

Marysville JUSD

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

MHS Charter 6-8 Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 12/03/2018							
MHS Charter 6-8 Lunch	Total	130					
Bread Tortilla Chips 1.5oz	1.5 OZ	60	203	83	3.0	28.5	7.5
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	60	188	702	14.77	6.6	11.6
Sand Chicken Slider Tyson/Shan	2 Sandwiches	30	468	753	28.54	54.82	16.31
Sand Beef Rib Hoagie 3.25 oz.	Sandwich	40	340	885	18.0	40.0	12.0
Veg Beans Refried-Dehy 1/2c	1/2 cup	60	164	488	7.97	23.92	1.99
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	60	124	329	4.04	28.65	1.54
Fruit Juice A&E Var 4.23oz	4.23 oz	100	63	9	0.0	15.29	0.0
Milk 1% LF	HALF PINT	54	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	86	120	150	9.0	22.0	0.0
Weighted Daily Average			708	1358	35.98	98.38	18.94
% of Calories					20.3%	55.6%	24.1%
Nutrient Guideline			600-700	1360			

Tue - 12/04/2018							
MHS Charter 6-8 Lunch	Total	140					
Mac & Cheese w/Chick "Mad Mac"	2 #10 scoops	50	362	1729	21.05	31.36	17.04
Sand Meatball w/ French Bread	4 Meatballs	30	321	630	19.33	33.12	12.88
Pupusa Bean & Chz Del Real	one	60	290	480	13.0	35.0	11.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	32	100	177	4.22	12.95	3.23
Veg Carrot Snack Pack 1/2c	2.6oz pack	50	19	26	0.0	8.12	0.0
Fruit Banana Fresh	ONE	100	108	1	1.32	27.63	0.4
Milk 1% LF	HALF PINT	54	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	86	120	150	9.0	22.0	0.0
Weighted Daily Average			553	1163	28.52	78.58	15.54
% of Calories					20.6%	56.9%	25.3%
Nutrient Guideline			600-700	1360			

Wed - 12/05/2018							
MHS Charter 6-8 Lunch	Total	130					
Chicken Breaded Drumstick	Drumstick	30	190	450	16.0	5.0	11.0
Bread Garlic Knot 2G	Garlic Knot	30	172	273	4.05	23.29	7.09
Chicken Alfredo	#8 scoop	35	174	655	14.18	3.03	12.13
Pasta Penne WG CDE 20#	1/2 c	35	106	7	3.02	21.11	1.01
Sand Cheeseburger Mesq DL	Sandwich	65	321	675	22.1	32.6	12.8
Veg Potato Rounds - Simplot	1/2 cup	65	143	214	2.38	16.67	8.33
Veg Broccoli Salad	1/2 cup	60	80	138	1.66	7.08	5.23
Fruit Traditional Fresh Combo	ONE	100	82	1	0.89	21.12	0.27
Milk 1% LF	HALF PINT	54	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	86	120	150	9.0	22.0	0.0
Pkt Mustard	1 PACKET	65	6	86	0.0	0.0	0.0
Pkt Ketchup	1 PACKET	65	8	67	0.0	2.36	0.0
Weighted Daily Average			631	1096	33.05	79.56	21.94
% of Calories					21.0%	50.4%	31.3%
Nutrient Guideline			600-700	1360			

