

Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

MARYSVILLE HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 03/02/2020							
MARYSVILLE HIGH LUNCH	Total	654					
Sand Chick cordon bleu	Sandwich	175	445	695	34.51	41.51	15.76
Veg Carrot Snack Pack 1/2c	2.6oz pack	60	19	26	0.0	8.12	0.0
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	60	449	785	22.48	47.23	19.67
Pizza Meatlovers WGBlend Int/H	6 cut Slice	30	463	874	25.65	46.99	18.77
Pizza VegChz WGBlenFlourHS/INT	HS/INT 6 cut	12	396	576	20.05	46.91	14.36
Sand Chick Spicy Patty 106/3oz	Sandwich	106	337	670	20.0	41.0	11.0
Sand Beef Rib Hoagie 3.25 oz.	Sandwich	100	340	885	18.0	40.0	12.0
Meatloaf 100/2.90oz AdvP#69190	Slice	60	170	390	12.0	8.0	10.0
Veg Potato Mashed Loaded1/2cup	1/2 Cup	60	65	245	1.46	13.75	0.63
Bread Garlic Knot 2G	Garlic Knot	60	172	273	4.05	23.29	7.09
Sand Chicken Slider Tyson/Shan	2 Sandwiches	113	468	753	28.54	54.82	16.31
Veg Potato Seasoned Wedges	1/2 c	113	148	380	2.11	18.99	7.38
Yogurt Muffin Batter Veg Meal	Meal	10	193	123	6.5	40.68	0.05
Tuna Salad MHS	1/2 CUP	10	343	525	20.62	4.76	26.88
Sand Bread Variety High	1 each	15	144	215	5.44	26.78	2.11
Sand Cheese Variety	Slice	15	52	138	3.17	0.5	4.17
Sand Deli Meat Variety	3-6 slices	15	95	424	12.17	1.21	4.68
CHIPS, LAYS CLASSIC	1 PKG	25	60	68	1.0	11.5	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	200	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomBlackDr	1-1/8cup	100	85	177	3.86	11.2	2.39
Fruit Apple Slices IW 200/2oz	1 EACH	250	30	0	0.0	7.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	625	60	8	0.0	14.14	0.0
Milk 1% LF	HALF PINT	250	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	350	120	150	9.0	22.0	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
Pkt Ranch Dressing 12gm	PACKETS	200	35	108	0.11	1.7	2.21
Pkt Taco Sauce	1 PKT	125	5	96	0.0	1.01	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	44	1	1	0.07	0.14	0.01
Veg Tomato Sliced/Diced 1/4c	1/4 CUP	25	8	2	0.41	1.81	0.09
Veg Pickle Dill Chips 5gal	2 SLICES	25	4	261	0.0	1.07	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	10	5	1	0.24	0.88	0.07
Veg Broccoli Raw 1/4c	1/4 cup	10	5	0	0.29	0.86	0.04
FRUIT MELONS CANTALOUPE, RAW	1/2 CUP	60	54	25	1.33	12.92	0.3
Fruit Applesauce Canned 1/4c	1/4 C. SCOOP	48	28	1	0.11	7.44	0.03
Weighted Daily Average			709	1203	36.09	93.70	21.54
% of Calories					20.4%	52.8%	27.3%
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

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Marysville JUSD

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MARYSVILLE HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 03/03/2020							
MARYSVILLE HIGH LUNCH	Total	650					
Chicken Fajita Meat	#8 scoop	150	122	607	18.02	2.0	4.01
Cheese Shredded Cheddar 1oz	#20 scoop	150	111	192	6.08	1.01	9.11
Bread Tortilla 10"	one	150	210	460	6.0	35.99	5.0
Veg Beans Refried-Dehy 1/2c	#8 scoop	100	164	488	7.97	23.92	1.99
Rice Brown ChilMixSpanCook1/2c	1/2 CUP	150	119	156	2.85	24.31	0.95
Veg Lettuce Shredded 1/4C	1/4 CUP	100	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	50	25	2514	0.0	0.0	0.0
Nachos Mix/Chicken & Cheese	#20Chick#12Ch	80	182	593	12.8	4.49	11.46
Bread Tortilla Chips 2oz	2.0 oz	80	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	36	57	140	3.17	10.97	0.46
Chicken Bowl w/Pot&Corn	Bowl	80	399	941	25.57	49.47	13.21
Bread Breadstick Garlic 1G	Breadstick	80	100	95	1.0	15.0	3.5
Sand Cheeseburger Charboil Int	Sandwich	125	342	625	24.45	32.18	13.39
Burrito Colossal Bean & Chick	ONE	50	506	1306	29.91	60.35	14.66
Sand Chick Patty RichCh WG	Sandwich	80	339	619	18.96	41.96	10.97
Salads PBJ Uncrustable LHS	SERVING	25	864	817	27.42	101.01	43.39
Yogurt Muffin Batter Veg Meal	Meal	10	193	123	6.5	40.68	0.05
Sand Tuna Salad	Sandwich	10	503	825	28.62	36.76	28.88
Sand Bread Variety High	1 each	15	144	215	5.44	26.78	2.11
Sand Cheese Variety	Slice	15	52	138	3.17	0.5	4.17
Sand Deli Meat Variety	3-6 slices	15	95	424	12.17	1.21	4.68
CHIPS, LAYS CLASSIC	1 PKG	25	60	68	1.0	11.5	1.0
Fruit Banana Fresh	ONE	200	108	1	1.32	27.63	0.4
Fruit Juice A&E Var 4.23oz	4.23 oz	625	60	8	0.0	14.14	0.0
Veg Cucumber with Tajin 1/2c	1/2 CUP	85	12	168	0.48	1.76	0.13
Veg Beans Green Seas. 1/2c	1/2 CUP	75	28	339	1.53	5.99	0.13
Milk 1% LF	HALF PINT	250	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	350	120	150	9.0	22.0	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
Pkt Ranch Dressing 12gm	PACKETS	200	35	108	0.11	1.7	2.21
Pkt Taco Sauce	1 PKT	125	5	96	0.0	1.01	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	100	1	1	0.07	0.14	0.01
Veg Tomato Sliced/Diced 1/4c	1/4 CUP	25	8	2	0.41	1.81	0.09
Veg Pickle Dill Chips 5gal	2 SLICES	100	4	261	0.0	1.07	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	10	21	59	2.71	3.29	0.09
Veg Cucumber Raw 1/4c	1/4 CUP	10	5	1	0.24	0.88	0.07
FRUIT PEAR SLICED 1/2 C(USDA)	1/2 CUP	24	84	7	0.22	22.75	0.0
Fruit Orange - 1 half 1/4c	1/4 c	24	25	0	0.5	6.3	0.06
Weighted Daily Average			737	1577	35.33	100.09	21.05
% of Calories					19.2%	54.4%	25.7%
Nutrient Guideline			750-850	1420			

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MARYSVILLE HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 03/04/2020							
MARYSVILLE HIGH LUNCH	Total	678					
Chicken Teriyaki Schwans	#10scp	175	130	300	14.0	8.0	4.5
Egg Roll WG Pork 60/3ozSchwans	Egg Roll	180	170	300	9.0	20.0	7.0
Rice Seasoned Cooked1/2c	1/2 CUP	175	112	98	2.65	23.2	0.96
Veg Zucchini Steamed 1/2c	1/2 CUP	0	22	13	0.92	2.62	1.12
Veg Carrot Snack Pack 1/2c	2.6oz pack	60	19	26	0.0	8.12	0.0
Pkt Soy Sauce	1 PKT	0	0	170	0.0	0.0	0.0
Taco Pocket Housemade	taco pocket	0	466	1394	27.43	53.6	16.03
Calzone Pepperoni & Cheese HS	CALZONE	60	471	833	24.11	46.9	21.44
Chicken Crispito 36/2 ea	Crispito	0	540	740	24.01	46.01	28.01
Veg Potato Seasoned Wedges	1/2 c	0	148	380	2.11	18.99	7.38
Sand Chick Spicy Patty 106/3oz	Sandwich	140	337	670	20.0	41.0	11.0
Chili Cheese Fries,chix wedges	#6scp/#12scp	72	394	946	18.11	31.71	22.31
Bread Garlic Knot 2G	Garlic Knot	72	172	273	4.05	23.29	7.09
Chicken Tenders WG 80/4oz	2 pc Serv	126	203	393	16.0	16.0	8.0
Veg Onion Breaded WG (HS Only)	5pcs	126	200	231	3.01	28.07	8.02
Sand Meatball w/ French Bread	4 Meatballs	75	314	612	19.23	32.97	12.19
Yogurt Muffin Batter Veg Meal	Meal	15	193	123	6.5	40.68	0.05
Sand Bread Variety High	1 each	15	144	215	5.44	26.78	2.11
Sand Cheese Variety	Slice	15	52	138	3.17	0.5	4.17
Sand Deli Meat Variety	3-6 slices	15	95	424	12.17	1.21	4.68
CHIPS, LAYS CLASSIC	1 PKG	15	60	68	1.0	11.5	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	60	19	26	0.0	8.12	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	30	21	59	2.71	3.29	0.09
Fruit Orange - 2 halves 1/2c	6 pieces	150	101	0	2.02	25.2	0.26
FRUIT APPLES FRESH	1 APPLE	150	75	1	0.38	20.05	0.25
Fruit Juice A&E Var 4.23oz	4.23 oz	350	60	8	0.0	14.14	0.0
Milk 1% LF	HALF PINT	150	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	250	120	150	9.0	22.0	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
Pkt Ranch Dressing 12gm	PACKETS	125	35	108	0.11	1.7	2.21
Pkt Taco Sauce	1 PKT	125	5	96	0.0	1.01	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	100	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 Pickle Dill Chips 5gal	2 SLICES	100	4	261	0.0	1.07	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	10	21	59	2.71	3.29	0.09
Veg Cucumber Raw 1/4c	1/4 CUP	10	5	1	0.24	0.88	0.07
FRUIT COCKTAILCNDLT SYRUP1/2c	1/2 CUP	24	60	5	0.0	14.91	0.0
VEG SALSA, Primo homemade1/4c	1/4 c	25	2	3	0.07	0.35	0.03
Veg Jalepeno peppers, sliced	1 OZ	32	25	2514	0.0	0.0	0.0
Weighted Daily Average			590	1115	27.88	79.52	18.48
% of Calories					18.9%	53.9%	28.2%
Nutrient Guideline			750-850	1420			

