0
VEG PICKLE SPEARS	2 PICKLE SPEARS	16	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	45	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
FRUIT STRAWBERRIES,FRESH	1/4 CUP	1	18	1	0.38	4.4	0.17
Weighted Daily Average			741	1372	33.45	104.10	22.10
% of Calories					18.0%	56.2%	26.8%
Nutrient Guideline			750-850	1420			

\*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.

# Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

Page 21

Generated on: 2/24/2020 2:57:42 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 03/19/2020							
LINDHURST HIGH LUNCH	Total	854					
Macaroni & Cheese Side	#10 scoops	168	163	513	7.37	14.95	8.1
Chicken Fajita Meat	#8 scoop	1	122	607	18.02	2.0	4.01
Turkey Bacon	2 Slice	1	45	215	4.54	0.0	2.27
Veg Lettuce Shredded 1/4C	1/2 CUP	1	2	1	0.14	0.27	0.03
Veg Tomato Sliced/Diced 1/4c	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg onion, cilantro, lime	portion	1	15	3	0.39	4.7	0.1
Bread Breadstick ChzGarlic 1G	Breadstick	168	100	140	3.0	13.0	3.0
Veg Salad RomSpinCucTom1.5c	1.5 CUP	96	34	62	3.26	6.23	0.21
Veg Carrot Snack Pack 1/2c	ONE PACK	60	19	26	0.0	8.12	0.0
Pudding - Chocolate	1/2 CUP	150	401	74	1.52	36.99	19.29
Sand Polish Dog -HS	1 Sandwich	100	340	760	13.0	32.0	18.0
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	463	874	25.65	46.99	18.77
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	6	453	968	22.62	48.16	19.79
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	12	395	576	20.03	46.83	14.36
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	138	449	785	22.48	47.23	19.67
Chicken Bowl w/Pot&Corn	Bowl	1	399	941	25.57	49.47	13.21
Chicken Honey Sriracha Chunks	6 pieces	154	296	377	22.44	22.44	13.26
Bread Chocolate Elf Graham	ONE	154	120	125	2.0	20.0	4.0
Veg Potato Seasoned Wedges	1/2 c	100	148	380	2.11	18.99	7.38
Sand Grill HamTyson/Chz Crois	Sandwich	36	431	1168	22.12	34.53	23.7
Sand Deli Meat Variety	3-6 slices	70	95	424	12.17	1.21	4.68
Sand Cheese Variety	Slice	70	52	138	3.17	0.5	4.17
Sand Bread Variety High	1 each	70	144	215	5.44	26.78	2.11
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Veg Salad Romaine&Spnch1c port	1 CUP	10	21	59	2.71	3.29	0.09
Salads PBJ Uncrustable LHS	SERVING	6	864	817	27.42	101.01	43.39
Fruit Craisins Blueberry	1 EACH	48	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	300	73	1	0.88	18.63	0.3
Fruit Juice A&E Var 4.23oz	4.23 oz	700	60	8	0.0	14.14	0.0
Fruit Stone Variety Fresh	1 each	1	45	0	0.95	11.09	0.3
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	30	100	177	4.22	12.95	3.23
Veg Juice V Blend Mango 4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	128	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Raw 1/4c	1/4 cup	17	5	0	0.29	0.86	0.04
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
Veg Cucumber Raw 1/4c	1/4 CUP	36	5	1	0.24	0.88	0.07
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Jicama with Tajin 1/4c	1/4 CUP	1	18	85	0.37	4.1	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	0.0
VEG PICKLE SPEARS	2 PICKLE SPE ARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	32	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09

\*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.

# Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

Page 22

Generated on: 2/24/2020 2:57:42 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			678	1115	26.58 15.7%	90.61 53.5%	22.38 29.7%
Nutrient Guideline			750-850	1420			

Fri - 03/20/2020							
LINDHURST HIGH LUNCH	Total	850					
Sand Hamburger HighOnly DonLee	Sandwich	170	371	686	26.23	40.8	12.07
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	200	21	739	0.52	4.78	0.1
Veg Potato Seasoned Wedges	1/2 c	260	148	380	2.11	18.99	7.38
Sauce BBQ 0.5oz	.5oz (#40scp)	64	22	106	0.0	5.76	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	60	19	26	0.0	8.12	0.0
Cookie Oatmeal	1 Each	192	200	168	3.66	27.95	8.41
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	463	874	25.65	46.99	18.77
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	6	453	968	22.62	48.16	19.79
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	12	395	576	20.03	46.83	14.36
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	150	449	785	22.48	47.23	19.67
Calzone Pepperoni & Cheese HS	CALZONE	30	471	833	24.11	46.9	21.44
Nachos Cheese ONLY 2M/MA	2 #12CH	50	277	1108	13.85	8.31	19.39
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	50	195	701	13.63	6.72	12.2
Bread Tortilla Chips 2oz	2.0 oz	100	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	75	57	140	3.17	10.97	0.46
Veg Salsa Verde Del Real	oz.	24	9	139	0.28	1.42	0.28
Veg Potato Seasoned Wedges	1/2 c	80	148	380	2.11	18.99	7.38
Sand Chick Spicy Patty 106/3oz	Sandwich	103	337	670	20.0	41.0	11.0
Sand Grill HamTyson/Chz Crois	Sandwich	36	431	1168	22.12	34.53	23.7
Sand Beef Sliders DL/Shann	2 Sandwiches	48	363	804	20.65	37.85	14.12
Sand Deli Meat Variety	3-6 slices	70	95	424	12.17	1.21	4.68
Sand Cheese Variety	Slice	70	52	138	3.17	0.5	4.17
Sand Bread Variety High	1 each	70	144	215	5.44	26.78	2.11
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Salads PBJ Uncrustable LHS	SERVING	18	864	817	27.42	101.01	43.39
Fruit Traditional Fresh Combo	ONE	300	73	1	0.88	18.63	0.3
Fruit Juice A&E Var 4.23oz	4.23 oz	700	60	8	0.0	14.14	0.0
Fruit Stone Variety Fresh	1 each	25	45	0	0.95	11.09	0.3
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	32	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	30	55	35	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	0	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0

\*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.

# Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

Page 23

Generated on: 2/24/2020 2:57:42 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Veg Broccoli Raw 1/4c	1/4 cup	17	5	0	0.29	0.86	0.04
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
Veg Cucumber Raw 1/4c	1/4 CUP	16	5	1	0.24	0.88	0.07
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	0.0
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	32	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
FRUIT STRAWBERRIES,FRESH	1/4 CUP	1	18	1	0.38	4.4	0.17
Weighted Daily Average			758	1516	32.36	103.57	24.90
% of Calories					17.1%	54.6%	29.6%
Nutrient Guideline			750-850	1420			

\*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.

# Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

Page 24

Generated on: 2/24/2020 2:57:42 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 03/23/2020							
LINDHURST HIGH LUNCH	Total	850					
Pork Carnitas CDE roast (raw)	#12sccop	160	275	213	26.91	0.81	17.62
Macaroni & Cheese Side	#10 scoops	200	163	513	7.37	14.95	8.1
Bread Mini Slider Bun 192ct	Roll	260	91	121	2.03	18.22	1.01
Sauce BBQ 0.5oz	.5oz (#40scp)	1	22	106	0.0	5.76	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	60	19	26	0.0	8.12	0.0
Cookie Snickerdoodle	#30 scoop	192	221	110	4.42	30.84	9.01
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	463	874	25.65	46.99	18.77
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	6	453	968	22.62	48.16	19.79
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	6	395	576	20.03	46.83	14.36
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	144	449	785	22.48	47.23	19.67
Calzone Pepperoni & Cheese HS	CALZONE	30	471	833	24.11	46.9	21.44
Nachos Cheese ONLY 2M/MA	2 #12CH	50	277	1108	13.85	8.31	19.39
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	50	195	701	13.63	6.72	12.2
Bread Tortilla Chips 2oz	2.0 oz	100	270	110	4.0	38.0	10.0
Veg Beans Pinto Seasoned	1/2 Cup	75	130	163	7.11	23.44	1.2
Veg Salsa Verde Del Real	oz.	24	9	139	0.28	1.42	0.28
Veg Potato Seasoned Wedges	1/2 c	80	148	380	2.11	18.99	7.38
Sand Chick Spicy Patty 106/3oz	Sandwich	103	337	670	20.0	41.0	11.0
Sand Grill HamTyson/Chz Crois	Sandwich	36	431	1168	22.12	34.53	23.7
Sand Beef Sliders DL/Shann	2 Sandwiches	48	363	804	20.65	37.85	14.12
Sand Deli Meat Variety	3-6 slices	70	95	424	12.17	1.21	4.68
Sand Cheese Variety	Slice	70	52	138	3.17	0.5	4.17
Sand Bread Variety High	1 each	70	144	215	5.44	26.78	2.11
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Salads PBJ Uncrustable LHS	SERVING	18	864	817	27.42	101.01	43.39
Fruit Juice A&E Var 4.23oz	4.23 oz	700	60	8	0.0	14.14	0.0
Fruit Traditional Fresh Combo	ONE	300	73	1	0.88	18.63	0.3
Fruit Pears Fresh	ONE	20	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarb Drs	1-1/8 CUP	32	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon 4.23oz	4.23 OZ.	30	55	35	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	0	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Raw 1/4c	1/4 cup	17	5	0	0.29	0.86	0.04
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
Veg Cucumber Raw 1/4c	1/4 CUP	16	5	1	0.24	0.88	0.07
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Jicama with Tajin 1/4c	1/4 CUP	1	18	85	0.37	4.1	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	0.0
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch 1c port	1 CUP	32	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
FRUIT STRAWBERRIES, FRESH	1/4 CUP	1	18	1	0.38	4.4	0.17

\*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.



# Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

Page 25

Generated on: 2/24/2020 2:57:42 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			756	1258	33.97 18.0%	98.70 52.2%	25.69 30.6%
Nutrient Guideline			750-850	1420			

Tue - 03/24/2020							
LINDHURST HIGH LUNCH	Total	863					
Chicken Tamale Pie - 96 srvg	6 X 4 cut	165	384	1068	26.54	38.91	11.53
Veg Lettuce Shredded 1/4C	1/4 CUP	146	1	1	0.07	0.14	0.01
Veg Tomato Sliced/Diced 1/4c	1/4 CUP	50	8	2	0.41	1.81	0.09
Veg onion, cilantro, lime	portion	50	15	3	0.39	4.7	0.1
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Beans Refried-Dehy 1/2c	#8 scoop	126	164	488	7.97	23.92	1.99
Rice Brown ChilMixSpanCook1/2c	1/2 CUP	150	119	156	2.85	24.31	0.95
Sand Chicken Spic Filet w/ Bun	Sandwich	100	378	600	28.0	46.0	10.0
Veg Potato Seasoned Wedges	1/2 c	100	148	380	2.11	18.99	7.38
Chicken Honey Sriracha Chunks	6 pieces	154	296	377	22.44	22.44	13.26
Veg Potato Seasoned Wedges	1/2 c	360	148	380	2.11	18.99	7.38
VEG CORN COB 96/1cob	COB	96	40	2	1.34	9.64	0.3
Bread Garlic Knot 2G	Garlic Knot	256	172	273	4.05	23.29	7.09
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	463	874	25.65	46.99	18.77
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	6	395	576	20.03	46.83	14.36
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	6	453	968	22.62	48.16	19.79
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	144	449	785	22.48	47.23	19.67
Chicken Tend Bowl w/Pot&Corn	Bowl	80	360	948	19.83	50.98	10.34
Taco Pocket Housemade	taco pocket	30	466	1394	27.43	53.6	16.03
Sand Grill HamTyson/Chz	Sandwich	36	211	868	16.12	4.53	14.7
Sand Deli Meat Variety	3-6 slices	70	95	424	12.17	1.21	4.68
Sand Cheese Variety	Slice	70	52	138	3.17	0.5	4.17
Sand Bread Variety High	1 each	70	144	215	5.44	26.78	2.11
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Salads PBJ Uncrustable LHS	SERVING	12	864	817	27.42	101.01	43.39
Fruit Craisins Blueberry	1 EACH	48	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	300	73	1	0.88	18.63	0.3
Fruit Juice A&E Var 4.23oz	4.23 oz	700	60	8	0.0	14.14	0.0
Fruit Winter Fresh Combo	ONE	40	69	1	0.75	17.72	0.27
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	30	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	30	55	35	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	64	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Veg Broccoli Raw 1/4c	1/4 cup	17	5	0	0.29	0.86	0.04