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 12/06/2018							
MHS Charter 6-8 Lunch	Total	130					
Beef Sliced Season 192/2.50 oz	1/2 c	50	143	260	12.07	4.65	9.0
Bread Tortilla Corn 6" - 2pc	two	50	121	10	2.01	24.15	2.01
Veg onion, cilantro, lime	portion	50	15	3	0.39	4.7	0.1
Sand Meatloaf A/P	Sandwich	60	330	590	19.0	39.0	12.0
Sand Grilled Cheese	ONE	20	392	1226	18.0	32.0	23.56
Veg Cucumber with Tajin 1/2c	1/2 CUP	30	12	168	0.48	1.76	0.13
Veg Jicama with Tajin 1/2c	1/2 CUP	30	33	169	0.67	7.38	0.0
Fruit Stone Variety Fresh	1 each	100	45	0	0.95	11.09	0.3
Milk 1% LF	HALF PINT	54	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	86	120	150	9.0	22.0	0.0
Pkt Mayonnaise	1 EACH	60	61	61	0.0	1.01	6.07
Pkt Mustard	1 PACKET	60	6	86	0.0	0.0	0.0
Pkt Ketchup	1 PACKET	60	8	67	0.0	2.36	0.0
Weighted Daily Average			533	908	28.21	69.21	17.54
% of Calories					21.2%	51.9%	29.6%
Nutrient Guideline			600-700	1360			

Fri - 12/07/2018							
MHS Charter 6-8 Lunch	Total	122					
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	30	444	825	22.49	46.13	19.66
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	12	391	617	20.04	45.73	14.36
Quesadilla Chicken8"TortillaLT	quesadilla	20	336	687	25.17	18.9	17.92
Bean Chz Verde Pocket 60/4oz	one	60	220	260	9.0	25.0	9.0
Veg Salad Romaine&Spnch1c port	1 CUP	60	21	59	2.71	3.29	0.09
Veg Broccoli Florets Frzn 1/2c	1/2 cup	60	23	20	2.57	4.45	0.09
Fruit Grapes Bunches 1/2c	1/2 CUP	100	58	2	0.55	14.85	0.3
Milk 1% LF	HALF PINT	24	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	50	120	150	9.0	22.0	0.0
Milk Strawberry Non Fat	HALF PINT	50	120	135	9.0	22.0	0.0
Weighted Daily Average			504	692	28.44	68.40	14.44
% of Calories					22.6%	54.2%	25.8%
Nutrient Guideline			600-700	1360			

Mon - 12/10/2018							
MHS Charter 6-8 Lunch	Total	130					
Chicken Chunk WG	5 Pieces	50	241	386	21.73	14.49	10.87
Enchilada Pie	5 x 5 cut	25	231	584	15.42	14.7	12.58
Chicken Brd WG 8 Pc Pilgrims	3 oz.	55	246	675	13.71	12.57	14.86
Veg Potato Mashed Loaded1/2cup	1/2 Cup	60	65	245	1.46	13.75	0.63
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	60	124	329	4.04	28.65	1.54
Fruit Strawberry Cup FrozenCDE	1/2 CUP	80	90	0	1.0	22.0	0.0
Milk 1% LF	HALF PINT	54	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	86	120	150	9.0	22.0	0.0
Weighted Daily Average			517	977	30.39	68.02	14.92
% of Calories					23.5%	52.6%	26.0%
Nutrient Guideline			600-700	1360			

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 12/11/2018							
MHS Charter 6-8 Lunch	Total	136					
Sand Chick Spicy Patty 106/3oz	Sandwich	40	337	670	20.0	42.0	11.0
Taco Pocket 60/4.5oz Bell Tsty	one	60	260	390	17.0	31.0	8.0
Corndog Turkey WG 72/4oz	Corndog	36	256	681	14.0	28.9	9.4
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	32	100	177	4.22	12.95	3.23
Veg Carrot Snack Pack 1/2c	2.6oz pack	60	19	26	0.0	8.12	0.0
Fruit Banana Fresh	ONE	80	108	1	1.32	27.63	0.4
Milk 1% LF	HALF PINT	54	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	86	120	150	9.0	22.0	0.0
Weighted Daily Average			504	762	28.52	76.83	11.24
% of Calories					22.6%	60.9%	20.1%
Nutrient Guideline			600-700	1360			