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MARYSVILLE HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 03/05/2020							
MARYSVILLE HIGH LUNCH	Total	660					
LASAGNA, BEEF High	1 Piece	150	336	1078	21.65	25.24	17.74
Veg Salad Romaine&Spnch1c port	1 CUP	100	21	59	2.71	3.29	0.09
Bread Breadstick ChzGarlic 1G	Breadstick	150	100	140	3.0	13.0	3.0
JELLO	1/2 CUP	150	3	2	0.05	0.61	0.0
Chicken Tenders WG 80/4oz	2 pc Serv	100	203	393	16.0	16.0	8.0
Veg Onion Breaded WG (HS Only)	5pcs	100	200	231	3.01	28.07	8.02
VEG CORN ON THE COB	1 EAR	100	147	0	4.89	26.07	1.63
Sand Grill HamTy/Chz var Bread	Sandwich	50	321	1018	20.79	24.87	16.36
Quesadilla Chicken8"TortillaLT	quesadilla	25	345	637	25.27	21.14	17.95
Bread Tortilla Chips 1oz	1.0 oz	25	135	55	2.0	19.0	5.0
Veg Salsa Verde Del Real	oz.	25	9	139	0.28	1.42	0.28
Chili w/ Beans	1/4 cup	80	64	255	3.58	11.69	0.07
Cheese Shredded Cheddar 0.5oz	#40 scoop	80	56	96	3.04	0.51	4.56
Sand Hot Dog Turkey 160/2.0oz	Sandwich	80	280	470	10.0	31.0	12.0
Sand Hamburger HighOnly DonLee	Sandwich	130	371	686	26.23	40.8	12.07
Nachos Mix/Chicken & Cheese	#20Chick#12Ch	85	182	593	12.8	4.49	11.46
Bread Tortilla Chips 2oz	2.0 oz	85	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	36	57	140	3.17	10.97	0.46
Salads PBJ Uncrustable LHS	SERVING	20	864	817	27.42	101.01	43.39
Yogurt Muffin Batter Veg Meal	Meal	10	193	123	6.5	40.68	0.05
Sand Bread Variety High	1 each	15	144	215	5.44	26.78	2.11
Sand Cheese Variety	Slice	15	52	138	3.17	0.5	4.17
Sand Deli Meat Variety	3-6 slices	15	95	424	12.17	1.21	4.68
CHIPS, LAYS CLASSIC	1 PKG	15	60	68	1.0	11.5	1.0
Veg Beans Baked 1/2c	1/2 CUP	96	137	386	7.43	25.77	0.95
Veg Stick Bag, High School	3/4 c	75	13	18	0.5	3.02	0.05
Fruit Traditional Fresh Combo	ONE	200	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
Milk 1% LF	HALF PINT	250	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	300	120	150	9.0	22.0	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
Pkt Ranch Dressing 12gm	PACKETS	125	35	108	0.11	1.7	2.21
Pkt Taco Sauce	1 PKT	125	5	96	0.0	1.01	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	100	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 Pickle Dill Chips 5gal	2 SLICES	100	4	261	0.0	1.07	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	10	21	59	2.71	3.29	0.09
Veg Cucumber Raw 1/4c	1/4 CUP	10	5	1	0.24	0.88	0.07
VEG SALSA, Primo homemade1/4c	1/4 c	25	2	3	0.07	0.35	0.03
Fruit Orange - 2 halves 1/2c	6 pieces	10	101	0	2.02	25.2	0.26
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
FRUIT PEACH DICED CDE Can 1/2c	1/2 CUP	24	68	6	0.55	18.14	0.04
Weighted Daily Average			704	1294	32.65	92.26	22.21
% of Calories					18.5%	52.4%	28.4%
Nutrient Guideline			750-850	1420			

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Fri - 03/06/2020							
MARYSVILLE HIGH LUNCH	Total	641					
Sand Hamburger HighOnly DonLee	Sandwich	160	371	686	26.23	40.8	12.07
Veg Potato Seasoned Wedges	1/2 c	160	148	380	2.11	18.99	7.38
Veg Carrot Snack Pack 1/2c	2.6oz pack	50	19	26	0.0	8.12	0.0
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	66	449	785	22.48	47.23	19.67
Pizza Meatlovers WGBlend Int/H	6 cut Slice	18	463	874	25.65	46.99	18.77
Sand Pig in a Blanket - 2G	Sandwich	40	330	540	13.0	27.0	16.0
Burrito Bean & Cheese LHS	ONE	50	392	918	16.49	36.66	19.35
Cheese Stuffed Breadsticks	2 pc	125	300	480	20.0	30.0	11.0
Marinara Sauce 1/4c	1/4 CUP	125	40	63	0.5	5.01	2.0
Chicken Honey Sriracha Chunks	6 pieces	120	296	377	22.44	22.44	13.26
Veg Onion Breaded WG (HS Only)	5pcs	120	200	231	3.01	28.07	8.02
Yogurt Muffin Batter Veg Meal	Meal	10	193	123	6.5	40.68	0.05
Sand Tuna Salad	Sandwich	10	503	825	28.62	36.76	28.88
Sand Bread Variety High	1 each	15	144	215	5.44	26.78	2.11
Sand Cheese Variety	Slice	15	52	138	3.17	0.5	4.17
Sand Deli Meat Variety	3-6 slices	15	95	424	12.17	1.21	4.68
CHIPS, LAYS CLASSIC	1 PKG	25	60	68	1.0	11.5	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	200	19	26	0.0	8.12	0.0
Veg Potato Seasoned Wedges	1/2 c	420	148	380	2.11	18.99	7.38
Fruit Traditional Fresh Combo	ONE	250	73	1	0.88	18.63	0.3
Fruit Juice A&E Var 4.23oz	4.23 oz	650	60	8	0.0	14.14	0.0
Milk 1% LF	HALF PINT	150	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	250	120	150	9.0	22.0	0.0
Milk Strawberry Non Fat	HALF PINT	300	120	135	9.0	22.0	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
Pkt Ranch Dressing 12gm	PACKETS	200	35	108	0.11	1.7	2.21
Pkt Taco Sauce	1 PKT	125	5	96	0.0	1.01	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	100	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 Pickle Dill Chips 5gal	2 SLICES	100	4	261	0.0	1.07	0.0
Veg Salad Romaine&Spnch 1c port	1 CUP	10	21	59	2.71	3.29	0.09
Veg Cucumber Raw 1/4c	1/4 CUP	10	5	1	0.24	0.88	0.07
FRUIT PEACHES, SLICED, CANNED	1/2 CUP	24	60	6	0.88	15.85	0.06
Veg Broccoli Florets Frzn 1/4c	1/4 cup	20	12	10	1.29	2.22	0.05
Veg Celery Sticks 1/4c	1/4 CUP	20	5	26	0.22	0.96	0.06
Weighted Daily Average			801	1358	34.41	109.02	26.07
% of Calories					17.2%	54.4%	29.3%
Nutrient Guideline			750-850	1420			

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Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