\*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.

# Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

Page 26

Generated on: 2/24/2020 2:57:42 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
Veg Cucumber Raw 1/4c	1/4 CUP	36	5	1	0.24	0.88	0.07
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Jicama with Tajin 1/4c	1/4 CUP	1	18	85	0.37	4.1	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	0.0
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	45	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
FRUIT STRAWBERRIES,FRESH	1/4 CUP	1	18	1	0.38	4.4	0.17
Weighted Daily Average			809	1595	36.79	111.91	24.33
% of Calories					18.2%	55.4%	27.1%
Nutrient Guideline			750-850	1420			

\*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.

# Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

Page 27

Generated on: 2/24/2020 2:57:42 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 03/25/2020							
LINDHURST HIGH LUNCH	Total	830					
Chicken Teriyaki Schwans	#10scp	256	130	300	14.0	8.0	4.5
Egg Roll WG Pork 60/3ozSchwans	Egg Roll	256	170	300	9.0	20.0	7.0
Noodles Yakisoba WG w/ Sauce	1/2c scoop	160	160	242	3.61	25.13	4.94
Rice Seasoned Cooked1/2c	1/2 CUP	250	112	98	2.65	23.2	0.96
Veg Broccoli Florets Seas 1/2c	1/2 cup	150	58	26	1.6	4.8	3.8
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Pkt Soy Sauce	1 PKT	100	0	170	0.0	0.0	0.0
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	463	874	25.65	46.99	18.77
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	6	453	968	22.62	48.16	19.79
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	120	449	785	22.48	47.23	19.67
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	6	395	576	20.03	46.83	14.36
Nachos Cheese ONLY 2M/MA	2 #12CH	30	277	1108	13.85	8.31	19.39
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	50	195	701	13.63	6.72	12.2
Bread Tortilla Chips 2oz	2.0 oz	50	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	75	57	140	3.17	10.97	0.46
Veg Salsa Verde Del Real	oz.	24	9	139	0.28	1.42	0.28
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
Sand Chick Spicy Patty 106/3oz	Sandwich	110	337	670	20.0	41.0	11.0
Sand Beef Sliders DL/Shann	2 Sandwiches	48	363	804	20.65	37.85	14.12
Veg Potato Seasoned Wedges	1/2 c	100	148	380	2.11	18.99	7.38
Calzone Pepperoni & Cheese HS	CALZONE	30	471	833	24.11	46.9	21.44
Sand Grill HamTyson/Chz Crois	Sandwich	24	431	1168	22.12	34.53	23.7
Sand Deli Meat Variety	3-6 slices	70	95	424	12.17	1.21	4.68
Sand Cheese Variety	Slice	70	52	138	3.17	0.5	4.17
Sand Bread Variety High	1 each	70	144	215	5.44	26.78	2.11
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Salads PBJ Uncrustable LHS	SERVING	6	864	817	27.42	101.01	43.39
Fruit Craisins Blueberry	1 EACH	48	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	300	73	1	0.88	18.63	0.3
Fruit Stone Variety Fresh	1 each	20	45	0	0.95	11.09	0.3
Fruit Juice A&E Var 4.23oz	4.23 oz	500	60	8	0.0	14.14	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	30	100	177	4.22	12.95	3.23
Veg Juice V Blend Mango 4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	500	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	0	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0

\*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.

# Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

Page 28

Generated on: 2/24/2020 2:57:42 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Raw 1/4c	1/4 cup	17	5	0	0.29	0.86	0.04
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
Veg Cucumber Raw 1/4c	1/4 CUP	36	5	1	0.24	0.88	0.07
Veg Jalepeno peppers, sliced	1 OZ	8	25	2514	0.0	0.0	0.0
Veg Jicama with Tajin 1/4c	1/4 CUP	1	18	85	0.37	4.1	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	0.0
VEG PICKLE SPEARS	2 PICKLE SPEARS	16	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	45	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
FRUIT STRAWBERRIES,FRESH	1/4 CUP	1	18	1	0.38	4.4	0.17
Weighted Daily Average			716	1315	34.05	99.13	21.63
% of Calories					19.0%	55.4%	27.2%
Nutrient Guideline			750-850	1420			

\*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.

# Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

Page 29

Generated on: 2/24/2020 2:57:42 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 03/26/2020							
LINDHURST HIGH LUNCH	Total	854					
Sand TurkeyBreast Ital. Panini	Sandwich	96	176	523	19.17	2.34	10.04
Veg Salad RomSpinCucTom1.5c	1.5 CUP	96	34	62	3.26	6.23	0.21
Veg Carrot Snack Pack 1/2c	ONE PACK	60	19	26	0.0	8.12	0.0
Pudding - Chocolate	1/2 CUP	150	401	74	1.52	36.99	19.29
Sand Pig in a Blanket - 2G	Sandwich	1	330	540	13.0	27.0	16.0
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	463	874	25.65	46.99	18.77
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	6	453	968	22.62	48.16	19.79
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	12	395	576	20.03	46.83	14.36
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	138	449	785	22.48	47.23	19.67
Chicken Honey Sriracha Chunks	6 pieces	154	296	377	22.44	22.44	13.26
Bread Chocolate Elf Graham	ONE	154	120	125	2.0	20.0	4.0
Veg Potato Seasoned Wedges	1/2 c	100	148	380	2.11	18.99	7.38
Burrito Chicken & RiceVerdeLHS	Burrito	30	510	936	29.17	52.2	17.65
Sand Grill HamTyson/Chz Crois	Sandwich	36	431	1168	22.12	34.53	23.7
Sand Chicken Spic Filet w/ Bun	Sandwich	1	378	600	28.0	46.0	10.0
Sand Deli Meat Variety	3-6 slices	70	95	424	12.17	1.21	4.68
Sand Cheese Variety	Slice	70	52	138	3.17	0.5	4.17
Sand Bread Variety High	1 each	70	144	215	5.44	26.78	2.11
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Veg Salad Romaine&Spnch1c port	1 CUP	10	21	59	2.71	3.29	0.09
Salads PBJ Uncrustable LHS	SERVING	6	864	817	27.42	101.01	43.39
Fruit Craisins Blueberry	1 EACH	48	110	0	0.0	28.0	0.0
Fruit Winter Fresh Combo	ONE	300	69	1	0.75	17.72	0.27
Fruit Juice A&E Var 4.23oz	4.23 oz	700	60	8	0.0	14.14	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	30	100	177	4.22	12.95	3.23
Veg Juice V Blend Mango 4.23oz	4.23 OZ.	30	55	30	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	128	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Florets Sea 1/4c	1/4 cup	17	21	7	0.8	2.4	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
Veg Cucumber Raw 1/4c	1/4 CUP	36	5	1	0.24	0.88	0.07
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Jicama with Tajin 1/4c	1/4 CUP	1	18	85	0.37	4.1	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	0.0
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	32	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
FRUIT STRAWBERRIES,FRESH	1/4 CUP	1	18	1	0.38	4.4	0.17
Weighted Daily Average			623	989	26.15	83.19	19.86
% of Calories					16.8%	53.4%	28.7%
Nutrient Guideline			750-850	1420			

\*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.

# Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

Page 30

Generated on: 2/24/2020 2:57:42 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 03/27/2020							
LINDHURST HIGH LUNCH	Total	850					
Sand Hamburger HighOnly DonLee	Sandwich	170	371	686	26.23	40.8	12.07
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	200	21	739	0.52	4.78	0.1
Veg Potato Seasoned Wedges	1/2 c	260	148	380	2.11	18.99	7.38
Sauce BBQ 0.5oz	.5oz (#40scp)	64	22	106	0.0	5.76	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	60	19	26	0.0	8.12	0.0
Cookie Oatmeal	1 Each	192	200	168	3.66	27.95	8.41
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	463	874	25.65	46.99	18.77
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	6	453	968	22.62	48.16	19.79
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	12	395	576	20.03	46.83	14.36
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	150	449	785	22.48	47.23	19.67
Calzone Pepperoni & Cheese HS	CALZONE	30	471	833	24.11	46.9	21.44
Nachos Cheese ONLY 2M/MA	2 #12CH	50	277	1108	13.85	8.31	19.39
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	50	195	701	13.63	6.72	12.2
Bread Tortilla Chips 2oz	2.0 oz	100	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	75	57	140	3.17	10.97	0.46
Veg Salsa Verde Del Real	oz.	24	9	139	0.28	1.42	0.28
Veg Potato Seasoned Wedges	1/2 c	80	148	380	2.11	18.99	7.38
Sand Chick Spicy Patty 106/3oz	Sandwich	103	337	670	20.0	41.0	11.0
Sand Grill HamTyson/Chz Crois	Sandwich	36	431	1168	22.12	34.53	23.7
Sand Beef Sliders DL/Shann	2 Sandwiches	48	363	804	20.65	37.85	14.12
Sand Deli Meat Variety	3-6 slices	70	95	424	12.17	1.21	4.68
Sand Cheese Variety	Slice	70	52	138	3.17	0.5	4.17
Sand Bread Variety High	1 each	70	144	215	5.44	26.78	2.11
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Salads PBJ Uncrustable LHS	SERVING	18	864	817	27.42	101.01	43.39
Fruit Traditional Fresh Combo	ONE	300	73	1	0.88	18.63	0.3
Fruit Juice A&E Var 4.23oz	4.23 oz	700	60	8	0.0	14.14	0.0
Fruit Stone Variety Fresh	1 each	25	45	0	0.95	11.09	0.3
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarb Drs	1-1/8 CUP	32	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	30	55	35	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	0	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Raw 1/4c	1/4 cup	17	5	0	0.29	0.86	0.04
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
Veg Cucumber Raw 1/4c	1/4 CUP	16	5	1	0.24	0.88	0.07
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	0.0
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	32	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
FRUIT STRAWBERRIES,FRESH	1/4 CUP	1	18	1	0.38	4.4	0.17

\*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.

# Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

Page 31

Generated on: 2/24/2020 2:57:42 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			758	1516	32.36 17.1%	103.57 54.6%	24.90 29.6%
Nutrient Guideline			750-850	1420			