Wed - 12/12/2018							
MHS Charter 6-8 Lunch	Total	130					
Sand Cheeseburger Mesq DL	Sandwich	60	321	675	22.1	32.6	12.8
Cheese Green Tamale Del Real	one	40	380	470	12.0	29.0	27.0
Veg Salsa Verde Del Real	oz.	40	9	139	0.28	1.42	0.28
Sand Pepperoni Pocket	one	30	300	680	18.0	32.0	11.0
Veg Potato Spirals Seasoned	1/2 cup	130	100	151	1.0	17.08	3.01
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	60	21	739	0.52	4.78	0.1
Fruit Traditional Fresh Combo	ONE	80	82	1	0.89	21.12	0.27
Milk 1% LF	HALF PINT	54	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	86	120	150	9.0	22.0	0.0
Pkt Mustard	1 PACKET	60	6	86	0.0	0.0	0.0
Pkt Ketchup	1 PACKET	60	8	67	0.0	2.36	0.0
Weighted Daily Average			637	1384	30.03	86.36	21.11
% of Calories					18.9%	54.2%	29.8%
Nutrient Guideline			600-700	1360			

Thu - 12/13/2018							
MHS Charter 6-8 Lunch	Total	135					
Bread Tortilla Chips 1.5oz	1.5 OZ	60	203	83	3.0	28.5	7.5
Nachos Cheese ONLY 1M/MA	#12CH	60	131	555	8.08	4.04	9.09
Pork Carnitas, CDE 264/#16scp	4 oz	60	553	1168	53.33	0.0	24.24
Beef Teriyaki Blaster100/4pc	4pcs	25	142	467	16.92	8.67	4.28
Rice Brown 1/2c Cook	1/2 CUP	25	29	3	0.67	5.97	0.24
Sand Pork Rib Hoagie 3.25 oz.	Sandwich	50	210	660	13.0	12.0	12.0
Veg Beans Pinto Seasoned	1/2 Cup	50	130	163	7.11	23.44	1.2
Veg Carrot Snack Pack 1/2c	2.6oz pack	60	19	26	0.0	8.12	0.0
Fruit Stone Variety Fresh	1 each	80	45	0	0.95	11.09	0.3
Milk 1% LF	HALF PINT	54	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	86	120	150	9.0	22.0	0.0
Weighted Daily Average			716	1366	49.63	60.90	25.05
% of Calories					27.7%	34.0%	31.5%
Nutrient Guideline			600-700	1360			

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 12/14/2018							
MHS Charter 6-8 Lunch	Total	136					
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	54	444	825	22.49	46.13	19.66
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	12	391	617	20.04	45.73	14.36
Burrito Bean & Cheese LHS	ONE	50	395	1021	18.72	37.51	19.06
Sand Bread Variety Intermediat	1 each	20	151	214	5.64	28.34	2.46
Sand Deli Meat Variety	3-6 slices	20	93	419	11.96	1.01	4.68
CHEESE AMERICAN 1-SLICED	1 SLICE	20	0	0	0.0	0.0	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	32	21	59	2.71	3.29	0.09
Veg Juice V Blend 4.23 OZ.	4.23 OZ.	40	55	30	0.0	14.0	0.0
Fruit Grapes Bunches 1/2c	1/2 CUP	80	58	2	0.55	14.85	0.3
Milk 1% LF	HALF PINT	21	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	21	120	150	9.0	22.0	0.0
Milk Strawberry Non Fat	HALF PINT	64	120	135	9.0	22.0	0.0
Weighted Daily Average			542	986	28.30	70.31	17.71
% of Calories					20.9%	51.9%	29.4%
Nutrient Guideline			600-700	1360			

Weighted Average			585	1069	32.11 22.0%	75.65 51.8%	17.84 27.5%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	585		600 - 700	97%		15		Correction Required - Calories are Low
Sodium (mg)	1069		1360					
Protein (g)	32.11	21.97%						
Carbohydrate (g)	75.65	51.77%						
Total Fat (g)	17.84	27.48%						

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