MARYSVILLE HIGH LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 03/09/2020							
MARYSVILLE HIGH LUNCH	Total	654					
Sand Beef Rib Hoagie 3.25 oz.	Sandwich	175	340	885	18.0	40.0	12.0
Veg Onion Breaded WG (HS Only)	5pcs	175	200	231	3.01	28.07	8.02
Veg Coleslaw Salad 1/4c	1/4 c	1	22	41	0.17	1.7	1.66
Veg Carrot Snack Pack 1/2c	2.6oz pack	60	19	26	0.0	8.12	0.0
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	60	449	785	22.48	47.23	19.67
Pizza Meatlovers WGBlend Int/H	6 cut Slice	30	463	874	25.65	46.99	18.77
Pizza VegChz WGBlenFlourHS/INT	HS/INT 6 cut	12	396	576	20.05	46.91	14.36
Sand Chick Spicy Patty 106/3oz	Sandwich	106	337	670	20.0	41.0	11.0
Sand Beef Rib Hoagie 3.25 oz.	Sandwich	100	340	885	18.0	40.0	12.0
Meatloaf 100/2.90oz AdvP#69190	Slice	60	170	390	12.0	8.0	10.0
Veg Potato Mashed Loaded1/2cup	1/2 Cup	60	65	245	1.46	13.75	0.63
Bread Garlic Knot 2G	Garlic Knot	60	172	273	4.05	23.29	7.09
Sand Chicken Slider Tyson/Shan	2 Sandwiches	113	468	753	28.54	54.82	16.31
Veg Potato Seasoned Wedges	1/2 c	113	148	380	2.11	18.99	7.38
Yogurt Muffin Batter Veg Meal	Meal	10	193	123	6.5	40.68	0.05
Tuna Salad MHS	1/2 CUP	10	343	525	20.62	4.76	26.88
Sand Bread Variety High	1 each	15	144	215	5.44	26.78	2.11
Sand Cheese Variety	Slice	15	52	138	3.17	0.5	4.17
Sand Deli Meat Variety	3-6 slices	15	95	424	12.17	1.21	4.68
CHIPS, LAYS CLASSIC	1 PKG	25	60	68	1.0	11.5	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	200	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomBlackDr	1-1/8cup	100	85	177	3.86	11.2	2.39
Fruit Apple Slices IW 200/2oz	1 EACH	250	30	0	0.0	7.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	625	60	8	0.0	14.14	0.0
Milk 1% LF	HALF PINT	250	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	350	120	150	9.0	22.0	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
Pkt Ranch Dressing 12gm	PACKETS	200	35	108	0.11	1.7	2.21
Pkt Taco Sauce	1 PKT	125	5	96	0.0	1.01	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	44	1	1	0.07	0.14	0.01
Veg Tomato Sliced/Diced 1/4c	1/4 CUP	25	8	2	0.41	1.81	0.09
Veg Pickle Dill Chips 5gal	2 SLICES	25	4	261	0.0	1.07	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	10	5	1	0.24	0.88	0.07
Veg Broccoli Raw 1/4c	1/4 cup	10	5	0	0.29	0.86	0.04
FRUIT MELONS CANTALOUPE, RAW	1/2 CUP	60	54	25	1.33	12.92	0.3
Fruit Applesauce Canned 1/4c	1/4 C. SCOOP	48	28	1	0.11	7.44	0.03
Weighted Daily Average			735	1316	32.48	100.81	22.68
% of Calories					17.7%	54.9%	27.8%
Nutrient Guideline			750-850	1420			

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Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

MARYSVILLE HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 03/10/2020							
MARYSVILLE HIGH LUNCH	Total	647					
Beef Taco Meat MJUSD #8scp2M	#8 scoop	160	116	434	11.93	2.75	6.45
Sauce Cheese Cheddar Jalapeno	3 oz Servings	160	141	575	7.07	5.05	10.1
Veg Tomato Sliced/Diced 1/4c	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Lettuce Shredded 1/2C	1/2 CUP	1	3	3	0.27	0.55	0.05
Veg Beans Refried-Dehy 1/2c	#8 scoop	160	164	488	7.97	23.92	1.99
Veg onion, cilantro, lime	portion	100	15	3	0.39	4.7	0.1
Veg Jalepeno peppers, sliced	1 OZ	50	25	2514	0.0	0.0	0.0
Rice Brown ChilMixSpanCook1/2c	1/2 CUP	160	119	156	2.85	24.31	0.95
Bread Tortilla Chips 2oz	2.0 oz	160	270	110	4.0	38.0	10.0
Meatloaf 100/2.90oz AdvP#69190	Slice	100	170	390	12.0	8.0	10.0
Veg Potato Mashed Loaded1/2cup	1/2 Cup	100	65	245	1.46	13.75	0.63
Bread Garlic Knot 2G	Garlic Knot	100	172	273	4.05	23.29	7.09
Chicken Chunk WG	5 Pieces	110	241	386	21.73	14.49	10.87
Veg Onion Breaded WG (HS Only)	5pcs	110	200	231	3.01	28.07	8.02
VEG CORN ON THE COB	1 EAR	110	147	0	4.89	26.07	1.63
Sand Cheeseburger Mesq DL	Sandwich	130	326	675	22.6	32.1	12.8
Sand TurkeyBreast Ital. Panini	Sandwich	72	176	523	19.17	2.34	10.04
Quesadilla ChzBlen8" TortillaLT	quesadilla	20	301	555	19.27	20.07	16.12
Bread Tortilla Chips 1oz	1.0 oz	20	135	55	2.0	19.0	5.0
SaladTurkey Ham MHS	SERVING	10	296	763	21.75	8.71	14.34
Bread Garlic Knot 2G	Garlic Knot	10	172	273	4.05	23.29	7.09
Salads PBJ Uncrustable LHS	SERVING	25	864	817	27.42	101.01	43.39
Sand Bread Variety High	1 each	20	144	215	5.44	26.78	2.11
Sand Cheese Variety	Slice	20	52	138	3.17	0.5	4.17
Sand Deli Meat Variety	3-6 slices	20	95	424	12.17	1.21	4.68
CHIPS, LAYS CLASSIC	1 PKG	20	60	68	1.0	11.5	1.0
Yogurt Muffin Batter Veg Meal	Meal	15	193	123	6.5	40.68	0.05
Veg Broccoli Raw 1/2c	1/2 cup	75	9	0	0.57	1.71	0.09
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	75	100	177	4.22	12.95	3.23
Fruit Banana Fresh	ONE	100	108	1	1.32	27.63	0.4
FRUIT APPLES FRESH	1 APPLE	200	75	1	0.38	20.05	0.25
Fruit Juice A&E Var 4.23oz	4.23 oz	700	60	8	0.0	14.14	0.0
Milk 1% LF	HALF PINT	200	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	350	120	150	9.0	22.0	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
Pkt Ranch Dressing 12gm	PACKETS	200	35	108	0.11	1.7	2.21
Pkt Taco Sauce	1 PKT	125	5	96	0.0	1.01	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	100	1	1	0.07	0.14	0.01
Veg Tomato Sliced/Diced 1/4c	1/4 CUP	25	8	2	0.41	1.81	0.09
Veg Pickle Dill Chips 5gal	2 SLICES	100	4	261	0.0	1.07	0.0
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	10	21	59	2.71	3.29	0.09
Veg Cucumber Raw 1/4c	1/4 CUP	10	5	1	0.24	0.88	0.07
VEG SALSA, Primo homemade1/4c	1/4 c	25	2	3	0.07	0.35	0.03
Fruit Orange - 2 halves 1/2c	6 pieces	10	101	0	2.02	25.2	0.26
Veg onion, cilantro, lime	portion	50	15	3	0.39	4.7	0.1
Sour Cream, Light Crystal	1 Tablespoons	20	19	14	0.95	0.95	1.18
Weighted Daily Average			793	1574	34.82	105.48	24.64
% of Calories					17.6%	53.2%	28.0%
Nutrient Guideline			750-850	1420			

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Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

MARYSVILLE HIGH LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 03/11/2020							
MARYSVILLE HIGH LUNCH	Total	375					
Chicken Cherry Blossm 176/3.9oz	3.9oz.	175	200	350	13.0	27.0	4.0
Veg Broccoli Florets Seas 1/2c	1/2 cup	100	58	26	1.6	4.8	3.8
Noodles Yakisoba WG w/ Sauce	1/2c scoop	160	160	242	3.61	25.13	4.94
Egg Roll WG Pork 60/3ozSchwans	Egg Roll	160	170	300	9.0	20.0	7.0
Veg Carrot Snack Pack 1/2c	2.6oz pack	60	19	26	0.0	8.12	0.0
Pkt Soy Sauce	1 PKT	100	0	170	0.0	0.0	0.0
Cookie Fortune	1 Each	175	30	4	0.86	6.91	0.0
Calzone Pepperoni & Cheese HS	CALZONE	30	471	833	24.11	46.9	21.44
Taco Pocket Housemade	taco pocket	15	466	1394	27.43	53.6	16.03
Sand Chick Spicy Patty 106/3oz	Sandwich	106	337	670	20.0	41.0	11.0
Sand TurkeyBreast Ital. Panini	Sandwich	50	176	523	19.17	2.34	10.04
Burrito Bean & Cheese LHS	ONE	25	392	918	16.49	36.66	19.35
Cheese Stuffed Breadsticks	2 pc	100	300	480	20.0	30.0	11.0
Marinara Sauce	1/2 cup serving	100	38	646	1.26	9.04	0.06
Yogurt Muffin Batter Veg Meal	Meal	15	193	123	6.5	40.68	0.05
Sand Bread Variety High	1 each	15	144	215	5.44	26.78	2.11
Sand Cheese Variety	Slice	15	52	138	3.17	0.5	4.17
Sand Deli Meat Variety	3-6 slices	15	95	424	12.17	1.21	4.68
CHIPS, LAYS CLASSIC	1 PKG	15	60	68	1.0	11.5	1.0
Veg Carrot Snack Pack 1/2c	2.6oz pack	85	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	75	100	177	4.22	12.95	3.23
Fruit Orange - 2 halves 1/2c	6 pieces	100	101	0	2.02	25.2	0.26
FRUIT APPLES FRESH	1 APPLE	300	75	1	0.38	20.05	0.25
Fruit Juice A&E Var 4.23oz	4.23 oz	375	60	8	0.0	14.14	0.0
Milk 1% LF	HALF PINT	150	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	250	120	150	9.0	22.0	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
Pkt Ranch Dressing 12gm	PACKETS	200	35	108	0.11	1.7	2.21
Pkt Taco Sauce	1 PKT	125	5	96	0.0	1.01	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	100	1	1	0.07	0.14	0.01
Veg Tomato Sliced/Diced 1/4c	1/4 CUP	25	8	2	0.41	1.81	0.09
Veg Pickle Dill Chips 5gal	2 SLICES	100	4	261	0.0	1.07	0.0
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	10	21	59	2.71	3.29	0.09
Veg Cucumber Raw 1/4c	1/4 CUP	10	5	1	0.24	0.88	0.07
FRUIT COCKTAILCNDLT SYRUP1/2c	1/2 CUP	24	60	5	0.0	14.91	0.0
Fruit Applesauce Canned 1/4c	1/4 C. SCOOP	48	28	1	0.11	7.44	0.03
Weighted Daily Average			968	1877	43.29	141.46	26.65
% of Calories					17.9%	58.5%	24.8%
Nutrient Guideline			750-850	1420			