Mon - 03/30/2020							
LINDHURST HIGH LUNCH	Total	850					
Chicken Brd WG 8 Pc Pilgrims	3 oz.	90	260	570	16.0	10.0	17.0
Chicken Breaded Drumstick	Drumstick	80	190	450	16.0	5.0	11.0
Veg Beans Green Seas. 1/2c	1/2 CUP	1	28	339	1.53	5.99	0.13
Macaroni & Cheese Side	#10 scoops	200	163	513	7.37	14.95	8.1
Bread Garlic Knot 2G	Garlic Knot	260	172	273	4.05	23.29	7.09
Veg Carrot Snack Pack 1/2c	ONE PACK	60	19	26	0.0	8.12	0.0
Cookie Snickerdoodle	#30 scoop	192	221	110	4.42	30.84	9.01
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	463	874	25.65	46.99	18.77
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	6	453	968	22.62	48.16	19.79
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	6	395	576	20.03	46.83	14.36
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	144	449	785	22.48	47.23	19.67
Calzone Pepperoni & Cheese HS	CALZONE	30	471	833	24.11	46.9	21.44
Nachos Cheese ONLY 2M/MA	2 #12CH	50	277	1108	13.85	8.31	19.39
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	50	195	701	13.63	6.72	12.2
Bread Tortilla Chips 2oz	2.0 oz	100	270	110	4.0	38.0	10.0
Veg Beans Pinto Seasoned	1/2 Cup	75	130	163	7.11	23.44	1.2
Veg Salsa Verde Del Real	oz.	24	9	139	0.28	1.42	0.28
Veg Potato Seasoned Wedges	1/2 c	80	148	380	2.11	18.99	7.38
Sand Chick Spicy Patty 106/3oz	Sandwich	103	337	670	20.0	41.0	11.0
Sand Grill HamTyson/Chz Crois	Sandwich	36	431	1168	22.12	34.53	23.7
Sand Beef Sliders DL/Shann	2 Sandwiches	48	363	804	20.65	37.85	14.12
Sand Deli Meat Variety	3-6 slices	70	95	424	12.17	1.21	4.68
Sand Cheese Variety	Slice	70	52	138	3.17	0.5	4.17
Sand Bread Variety High	1 each	70	144	215	5.44	26.78	2.11
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Salads PBJ Uncrustable LHS	SERVING	18	864	817	27.42	101.01	43.39
Fruit Juice A&E Var 4.23oz	4.23 oz	700	60	8	0.0	14.14	0.0
Fruit Traditional Fresh Combo	ONE	300	73	1	0.88	18.63	0.3
Fruit Pears Fresh	ONE	20	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDr	1-1/8 CUP	32	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	30	55	35	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	0	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07

\*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.

# Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

Page 32

Generated on: 2/24/2020 2:57:42 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Pkt Mustard	1 PACKET	125	6	86	0.0	0.0	0.0
Veg Broccoli Raw 1/4c	1/4 cup	17	5	0	0.29	0.86	0.04
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
Veg Cucumber Raw 1/4c	1/4 CUP	16	5	1	0.24	0.88	0.07
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Jicama with Tajin 1/4c	1/4 CUP	1	18	85	0.37	4.1	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	0.0
VEG PICKLE SPEARS	18 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	32	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
FRUIT STRAWBERRIES,FRESH	1/4 CUP	1	18	1	0.38	4.4	0.17
Weighted Daily Average			775	1367	32.73	101.63	27.07
% of Calories					16.9%	52.5%	31.4%
Nutrient Guideline			750-850	1420			

\*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.



# Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

Page 33

Generated on: 2/24/2020 2:57:43 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 03/31/2020							
LINDHURST HIGH LUNCH	Total	863					
Pork Carnitas, CDE 264/#16scp	#16 scoop	165	138	292	13.33	0.0	6.06
Pork Carnitas, CDE 264/#16scp	#16 scoop	1	138	292	13.33	0.0	6.06
Veg Lettuce Shredded 1/2C	1/2 CUP	146	3	3	0.27	0.55	0.05
Veg Tomato Sliced/Diced 1/4c	1/4 CUP	50	8	2	0.41	1.81	0.09
Veg onion, cilantro, lime	portion	50	15	3	0.39	4.7	0.1
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
Bread Tortilla Corn 6" - 2pc	two	1	120	10	2.0	24.0	2.0
Veg Beans Refried-Dehy 1/2c	#8 scoop	126	164	488	7.97	23.92	1.99
Rice Brown ChilMixSpanCook1/2c	1/2 CUP	150	119	156	2.85	24.31	0.95
Sand Chicken Spic Filet w/ Bun	Sandwich	100	378	600	28.0	46.0	10.0
Veg Potato Seasoned Wedges	1/2 c	100	148	380	2.11	18.99	7.38
Chicken Honey Sriracha Chunks	6 pieces	154	296	377	22.44	22.44	13.26
Veg Potato Seasoned Wedges	1/2 c	360	148	380	2.11	18.99	7.38
VEG CORN COB 96/1cob	COB	96	40	2	1.34	9.64	0.3
Bread Garlic Knot 2G	Garlic Knot	256	172	273	4.05	23.29	7.09
Pizza Meatlovers WGBlend Int/H	6 cut Slice	24	463	874	25.65	46.99	18.77
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	6	395	576	20.03	46.83	14.36
Pizza Pepp/Jalep WGBlend Int/H	6 cut Slice	6	453	968	22.62	48.16	19.79
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	144	449	785	22.48	47.23	19.67
Chicken Tend Bowl w/Pot&Corn	Bowl	80	360	948	19.83	50.98	10.34
Taco Pocket Housemade	taco pocket	30	466	1394	27.43	53.6	16.03
Sand Grill HamTyson/Chz	Sandwich	36	211	868	16.12	4.53	14.7
Sand Deli Meat Variety	3-6 slices	70	95	424	12.17	1.21	4.68
Sand Cheese Variety	Slice	70	52	138	3.17	0.5	4.17
Sand Bread Variety High	1 each	70	144	215	5.44	26.78	2.11
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	70	21	739	0.52	4.78	0.1
Salads PBJ Uncrustable LHS	SERVING	12	864	817	27.42	101.01	43.39
Fruit Craisins Blueberry	1 EACH	48	110	0	0.0	28.0	0.0
Fruit Traditional Fresh Combo	ONE	300	73	1	0.88	18.63	0.3
Fruit Juice A&E Var 4.23oz	4.23 oz	700	60	8	0.0	14.14	0.0
Fruit Winter Fresh Combo	ONE	40	69	1	0.75	17.72	0.27
Veg Carrot Snack Pack 1/2c	ONE PACK	100	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	30	100	177	4.22	12.95	3.23
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	30	55	35	0.0	14.0	0.0
CHIPS, LAYS CLASSIC	1 PKG	240	60	68	1.0	11.5	1.0
Milk 1% LF	HALF PINT	400	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
DRESSING RANCH, LOW FAT 1oz	1 OZ	128	59	190	0.69	2.01	6.23
Sauce BBQ	1 OZ.	64	63	343	0.0	12.7	0.0
Pkt Ketchup	1 PACKET	500	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	250	61	61	0.0	1.01	6.07
Veg Broccoli Raw 1/4c	1/4 cup	17	5	0	0.29	0.86	0.04
Veg Carrot Snack Pack 1/2c	ONE PACK	40	19	26	0.0	8.12	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
Veg Cucumber Raw 1/4c	1/4 CUP	36	5	1	0.24	0.88	0.07
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Jicama with Tajin 1/4c	1/4 CUP	1	18	85	0.37	4.1	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	22	3	3	0.27	0.55	0.05
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	0.0
VEG PICKLE SPEARS	2 PICKLE SPEARS	18	6	480	0.0	1.5	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	45	21	59	2.71	3.29	0.09
VEG Tomatoes, fresh cherry	1/4 cup	12	8	3	0.32	1.75	0.12
Fruit Salad w/ Strawberry	1/4 c	290	19	2	0.29	4.72	0.09
FRUIT STRAWBERRIES,FRESH	1/4 CUP	1	18	1	0.38	4.4	0.17

\*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.

# Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

LINDHURST HIGH LUNCH

Portion Values - Detailed

Page 34

Generated on: 2/24/2020 2:57:43 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			762	1447	34.32 18.0%	104.57 54.9%	23.30 27.5%
Nutrient Guideline			750-850	1420			

Weighted Average			740	1388	32.90 17.8%	100.12 54.1%	23.82 29.0%
------------------	--	--	-----	------	----------------	-----------------	----------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	740		750 - 850	99%		10		Correction Required - Calories are Low
Sodium (mg)	1388		1420					
Protein (g)	32.90	17.79%						
Carbohydrate (g)	100.12	54.14%						
Total Fat (g)	23.82	28.98%						

\*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

<sup>1</sup> - 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.