

# Marysville JUSD

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

MHS Transport 9-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
<b>Mon - 12/03/2018</b>							
MHS Transport 9-12	Total	125					
Sand Beef Rib Hoagie 3.25 oz.	Sandwich	125	340	885	18.0	40.0	12.0
Veg Potato Rounds - Simplot	1/2 cup	125	143	214	2.38	16.67	8.33
Veg Cucumber Raw 1/2c	1/2 CUP	125	10	2	0.48	1.76	0.13
FRUIT APPLES FRESH	1 APPLE	125	75	1	0.38	20.05	0.25
Fruit Mixed Fruit Cup Wawona	1 Each	125	61	15	0.0	17.24	0.0
Milk 1% LF	HALF PINT	50	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	75	120	150	9.0	22.0	0.0
Weighted Daily Average			753	1272	30.64	115.31	21.71
% of Calories					16.3%	61.2%	25.9%
Nutrient Guideline			750-850	1420			

<b>Tue - 12/04/2018</b>							
MHS Transport 9-12	Total	125					
Sand Chicken Filet w/ Bun	Sandwich	125	350	530	26.0	47.0	8.8
Veg Beans Baked 1/2c	1/2 CUP	125	137	386	7.43	25.77	0.95
Veg Carrot Snack Pack 1/2c	2.6oz pack	125	19	26	0.0	8.12	0.0
Fruit Banana Fresh	ONE	125	108	1	1.32	27.63	0.4
Fruit Juice A&E Var 4.23oz	4.23 oz	125	63	9	0.0	15.29	0.0
Milk 1% LF	HALF PINT	10	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	110	120	150	9.0	22.0	0.0
Pkt Ketchup	1 PACKET	100	8	67	0.0	2.36	0.0
Pkt Mustard	1 PACKET	100	6	86	0.0	0.0	0.0
Pkt Mayonnaise	1 EACH	100	61	61	0.0	1.01	6.07
Weighted Daily Average			852	1268	43.47	147.14	15.21
% of Calories					20.4%	69.1%	16.1%
Nutrient Guideline			750-850	1420			

<b>Wed - 12/05/2018</b>							
MHS Transport 9-12	Total	125					
Sand TurkeyBreast Ital. Panini	Sandwich	125	331	695	24.64	29.69	13.23
Veg Jicama with Tajin 1/2c	1/2 CUP	125	33	169	0.67	7.38	0.0
Veg Carrot Snack Pack 1/2c	2.6oz pack	125	19	26	0.0	8.12	0.0
Fruit Mandarin Orange 2ea	TWO	125	74	2	1.0	18.78	0.4
Fruit Applesauce Cup 4.5 ozCDE	4.5 oz	125	51	2	0.0	14.0	0.1
Milk 1% LF	HALF PINT	10	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	110	120	150	9.0	22.0	0.0
Weighted Daily Average			625	1039	35.03	98.62	13.93
% of Calories					22.4%	63.1%	20.0%
Nutrient Guideline			750-850	1420			

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 12/06/2018							
MHS Transport 9-12	Total	125					
Corndog Turkey WG 72/4oz	Corndog	125	256	681	14.0	28.9	9.4
Veg Potato Seasoned Wedges	1/2 c	125	148	380	2.11	18.99	7.38
Veg Broccoli Florets Frzn 1/2c	1/2 cup	125	23	20	2.57	4.45	0.09
Fruit Juice A&E Var 4.23oz	4.23 oz	125	63	9	0.0	15.29	0.0
Fruit Apple Slices IW 200/2oz	1 EACH	125	30	0	0.0	7.0	0.0
Milk 1% LF	HALF PINT	10	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	110	120	150	9.0	22.0	0.0
Pkt Mustard	1 PACKET	100	6	86	0.0	0.0	0.0
Pkt Ketchup	1 PACKET	100	8	67	0.0	2.36	0.0
Weighted Daily Average			647	1357	27.40	97.15	17.08
% of Calories					16.9%	60.0%	23.7%
Nutrient Guideline			750-850	1420			

Fri - 12/07/2018							
MHS Transport 9-12	Total	125					
LASAGNA, BEEF High	1 Piece	125	336	1096	22.28	25.24	17.74
Bread Breadstick Garlic 1G	Breadstick	125	100	150	3.0	15.0	3.5
Veg Beans Green Seas. 1/2c	1/2 CUP	125	28	339	1.53	5.99	0.13
Veg Carrot Snack Pack 1/2c	ONE PACK	125	19	26	0.0	8.12	0.0
Fruit Grapes Bunches 1/2c	1/2 CUP	125	58	2	0.55	14.85	0.3
FRUIT APPLES FRESH	1 APPLE	125	75	1	0.38	20.05	0.25
Milk 1% LF	HALF PINT	10	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	110	120	150	9.0	22.0	0.0
Pkt Ranch Dressing 12gm	PACKETS	100	35	108	0.11	1.7	2.21
Weighted Daily Average			760	1846	36.54	111.25	23.89
% of Calories					19.2%	58.5%	28.3%
Nutrient Guideline			750-850	1420			