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Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

MARYSVILLE HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 03/12/2020							
MARYSVILLE HIGH LUNCH	Total	650					
Chicken strips, seasoned	1.25 oz	150	47	90	6.29	1.05	2.09
Chicken strips, seasoned	1.25 oz	150	47	90	6.29	1.05	2.09
Sauce White Cheese Blend	2 oz Servings	100	87	360	5.33	2.0	6.67
Pasta, Parmesan	#8noodle#8sauce	150	147	577	5.61	29.47	1.86
Bread Breadstick ChzGarlic 1G	Breadstick	150	100	140	3.0	13.0	3.0
Veg Salad RomSpinCucTom1.5c	1.5 CUP	100	34	62	3.26	6.23	0.21
Veg Carrot Snack Pack 1/2c	2.6oz pack	100	19	26	0.0	8.12	0.0
Cake Chocolate	One Slice	160	121	237	2.1	20.47	3.67
Frosting Vanilla Cream-3 cakes	Portions	160	109	29	0.09	19.02	3.74
Chicken Tenders WG 80/4oz	2 pc Serv	100	203	393	16.0	16.0	8.0
Veg Onion Breaded WG (HS Only)	5pcs	100	200	231	3.01	28.07	8.02
VEG CORN ON THE COB	1 EAR	100	147	0	4.89	26.07	1.63
Sand Grill HamTy/Chz var Bread	Sandwich	20	321	1018	20.79	24.87	16.36
Sand Hot Dog Turkey 160/2.0oz	Sandwich	40	280	470	10.0	31.0	12.0
Burrito Bean & Cheese LHS	ONE	50	392	918	16.49	36.66	19.35
Rice Brown 1/2c Cook	1/2 CUP	50	36	4	0.84	7.46	0.29
Sand Hamburger HighOnly DonLee	Sandwich	135	371	686	26.23	40.8	12.07
Nachos Mix/Turkey & Chz & Chip	#2O Turk, #12C	80	494	792	18.96	44.14	24.66
Veg Beans, Chili	1/2 Cup	80	57	140	3.17	10.97	0.46
Wrap, Chicken pulled Tyson	wrap	20	469	1079	22.08	38.83	24.68
Salads PBJ Uncrustable LHS	SERVING	25	864	817	27.42	101.01	43.39
Yogurt Muffin Batter Veg Meal	Meal	10	193	123	6.5	40.68	0.05
Sand Bread Variety High	1 each	20	144	215	5.44	26.78	2.11
Sand Cheese Variety	Slice	20	52	138	3.17	0.5	4.17
Sand Deli Meat Variety	3-6 slices	20	95	424	12.17	1.21	4.68
CHIPS, LAYS CLASSIC	1 PKG	20	60	68	1.0	11.5	1.0
Veg Beans Baked 1/2c	1/2 CUP	96	137	386	7.43	25.77	0.95
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	64	100	177	4.22	12.95	3.23
Fruit Traditional Fresh Combo	ONE	200	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
Milk 1% LF	HALF PINT	250	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	300	120	150	9.0	22.0	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
Pkt Ranch Dressing 12gm	PACKETS	125	35	108	0.11	1.7	2.21
Pkt Taco Sauce	1 PKT	125	5	96	0.0	1.01	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	100	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 Pickle Dill Chips 5gal	2 SLICES	100	4	261	0.0	1.07	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	10	21	59	2.71	3.29	0.09
Veg Cucumber Raw 1/4c	1/4 CUP	10	5	1	0.24	0.88	0.07
VEG SALSA, Primo homemade1/4c	1/4 c	25	2	3	0.07	0.35	0.03
Fruit Orange - 2 halves 1/2c	6 pieces	10	101	0	2.02	25.2	0.26
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
FRUIT PEACH DICED CDE Can 1/2c	1/2 CUP	24	68	6	0.55	18.14	0.04
Weighted Daily Average			775	1367	33.64	108.11	23.12
% of Calories					17.4%	55.8%	26.8%
Nutrient Guideline			750-850	1420			

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Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

MARYSVILLE HIGH LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 03/13/2020							
MARYSVILLE HIGH LUNCH	Total	641					
Sand Hamburger HighOnly DonLee	Sandwich	160	371	686	26.23	40.8	12.07
Veg Potato Seasoned Wedges	1/2 c	160	148	380	2.11	18.99	7.38
Veg Carrot Snack Pack 1/2c	2.6oz pack	50	19	26	0.0	8.12	0.0
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	66	449	785	22.48	47.23	19.67
Pizza Meatlovers WGBlend Int/H	6 cut Slice	18	463	874	25.65	46.99	18.77
Sand Pig in a Blanket - 2G	Sandwich	40	330	540	13.0	27.0	16.0
Burrito Bean & Cheese LHS	ONE	50	392	918	16.49	36.66	19.35
Cheese Stuffed Breadsticks	2 pc	125	300	480	20.0	30.0	11.0
Marinara Sauce 1/4c	1/4 CUP	125	40	63	0.5	5.01	2.0
Chicken Honey Sriracha Chunks	6 pieces	120	296	377	22.44	22.44	13.26
Veg Onion Breaded WG (HS Only)	5pcs	120	200	231	3.01	28.07	8.02
Yogurt Muffin Batter Veg Meal	Meal	10	193	123	6.5	40.68	0.05
Sand Tuna Salad	Sandwich	10	503	825	28.62	36.76	28.88
Sand Bread Variety High	1 each	15	144	215	5.44	26.78	2.11
Sand Cheese Variety	Slice	15	52	138	3.17	0.5	4.17
Sand Deli Meat Variety	3-6 slices	15	95	424	12.17	1.21	4.68
CHIPS, LAYS CLASSIC	1 PKG	25	60	68	1.0	11.5	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	200	19	26	0.0	8.12	0.0
Veg Potato Seasoned Wedges	1/2 c	420	148	380	2.11	18.99	7.38
Fruit Traditional Fresh Combo	ONE	250	73	1	0.88	18.63	0.3
Fruit Juice A&E Var 4.23oz	4.23 oz	650	60	8	0.0	14.14	0.0
Milk 1% LF	HALF PINT	150	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	250	120	150	9.0	22.0	0.0
Milk Strawberry Non Fat	HALF PINT	300	120	135	9.0	22.0	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
Pkt Ranch Dressing 12gm	PACKETS	200	35	108	0.11	1.7	2.21
Pkt Taco Sauce	1 PKT	125	5	96	0.0	1.01	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	100	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 Pickle Dill Chips 5gal	2 SLICES	100	4	261	0.0	1.07	0.0
Veg Salad Romaine&Spnch 1c port	1 CUP	10	21	59	2.71	3.29	0.09
Veg Cucumber Raw 1/4c	1/4 CUP	10	5	1	0.24	0.88	0.07
FRUIT PEACHES, SLICED, CANNED	1/2 CUP	24	60	6	0.88	15.85	0.06
Veg Broccoli Florets Frzn 1/4c	1/4 cup	20	12	10	1.29	2.22	0.05
Veg Celery Sticks 1/4c	1/4 CUP	20	5	26	0.22	0.96	0.06
Weighted Daily Average			801	1358	34.41	109.02	26.07
% of Calories					17.2%	54.4%	29.3%
Nutrient Guideline			750-850	1420			

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Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

MARYSVILLE HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 03/16/2020							
MARYSVILLE HIGH LUNCH	Total	654					
Chicken Fajita Meat	#8 scoop	175	122	607	18.02	2.0	4.01
Sauce Cheese Cheddar Jalapeno	3 oz Servings	175	141	575	7.07	5.05	10.1
Veg Potato Rounds - Simplot	1/2 cup	1	167	226	1.19	19.05	8.33
Veg Tomato Sliced/Diced 1/4c	1/4 CUP	60	8	2	0.41	1.81	0.09
Veg Jalepeno peppers, sliced	1 OZ	1	25	2514	0.0	0.0	0.0
Turkey Bacon	2 Slice	1	45	215	4.54	0.0	2.27
Bread Garlic Knot 2G	Garlic Knot	1	172	273	4.05	23.29	7.09
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	60	449	785	22.48	47.23	19.67
Pizza Meatlovers WGBlend Int/H	6 cut Slice	30	463	874	25.65	46.99	18.77
Pizza VegChz WGBlenFlourHS/INT	HS/INT 6 cut	12	396	576	20.05	46.91	14.36
Sand Chick Spicy Patty 106/3oz	Sandwich	106	337	670	20.0	41.0	11.0
Sand Beef Rib Hoagie 3.25 oz.	Sandwich	100	340	885	18.0	40.0	12.0
Meatloaf 100/2.90oz AdvP#69190	Slice	60	170	390	12.0	8.0	10.0
Veg Potato Mashed Loaded1/2cup	1/2 Cup	60	65	245	1.46	13.75	0.63
Bread Garlic Knot 2G	Garlic Knot	60	172	273	4.05	23.29	7.09
Sand Chicken Slider Tyson/Shan	2 Sandwiches	113	468	753	28.54	54.82	16.31
Veg Potato Seasoned Wedges	1/2 c	113	148	380	2.11	18.99	7.38
Yogurt Muffin Batter Veg Meal	Meal	10	193	123	6.5	40.68	0.05
Tuna Salad MHS	1/2 CUP	10	343	525	20.62	4.76	26.88
Sand Bread Variety High	1 each	15	144	215	5.44	26.78	2.11
Sand Cheese Variety	Slice	15	52	138	3.17	0.5	4.17
Sand Deli Meat Variety	3-6 slices	15	95	424	12.17	1.21	4.68
CHIPS, LAYS CLASSIC	1 PKG	25	60	68	1.0	11.5	1.0
Veg Carrot Snack Pack 1/2c	ONE PACK	200	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomBlackDr	1-1/8cup	100	85	177	3.86	11.2	2.39
Fruit Apple Slices IW 200/2oz	1 EACH	250	30	0	0.0	7.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	625	60	8	0.0	14.14	0.0
Milk 1% LF	HALF PINT	250	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	350	120	150	9.0	22.0	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
Pkt Ranch Dressing 12gm	PACKETS	200	35	108	0.11	1.7	2.21
Pkt Taco Sauce	1 PKT	125	5	96	0.0	1.01	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	44	1	1	0.07	0.14	0.01
Veg Tomato Sliced/Diced 1/4c	1/4 CUP	25	8	2	0.41	1.81	0.09
Veg Pickle Dill Chips 5gal	2 SLICES	25	4	261	0.0	1.07	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	10	5	1	0.24	0.88	0.07
Veg Broccoli Raw 1/4c	1/4 cup	10	5	0	0.29	0.86	0.04
FRUIT MELONS CANTALOUPE, RAW	1/2 CUP	60	54	25	1.33	12.92	0.3
Fruit Applesauce Canned 1/4c	1/4 C. SCOOP	48	28	1	0.11	7.44	0.03
Weighted Daily Average			660	1336	33.62	83.96	21.13
% of Calories					20.4%	50.9%	28.8%
Nutrient Guideline			750-850	1420			

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Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

MARYSVILLE HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 03/17/2020							
MARYSVILLE HIGH LUNCH	Total	647					
Beef Taco Meat MJUSD #8scp2M	#8 scoop	160	116	434	11.93	2.75	6.45
Cheese Shredded Cheddar 1oz	#20 scoop	160	111	192	6.08	1.01	9.11
Veg Tomato Sliced/Diced 1/4c	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Lettuce Shredded 1/2C	1/2 CUP	1	3	3	0.27	0.55	0.05
Veg Beans Refried-Dehy 1/2c	#8 scoop	160	164	488	7.97	23.92	1.99
Veg onion, cilantro, lime	portion	100	15	3	0.39	4.7	0.1
Veg Jalepeno peppers, sliced	1 OZ	50	25	2514	0.0	0.0	0.0
Rice Brown ChilMixSpanCook1/2c	1/2 CUP	160	119	156	2.85	24.31	0.95
Bread Tostada Bowl Large WG	Bowl	160	170	0	2.0	22.99	11.99
Meatloaf 100/2.90oz AdvP#69190	Slice	100	170	390	12.0	8.0	10.0
Veg Potato Mashed Loaded1/2cup	1/2 Cup	100	65	245	1.46	13.75	0.63
Bread Garlic Knot 2G	Garlic Knot	100	172	273	4.05	23.29	7.09
Chicken Chunk WG	5 Pieces	110	241	386	21.73	14.49	10.87
Veg Onion Breaded WG (HS Only)	5pcs	110	200	231	3.01	28.07	8.02
VEG CORN ON THE COB	1 EAR	110	147	0	4.89	26.07	1.63
Sand Cheeseburger Mesq DL	Sandwich	130	326	675	22.6	32.1	12.8
Sand TurkeyBreast Ital. Panini	Sandwich	72	176	523	19.17	2.34	10.04
Quesadilla ChzBlen8" TortillaLT	quesadilla	20	301	555	19.27	20.07	16.12
Bread Tortilla Chips 1oz	1.0 oz	20	135	55	2.0	19.0	5.0
SaladTurkey Ham MHS	SERVING	10	296	763	21.75	8.71	14.34
Bread Garlic Knot 2G	Garlic Knot	10	172	273	4.05	23.29	7.09
Salads PBJ Uncrustable LHS	SERVING	25	864	817	27.42	101.01	43.39
Sand Bread Variety High	1 each	20	144	215	5.44	26.78	2.11
Sand Cheese Variety	Slice	20	52	138	3.17	0.5	4.17
Sand Deli Meat Variety	3-6 slices	20	95	424	12.17	1.21	4.68
CHIPS, LAYS CLASSIC	1 PKG	20	60	68	1.0	11.5	1.0
Yogurt Muffin Batter Veg Meal	Meal	15	193	123	6.5	40.68	0.05
Veg Broccoli Raw 1/2c	1/2 cup	75	9	0	0.57	1.71	0.09
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	75	100	177	4.22	12.95	3.23
Fruit Banana Fresh	ONE	100	108	1	1.32	27.63	0.4
FRUIT APPLES FRESH	1 APPLE	200	75	1	0.38	20.05	0.25
Fruit Juice A&E Var 4.23oz	4.23 oz	700	60	8	0.0	14.14	0.0
Milk 1% LF	HALF PINT	200	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	350	120	150	9.0	22.0	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
Pkt Ranch Dressing 12gm	PACKETS	200	35	108	0.11	1.7	2.21
Pkt Taco Sauce	1 PKT	125	5	96	0.0	1.01	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	100	1	1	0.07	0.14	0.01
Veg Tomato Sliced/Diced 1/4c	1/4 CUP	25	8	2	0.41	1.81	0.09
Veg Pickle Dill Chips 5gal	2 SLICES	100	4	261	0.0	1.07	0.0
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	10	21	59	2.71	3.29	0.09
Veg Cucumber Raw 1/4c	1/4 CUP	10	5	1	0.24	0.88	0.07
VEG SALSA, Primo homemade1/4c	1/4 c	25	2	3	0.07	0.35	0.03
Fruit Orange - 2 halves 1/2c	6 pieces	10	101	0	2.02	25.2	0.26
Veg onion, cilantro, lime	portion	50	15	3	0.39	4.7	0.1
Sour Cream, Light Crystal	1 Tablespoons	20	19	14	0.95	0.95	1.18
Weighted Daily Average			760	1452	34.08	100.77	24.89
% of Calories					17.9%	53.0%	29.5%
Nutrient Guideline			750-850	1420			

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Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