Mon - 12/10/2018							
MHS Transport 9-12	Total	125					
Sand Turkey Breast w/Chz noveg	1 Sandwich	125	320	865	27.5	30.5	11.0
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	125	21	739	0.52	4.78	0.1
Veg Carrot Snack Pack 1/2c	2.6oz pack	125	19	26	0.0	8.12	0.0
FRUIT APPLES FRESH	1 APPLE	125	75	1	0.38	20.05	0.25
Fruit Strawberry Fruit Pop	Serving	125	81	2	0.5	20.91	0.0
Milk 1% LF	HALF PINT	10	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	110	120	150	9.0	22.0	0.0
Weighted Daily Average			633	1779	37.62	105.00	11.55
% of Calories					23.8%	66.4%	16.4%
Nutrient Guideline			750-850	1420			

Tue - 12/11/2018							
MHS Transport 9-12	Total	125					
Chicken Bowl w/Pot&Corn	Bowl	125	326	657	23.73	33.91	12.29
Bread Breadstick Garlic 1G	Breadstick	125	100	150	3.0	15.0	3.5
Fruit Banana Fresh	ONE	125	108	1	1.32	27.63	0.4
Fruit Juice A&E Var 4.23oz	4.23 oz	125	63	9	0.0	15.29	0.0
Milk 1% LF	HALF PINT	10	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	110	120	150	9.0	22.0	0.0

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			712	963	36.77 20.7%	112.46 63.2%	16.39 20.7%
Nutrient Guideline			750-850	1420			

Wed - 12/12/2018							
MHS Transport 9-12	Total	125					
Chicken Breaded Drumstick	Drumstick	125	190	450	16.0	5.0	11.0
Veg Onion Breaded WG (HS Only)	5pcs	125	200	231	3.01	28.07	8.02
Bread Breadstick Garlic 1G	Breadstick	125	100	150	3.0	15.0	3.5
Salad Three Bean 1/2c w/Black	1/2 cup	125	70	387	3.62	12.03	1.03
Veg Carrot Snack Pack 1/2c	2.6oz pack	125	19	26	0.0	8.12	0.0
FRUIT PEACHES,FRESH	1 EACH	125	59	0	1.37	14.31	0.38
Fruit Applesauce Cup Peach 4.5	4.5 oz	125	50	15	0.0	14.0	0.0
Milk 1% LF	HALF PINT	10	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	110	120	150	9.0	22.0	0.0
Weighted Daily Average % of Calories			805	1404	35.72 17.8%	117.17 58.2%	24.12 27.0%
Nutrient Guideline			750-850	1420			

Thu - 12/13/2018							
MHS Transport 9-12	Total	125					
Meatloaf 100/2.90oz AdvP#69190	Slice	125	170	390	12.0	8.0	10.0
Bread Hawaiian Bun 144/1.9 oz	Roll	125	160	229	3.99	30.92	2.0
Veg Potato Seasoned Wedges	1/2 c	125	148	380	2.11	18.99	7.38
Veg Broccoli Salad	1/2 cup	125	80	138	1.66	7.08	5.23
Fruit Strawberry Fruit Pop	Serving	125	81	2	0.5	20.91	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	125	63	9	0.0	15.29	0.0
Milk 1% LF	HALF PINT	10	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	110	120	150	9.0	22.0	0.0
Weighted Daily Average % of Calories			818	1294	28.97 14.2%	121.83 59.6%	24.81 27.3%
Nutrient Guideline			750-850	1420			

Fri - 12/14/2018							
MHS Transport 9-12	Total	125					
Meatloaf 100/2.90oz AdvP#69190	Slice	125	170	390	12.0	8.0	10.0
Weighted Daily Average % of Calories			170	390	12.00 28.2%	8.00 18.8%	10.00 52.9%
Nutrient Guideline			750-850	1420			

Weighted Average			678	1261	32.42 19.1%	103.39 61.0%	17.87 23.7%
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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Sodm (mg) Shortfall	Protn (g) Overage	Carb (g)	T-Fat (g) Error Messages (if any)
Calories	678		750 - 850	90%			72		Correction Required - Calories are Low
Sodium (mg)	1261		1420						
Protein (g)	32.42	19.14%							
Carbohydrate (g)	103.39	61.04%							
Total Fat (g)	17.87	23.73%							

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