MARYSVILLE HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 03/18/2020							
MARYSVILLE HIGH LUNCH	Total	375					
Chicken Sriracha Hon 176/3.9oz	3.9oz.	175	211	482	12.06	24.12	6.03
Veg Broccoli Florets Seas 1/2c	1/2 cup	100	58	26	1.6	4.8	3.8
Noodles Yakisoba WG w/ Sauce	1/2c scoop	160	160	242	3.61	25.13	4.94
Egg Roll WG Pork 60/3ozSchwans	Egg Roll	160	170	300	9.0	20.0	7.0
Veg Carrot Snack Pack 1/2c	2.6oz pack	60	19	26	0.0	8.12	0.0
Pkt Soy Sauce	1 PKT	100	0	170	0.0	0.0	0.0
Cookie Fortune	1 Each	175	30	4	0.86	6.91	0.0
Calzone Pepperoni & Cheese HS	CALZONE	30	471	833	24.11	46.9	21.44
Taco Pocket Housemade	taco pocket	15	466	1394	27.43	53.6	16.03
Sand Chick Spicy Patty 106/3oz	Sandwich	106	337	670	20.0	41.0	11.0
Sand TurkeyBreast Ital. Panini	Sandwich	50	176	523	19.17	2.34	10.04
Burrito Bean & Cheese LHS	ONE	25	392	918	16.49	36.66	19.35
Cheese Stuffed Breadsticks	2 pc	100	300	480	20.0	30.0	11.0
Marinara Sauce	1/2 cup serving	100	38	646	1.26	9.04	0.06
Yogurt Muffin Batter Veg Meal	Meal	15	193	123	6.5	40.68	0.05
Sand Bread Variety High	1 each	15	144	215	5.44	26.78	2.11
Sand Cheese Variety	Slice	15	52	138	3.17	0.5	4.17
Sand Deli Meat Variety	3-6 slices	15	95	424	12.17	1.21	4.68
CHIPS, LAYS CLASSIC	1 PKG	15	60	68	1.0	11.5	1.0
Veg Carrot Snack Pack 1/2c	2.6oz pack	85	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	75	100	177	4.22	12.95	3.23
Fruit Orange - 2 halves 1/2c	6 pieces	100	101	0	2.02	25.2	0.26
FRUIT APPLES FRESH	1 APPLE	300	75	1	0.38	20.05	0.25
Fruit Juice A&E Var 4.23oz	4.23 oz	375	60	8	0.0	14.14	0.0
Milk 1% LF	HALF PINT	150	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	250	120	150	9.0	22.0	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
Pkt Ranch Dressing 12gm	PACKETS	200	35	108	0.11	1.7	2.21
Pkt Taco Sauce	1 PKT	125	5	96	0.0	1.01	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	100	1	1	0.07	0.14	0.01
Veg Tomato Sliced/Diced 1/4c	1/4 CUP	25	8	2	0.41	1.81	0.09
Veg Pickle Dill Chips 5gal	2 SLICES	100	4	261	0.0	1.07	0.0
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	10	21	59	2.71	3.29	0.09
Veg Cucumber Raw 1/4c	1/4 CUP	10	5	1	0.24	0.88	0.07
FRUIT COCKTAILCNDLT SYRUP1/2c	1/2 CUP	24	60	5	0.0	14.91	0.0
Fruit Applesauce Canned 1/4c	1/4 C. SCOOP	48	28	1	0.11	7.44	0.03
Weighted Daily Average			973	1938	42.86	140.12	27.60
% of Calories					17.6%	57.6%	25.5%
Nutrient Guideline			750-850	1420			

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Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

MARYSVILLE HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 03/19/2020							
MARYSVILLE HIGH LUNCH	Total	650					
Macaroni & Cheese Side	#10 scoops	150	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 Tomato Sliced/Diced 1/4c	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Lettuce Shredded 1/2C	1/2 CUP	1	3	3	0.27	0.55	0.05
Bread Breadstick ChzGarlic 1G	Breadstick	150	100	140	3.0	13.0	3.0
Veg Salad RomSpinCucTom1.5c	1.5 CUP	100	34	62	3.26	6.23	0.21
Veg Carrot Snack Pack 1/2c	2.6oz pack	100	19	26	0.0	8.12	0.0
Cake Yellow	One Slice	160	110	184	2.1	22.57	1.58
Frosting Vanilla Cream-3 cakes	Portions	160	109	29	0.09	19.02	3.74
Chicken Tenders WG 80/4oz	2 pc Serv	100	203	393	16.0	16.0	8.0
Veg Onion Breaded WG (HS Only)	5pcs	100	200	231	3.01	28.07	8.02
VEG CORN ON THE COB	1 EAR	100	147	0	4.89	26.07	1.63
Sand Grill HamTy/Chz var Bread	Sandwich	20	321	1018	20.79	24.87	16.36
Sand Hot Dog Turkey 160/2.0oz	Sandwich	40	280	470	10.0	31.0	12.0
Burrito Bean & Cheese LHS	ONE	50	392	918	16.49	36.66	19.35
Rice Brown 1/2c Cook	1/2 CUP	50	36	4	0.84	7.46	0.29
Sand Hamburger HighOnly DonLee	Sandwich	135	371	686	26.23	40.8	12.07
Nachos Mix/Turkey & Chz & Chip	#2O Turk, #12C	80	494	792	18.96	44.14	24.66
Veg Beans, Chili	1/2 Cup	80	57	140	3.17	10.97	0.46
Wrap, Chicken pulled Tyson	wrap	20	469	1079	22.08	38.83	24.68
Salads PBJ Uncrustable LHS	SERVING	25	864	817	27.42	101.01	43.39
Yogurt Muffin Batter Veg Meal	Meal	10	193	123	6.5	40.68	0.05
Sand Bread Variety High	1 each	20	144	215	5.44	26.78	2.11
Sand Cheese Variety	Slice	20	52	138	3.17	0.5	4.17
Sand Deli Meat Variety	3-6 slices	20	95	424	12.17	1.21	4.68
CHIPS, LAYS CLASSIC	1 PKG	20	60	68	1.0	11.5	1.0
Veg Beans Baked 1/2c	1/2 CUP	96	137	386	7.43	25.77	0.95
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	64	100	177	4.22	12.95	3.23
Fruit Traditional Fresh Combo	ONE	200	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
Milk 1% LF	HALF PINT	250	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	300	120	150	9.0	22.0	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
Pkt Ranch Dressing 12gm	PACKETS	125	35	108	0.11	1.7	2.21
Pkt Taco Sauce	1 PKT	125	5	96	0.0	1.01	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	100	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 Pickle Dill Chips 5gal	2 SLICES	100	4	261	0.0	1.07	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	10	21	59	2.71	3.29	0.09
Veg Cucumber Raw 1/4c	1/4 CUP	10	5	1	0.24	0.88	0.07
VEG SALSA, Primo homemade1/4c	1/4 c	25	2	3	0.07	0.35	0.03
Fruit Orange - 2 halves 1/2c	6 pieces	10	101	0	2.02	25.2	0.26
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
FRUIT PEACH DICED CDE Can 1/2c	1/2 CUP	24	68	6	0.55	18.14	0.04
Weighted Daily Average			741	1243	30.36	104.49	22.07
% of Calories					16.4%	56.4%	26.8%
Nutrient Guideline			750-850	1420			

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Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

MARYSVILLE HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 03/20/2020							
MARYSVILLE HIGH LUNCH	Total	647					
Sand Hamburger HighOnly DonLee	Sandwich	140	371	686	26.23	40.8	12.07
Veg Potato Seasoned Wedges	1/2 c	140	148	380	2.11	18.99	7.38
Veg Carrot Snack Pack 1/2c	2.6oz pack	50	19	26	0.0	8.12	0.0
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	60	449	785	22.48	47.23	19.67
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	12	395	576	20.03	46.83	14.36
Macaroni & Cheese Entree	2 #10 scoops	70	324	1023	14.7	29.81	16.14
Chicken Brd WG 8 Pc Pilgrims	3 oz.	70	260	570	16.0	10.0	17.0
Quesadilla ChzBlen8" TortillaLT	quesadilla	20	301	555	19.27	20.07	16.12
Cracker Graham 2016 VarietyMJM	Pack	20	113	107	1.67	20.67	3.33
Sand Chick Spicy Patty 106/3oz	Sandwich	106	337	670	20.0	41.0	11.0
Sand Beef Rib Hoagie 3.25 oz.	Sandwich	100	340	885	18.0	40.0	12.0
Beef Teriyaki Blaster100/4pc	4pcs	75	142	467	16.92	8.67	4.28
Rice Brown 1/2c Cook	1/2 CUP	75	36	4	0.84	7.46	0.29
Bread Garlic Knot 2G	Garlic Knot	75	172	273	4.05	23.29	7.09
Yogurt Muffin Batter Veg Meal	Meal	15	193	123	6.5	40.68	0.05
Sand Bread Variety High	1 each	25	144	215	5.44	26.78	2.11
Sand Cheese Variety	Slice	25	52	138	3.17	0.5	4.17
Sand Deli Meat Variety	3-6 slices	25	95	424	12.17	1.21	4.68
CHIPS, LAYS CLASSIC	1 PKG	25	60	68	1.0	11.5	1.0
Veg Carrot Snack Pack 1/2c	2.6oz pack	160	19	26	0.0	8.12	0.0
Veg Potato Seasoned Wedges	1/2 c	400	148	380	2.11	18.99	7.38
Fruit Apple Slices Bulk 1/2c	6 slices	150	69	51	0.0	14.17	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	700	60	8	0.0	14.14	0.0
Milk 1% LF	HALF PINT	250	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	350	120	150	9.0	22.0	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
Pkt Ranch Dressing 12gm	PACKETS	200	35	108	0.11	1.7	2.21
Pkt Taco Sauce	1 PKT	125	5	96	0.0	1.01	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	100	1	1	0.07	0.14	0.01
Veg Tomato Sliced/Diced 1/4c	1/4 CUP	25	8	2	0.41	1.81	0.09
Veg Pickle Dill Chips 5gal	2 SLICES	100	4	261	0.0	1.07	0.0
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	10	21	59	2.71	3.29	0.09
Veg Cucumber Raw 1/4c	1/4 CUP	10	5	1	0.24	0.88	0.07
Fruit Applesauce Canned 1/2c	1/2 CUP	24	55	2	0.23	14.87	0.06
Fruit Cockt & Straw Diced 1/4c	1/4 c	20	26	3	0.24	6.78	0.06
Weighted Daily Average			762	1562	33.25	100.52	25.23
% of Calories					17.5%	52.8%	29.8%
Nutrient Guideline			750-850	1420			

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Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

MARYSVILLE HIGH LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 03/23/2020							
MARYSVILLE HIGH LUNCH	Total	646					
Pork Carnitas CDE roast (raw)	#12sccop	150	275	213	26.91	0.81	17.62
Macaroni & Cheese Side	#10 scoops	150	163	513	7.37	14.95	8.1
Bread Mini Slider Bun 192ct	Roll	1	91	121	2.03	18.22	1.01
Bread Garlic Knot 2G	Garlic Knot	1	172	273	4.05	23.29	7.09
Sauce BBQ 0.5oz	.5oz (#40scp)	1	22	106	0.0	5.76	0.0
Veg Carrot Snack Pack 1/2c	2.6oz pack	50	19	26	0.0	8.12	0.0
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	60	449	785	22.48	47.23	19.67
Pizza Meatlovers WGBlend Int/H	6 cut Slice	30	463	874	25.65	46.99	18.77
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	12	395	576	20.03	46.83	14.36
Sand Chick Spicy Patty 106/3oz	Sandwich	106	337	670	20.0	41.0	11.0
Sand BBQ Sliced Beef on Bun	Sandwich	50	414	835	34.83	50.38	7.69
Cheese Stuffed Breadsticks	2 pc	75	300	480	20.0	30.0	11.0
Marinara Sauce	1/4 cup serving	75	19	323	0.63	4.52	0.03
Sand Chicken Slider Tyson/Shan	2 Sandwiches	113	468	753	28.54	54.82	16.31
Yogurt Muffin Batter Veg Meal	Meal	20	193	123	6.5	40.68	0.05
Sand Bread Variety High	1 each	30	144	215	5.44	26.78	2.11
Sand Cheese Variety	Slice	30	52	138	3.17	0.5	4.17
Sand Deli Meat Variety	3-6 slices	30	95	424	12.17	1.21	4.68
CHIPS, LAYS CLASSIC	1 PKG	30	60	68	1.0	11.5	1.0
Veg Carrot Snack Pack 1/2c	2.6oz pack	160	19	26	0.0	8.12	0.0
Veg Jicama Sticks 1/2c	1/2 cup	75	34	4	0.73	8.04	0.0
FRUIT PEACHES,FRESH	1 EACH	200	59	0	1.37	14.31	0.38
Fruit Juice A&E Var 4.23oz	4.23 oz	700	60	8	0.0	14.14	0.0
Milk 1% LF	HALF PINT	200	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	350	120	150	9.0	22.0	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
Pkt Ranch Dressing 12gm	PACKETS	200	35	108	0.11	1.7	2.21
Pkt Taco Sauce	1 PKT	125	5	96	0.0	1.01	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	100	1	1	0.07	0.14	0.01
Veg Tomato Sliced/Diced 1/4c	1/4 CUP	25	8	2	0.41	1.81	0.09
Veg Pickle Dill Chips 5gal	2 SLICES	100	4	261	0.0	1.07	0.0
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	10	21	59	2.71	3.29	0.09
Veg Cucumber Raw 1/4c	1/4 CUP	10	5	1	0.24	0.88	0.07
Fruit Applesauce Canned 1/2c	1/2 CUP	24	55	2	0.23	14.87	0.06
Fruit Cockt & Straw Diced 1/4c	1/4 c	20	26	3	0.24	6.78	0.06
Weighted Daily Average			647	1132	34.80	82.74	19.98
% of Calories					21.5%	51.1%	27.8%
Nutrient Guideline			750-850	1420			

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Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

MARYSVILLE HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 03/24/2020							
MARYSVILLE HIGH LUNCH	Total	641					
Chicken Tamale Pie - 96 srvg	6 X 4 cut	150	384	1068	26.54	38.91	11.53
Rice Brown ChilMixSpanCook1/2c	1/2 CUP	150	119	156	2.85	24.31	0.95
Veg Beans Refried-Dehy 1/2c	#8 scoop	150	164	488	7.97	23.92	1.99
Veg Lettuce Shredded 1/4C	1/4 CUP	100	1	1	0.07	0.14	0.01
VEG SALSA, CANNED (USDA)1/2c	1/2 CUP	100	42	498	1.74	8.1	0.23
Chicken broccoli rice bowl	2.5	90	254	300	16.25	28.0	6.77
Bread Tortilla Chips 1oz	1.0 oz	90	135	55	2.0	19.0	5.0
Pkt Soy Sauce	1 PKT	90	0	170	0.0	0.0	0.0
Chicken Chunk WG	5 Pieces	110	241	386	21.73	14.49	10.87
Veg Onion Breaded WG (HS Only)	5pcs	110	200	231	3.01	28.07	8.02
VEG CORN ON THE COB	1 EAR	110	147	0	4.89	26.07	1.63
Sand Cheeseburger Mesq DL	Sandwich	130	326	675	22.6	32.1	12.8
Beef Sliced Season 192/2.50 oz	1/2 c	36	143	260	12.07	4.65	9.0
VEG BLEND FAJITA 1/4c	1/4 CUP	36	13	3	0.0	3.34	0.0
Bread 6" Hoagie 2.5oz. WG	ROLL	36	200	300	4.0	39.0	3.0
Sauce Queso Blanco 240/2oz JTM	2 oz Serving	36	118	433	7.0	2.0	9.0
Sand Grilled Cheese	ONE	10	412	1226	20.0	36.0	23.56
SaladTurkey Ham MHS	SERVING	10	296	763	21.75	8.71	14.34
Bread Garlic Knot 2G	Garlic Knot	10	172	273	4.05	23.29	7.09
Salads PBJ Uncrustable LHS	SERVING	30	864	817	27.42	101.01	43.39
Yogurt Muffin Batter Veg Meal	Meal	15	193	123	6.5	40.68	0.05
Wrap, Chicken Fajita & CreamChz	wrap	30	524	1623	31.71	39.16	26.11
Sand Bread Variety High	1 each	25	144	215	5.44	26.78	2.11
Sand Cheese Variety	Slice	25	52	138	3.17	0.5	4.17
Sand Deli Meat Variety	3-6 slices	25	95	424	12.17	1.21	4.68
CHIPS, LAYS CLASSIC	1 PKG	25	60	68	1.0	11.5	1.0
Veg Broccoli Raw 1/2c	1/2 cup	75	9	0	0.57	1.71	0.09
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	75	100	177	4.22	12.95	3.23
Fruit Stone Variety Fresh	1 each	100	45	0	0.95	11.09	0.3
Fruit Juice A&E Var 4.23oz	4.23 oz	700	60	8	0.0	14.14	0.0
Milk 1% LF	HALF PINT	200	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	350	120	150	9.0	22.0	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
Pkt Ranch Dressing 12gm	PACKETS	200	35	108	0.11	1.7	2.21
Pkt Taco Sauce	1 PKT	125	5	96	0.0	1.01	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	100	1	1	0.07	0.14	0.01
Veg Tomato Sliced/Diced 1/4c	1/4 CUP	25	8	2	0.41	1.81	0.09
Veg Pickle Dill Chips 5gal	2 SLICES	100	4	261	0.0	1.07	0.0
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	10	21	59	2.71	3.29	0.09
Veg Cucumber Raw 1/4c	1/4 CUP	10	5	1	0.24	0.88	0.07
VEG SALSA, Primo homemade1/4c	1/4 c	25	2	3	0.07	0.35	0.03
Fruit Orange - 2 halves 1/2c	6 pieces	10	101	0	2.02	25.2	0.26
Veg onion, cilantro, lime	portion	50	15	3	0.39	4.7	0.1
Sour Cream, Light Crystal	1 Tablespoons	20	19	14	0.95	0.95	1.18
Weighted Daily Average			748	1448	35.98	99.44	21.13
% of Calories					19.2%	53.2%	25.4%
Nutrient Guideline			750-850	1420			

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Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

MARYSVILLE HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 03/25/2020							
MARYSVILLE HIGH LUNCH	Total	645					
Chicken Teriyaki Schwans	#10scp	0	130	300	14.0	8.0	4.5
Veg Broccoli Florets Seas 1/2c	1/2 cup	0	58	26	1.6	4.8	3.8
Rice Seasoned Cooked1/2c	1/2 CUP	0	112	98	2.65	23.2	0.96
Egg Roll WG Pork 60/3ozSchwans	Egg Roll	0	170	300	9.0	20.0	7.0
Veg Carrot Snack Pack 1/2c	2.6oz pack	60	19	26	0.0	8.12	0.0
Pkt Soy Sauce	1 PKT	0	0	170	0.0	0.0	0.0
Cookie Fortune	1 Each	0	30	4	0.86	6.91	0.0
Calzone Pepperoni & Cheese HS	CALZONE	18	471	833	24.11	46.9	21.44
Taco Pocket Housemade	taco pocket	18	466	1394	27.43	53.6	16.03
Sand Chick Spicy Patty 106/3oz	Sandwich	80	337	670	20.0	41.0	11.0
Sand TurkeyBreast Ital. Panini	Sandwich	30	176	523	19.17	2.34	10.04
Burrito Bean & Cheese LHS	ONE	25	392	918	16.49	36.66	19.35
Chicken Chunk WG	5 Pieces	100	241	386	21.73	14.49	10.87
Veg Onion Breaded WG (HS Only)	5pcs	100	200	231	3.01	28.07	8.02
Yogurt Muffin Batter Veg Meal	Meal	15	193	123	6.5	40.68	0.05
Sand Bread Variety High	1 each	30	144	215	5.44	26.78	2.11
Sand Cheese Variety	Slice	30	52	138	3.17	0.5	4.17
Sand Deli Meat Variety	3-6 slices	30	95	424	12.17	1.21	4.68
CHIPS, LAYS CLASSIC	1 PKG	30	60	68	1.0	11.5	1.0
Veg Carrot Snack Pack 1/2c	2.6oz pack	85	19	26	0.0	8.12	0.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	75	100	177	4.22	12.95	3.23
Fruit Orange - 2 halves 1/2c	6 pieces	100	101	0	2.02	25.2	0.26
FRUIT APPLES FRESH	1 APPLE	300	75	1	0.38	20.05	0.25
Fruit Juice A&E Var 4.23oz	4.23 oz	700	60	8	0.0	14.14	0.0
Milk 1% LF	HALF PINT	150	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	250	120	150	9.0	22.0	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
Pkt Ranch Dressing 12gm	PACKETS	200	35	108	0.11	1.7	2.21
Pkt Taco Sauce	1 PKT	125	5	96	0.0	1.01	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	100	1	1	0.07	0.14	0.01
Veg Tomato Sliced/Diced 1/4c	1/4 CUP	25	8	2	0.41	1.81	0.09
Veg Pickle Dill Chips 5gal	2 SLICES	100	4	261	0.0	1.07	0.0
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	10	21	59	2.71	3.29	0.09
Veg Cucumber Raw 1/4c	1/4 CUP	10	5	1	0.24	0.88	0.07
FRUIT COCKTAILCNDLT SYRUP1/2c	1/2 CUP	24	60	5	0.0	14.91	0.0
Fruit Applesauce Canned 1/4c	1/4 C. SCOOP	48	28	1	0.11	7.44	0.03
Weighted Daily Average			438	722	17.36	67.36	11.27
% of Calories					15.8%	61.5%	23.2%
Nutrient Guideline			750-850	1420			

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Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

MARYSVILLE HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 03/26/2020							
MARYSVILLE HIGH LUNCH	Total	669					
Sand TurkeyBreast Ital. Panini	Sandwich	144	176	523	19.17	2.34	10.04
Veg Salad Romaine&Spnch1c port	1 CUP	100	21	59	2.71	3.29	0.09
Pudding - Chocolate	1/2 CUP	144	401	74	1.52	36.99	19.29
Chicken Buffalo Drumstick	Drumstick	80	172	303	17.18	4.04	10.1
STUFFING	4OZ. SERVING	80	50	204	1.36	7.25	1.72
Bread Wheat Dinner Roll	ROLL	80	100	160	5.0	17.0	1.0
Sand Grill HamTy/Chz var Bread	Sandwich	40	321	1018	20.79	24.87	16.36
Burrito Bean & Cheese LHS	ONE	50	392	918	16.49	36.66	19.35
Rice Brown 1/2c Cook	1/2 CUP	50	36	4	0.84	7.46	0.29
Sand Hamburger HighOnly DonLee	Sandwich	120	371	686	26.23	40.8	12.07
Nachos Mix/AdvP Beef & Cheese	#20beef#12Ch	80	195	766	12.82	5.49	12.83
Bread Tortilla Chips 2oz	2.0 oz	80	270	110	4.0	38.0	10.0
Veg Beans, Chili	1/2 Cup	80	57	140	3.17	10.97	0.46
Wrap, Chicken Fajita & CreamChz	wrap	30	524	1623	31.71	39.16	26.11
Salads PBJ Uncrustable LHS	SERVING	30	864	817	27.42	101.01	43.39
Yogurt Muffin Batter Veg Meal	Meal	15	193	123	6.5	40.68	0.05
Sand Bread Variety High	1 each	30	144	215	5.44	26.78	2.11
Sand Cheese Variety	Slice	30	52	138	3.17	0.5	4.17
Sand Deli Meat Variety	3-6 slices	30	95	424	12.17	1.21	4.68
CHIPS, LAYS CLASSIC	1 PKG	30	60	68	1.0	11.5	1.0
Veg Beans Baked 1/2c	1/2 CUP	96	137	386	7.43	25.77	0.95
Veg Stick Bag, High School	3/4 c	75	13	18	0.5	3.02	0.05
Fruit Traditional Fresh Combo	ONE	200	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
Milk 1% LF	HALF PINT	250	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	300	120	150	9.0	22.0	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
Pkt Ranch Dressing 12gm	PACKETS	125	35	108	0.11	1.7	2.21
Pkt Taco Sauce	1 PKT	125	5	96	0.0	1.01	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	100	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 Pickle Dill Chips 5gal	2 SLICES	100	4	261	0.0	1.07	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	10	21	59	2.71	3.29	0.09
Veg Cucumber Raw 1/4c	1/4 CUP	10	5	1	0.24	0.88	0.07
VEG SALSA, Primo homemade1/4c	1/4 c	25	2	3	0.07	0.35	0.03
Fruit Orange - 2 halves 1/2c	6 pieces	10	101	0	2.02	25.2	0.26
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
FRUIT PEACH DICED CDE Can 1/2c	1/2 CUP	24	68	6	0.55	18.14	0.04
Weighted Daily Average			680	1162	30.40	84.26	22.77
% of Calories					17.9%	49.6%	30.1%
Nutrient Guideline			750-850	1420			

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Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

MARYSVILLE HIGH LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 03/27/2020							
MARYSVILLE HIGH LUNCH	Total	632					
Sand Hamburger HighOnly DonLee	Sandwich	150	371	686	26.23	40.8	12.07
Veg Potato Seasoned Wedges	1/2 c	150	148	380	2.11	18.99	7.38
Veg Carrot Snack Pack 1/2c	2.6oz pack	50	19	26	0.0	8.12	0.0
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	60	449	785	22.48	47.23	19.67
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	12	395	576	20.03	46.83	14.36
Cheese Stuffed Breadsticks	2 pc	75	300	480	20.0	30.0	11.0
Marinara Sauce	1/4 cup serving	75	19	323	0.63	4.52	0.03
Sand Chick Spicy Patty 106/3oz	Sandwich	106	337	670	20.0	41.0	11.0
Sand Beef Rib Hoagie 3.25 oz.	Sandwich	100	340	885	18.0	40.0	12.0
Sand Pig in a Blanket - 2G	Sandwich	60	330	540	13.0	27.0	16.0
Yogurt Muffin Batter Veg Meal	Meal	15	193	123	6.5	40.68	0.05
Sand Bread Variety High	1 each	30	144	215	5.44	26.78	2.11
Sand Cheese Variety	Slice	30	52	138	3.17	0.5	4.17
Sand Deli Meat Variety	3-6 slices	30	95	424	12.17	1.21	4.68
CHIPS, LAYS CLASSIC	1 PKG	30	60	68	1.0	11.5	1.0
Veg Carrot Snack Pack 1/2c	2.6oz pack	160	19	26	0.0	8.12	0.0
Veg Potato Seasoned Wedges	1/2 c	400	148	380	2.11	18.99	7.38
Fruit Apple Slices Bulk 1/2c	6 slices	150	69	51	0.0	14.17	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	700	60	8	0.0	14.14	0.0
Milk 1% LF	HALF PINT	250	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	350	120	150	9.0	22.0	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
Pkt Ranch Dressing 12gm	PACKETS	200	35	108	0.11	1.7	2.21
Pkt Taco Sauce	1 PKT	125	5	96	0.0	1.01	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	100	1	1	0.07	0.14	0.01
Veg Tomato Sliced/Diced 1/4c	1/4 CUP	25	8	2	0.41	1.81	0.09
Veg Pickle Dill Chips 5gal	2 SLICES	100	4	261	0.0	1.07	0.0
Veg Jalepeno peppers, sliced	1 OZ	16	25	2514	0.0	0.0	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	10	21	59	2.71	3.29	0.09
Veg Cucumber Raw 1/4c	1/4 CUP	10	5	1	0.24	0.88	0.07
Fruit Applesauce Canned 1/2c	1/2 CUP	24	55	2	0.23	14.87	0.06
Fruit Cockt & Straw Diced 1/4c	1/4 c	20	26	3	0.24	6.78	0.06
Weighted Daily Average			741	1483	31.69	100.45	23.39
% of Calories					17.1%	54.2%	28.4%
Nutrient Guideline			750-850	1420			

Weighted Average			738	1376	33.47 18.1%	100.18 54.3%	22.60 27.6%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	738		750 - 850	98%		12		Correction Required - Calories are Low
Sodium (mg)	1376		1420					
Protein (g)	33.47	18.14%						
Carbohydrate (g)	100.18	54.29%						
Total Fat (g)	22.60	27.55%						

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.