

Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

MHS Charter 6-8 Lunch

Generated on: 9/26/2018 11:51:04 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/01/2018							
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	35	468	753	28.54	54.82	16.31
Sand Beef Rib Hoagie 3.25 oz.	Sandwich	35	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 Orange CDE	4 OZ CUP	80	61	2	1.0	14.0	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			702	1347	37.00	95.81	19.11
% of Calories					21.1%	54.6%	24.5%
Nutrient Guideline			600-700	1360			

Tue - 10/02/2018							
MHS Charter 6-8 Lunch	Total	130					
Chicken Crispito 36/2 ea	Crispito	40	540	740	24.01	46.01	28.01
Pkt Taco Sauce	1 PKT	40	5	96	0.0	1.01	0.0
Sand TurkeyBreast Ital. Panini	Sandwich	40	331	695	24.64	29.69	13.23
Cheese Stuffed Breadsticks	2 pc	50	300	480	20.0	30.0	11.0
Veg Salad RomSpinCucTomGarbDrs	1-1/8 CUP	32	100	177	4.22	12.95	3.23
VEG CELERY STICKS 1/2c	1/2 CUP	40	12	59	0.51	2.21	0.13
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			613	884	34.78	77.21	19.04
% of Calories					22.7%	50.4%	28.0%
Nutrient Guideline			600-700	1360			

Wed - 10/03/2018							
MHS Charter 6-8 Lunch	Total	130					
Sand Cheeseburger Mesq DL	Sandwich	50	321	675	22.1	32.6	12.8
Chicken Parmeseanw/BreastFilet	serving	30	372	483	24.04	45.44	12.42
Bread Wheat Dinner Roll	ROLL	30	100	160	6.0	17.0	1.0
Corndog Turkey WG 72/4oz	Corndog	50	256	681	14.0	28.9	9.4
Veg Potato Seasoned Wedges	1/2 c	130	148	380	2.11	18.99	7.38
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	50	6	86	0.0	0.0	0.0
Pkt Ketchup	1 PACKET	50	8	67	0.0	2.36	0.0
Weighted Daily Average			677	1616	33.82	94.36	20.27
% of Calories					20.0%	55.7%	26.9%
Nutrient Guideline			600-700	1360			

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

MHS Charter 6-8 Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/04/2018							
MHS Charter 6-8 Lunch	Total	130					
Chicken Fajita & Onion/Peppers	#8scp + #40scp	50	177	700	21.52	2.9	8.4
Rice Brown Tom/Span Cook 1c	1 C	50	246	816	6.09	51.52	2.56
Cheese Stuffed Breadsticks	2 pc	50	300	480	20.0	30.0	11.0
Veg Marinara Sauce 1/2c	1/2 CUP	50	73	671	1.81	9.98	3.63
Burrito Bean & Cheese Chipotle	Burrito	30	360	390	17.01	44.03	13.01
Veg Beans Pinto Seasoned	1/2 Cup	60	130	163	7.11	23.44	1.2
Fruit Stone Variety Fresh	1 each	100	45	0	0.95	11.09	0.3
Milk 1% LF	HALF PINT	56	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	84	120	150	9.0	22.0	0.0
Weighted Daily Average			618	1357	37.07	86.93	14.71
% of Calories					24.0%	56.3%	21.4%
Nutrient Guideline			600-700	1360			

Fri - 10/05/2018							
MHS Charter 6-8 Lunch	Total	136					
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	24	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
Chicken Lemongrass 176/3.9oz	3.9oz.	30	190	350	11.0	21.0	6.0
Rice Veg Fried WG	#8 scoop	30	137	229	3.05	28.0	2.29
Sand Chick Spicy Patty 106/3oz	Sandwich	70	337	670	20.0	42.0	11.0
Veg Key Largo Blend 1/2c	1/2 cup	60	18	20	0.0	4.52	0.0
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	60	124	329	4.04	28.65	1.54
FRUIT MELON WATERMELON	WEDGE	100	57	2	1.16	14.38	0.29
Milk 1% LF	HALF PINT	54	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	56	120	150	9.0	22.0	0.0
Milk Strawberry Non Fat	HALF PINT	35	120	135	9.0	22.0	0.0
Weighted Daily Average			595	988	31.76	90.88	14.11
% of Calories					21.4%	61.1%	21.3%
Nutrient Guideline			600-700	1360			

Mon - 10/08/2018							
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			

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Marysville JUSD

Oct 1, 2018 thru Oct 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)
Tue - 10/09/2018							
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 - 10/10/2018							
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			

Thu - 10/11/2018							
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	15	333	0.48	1.76	0.13
Veg Jicama with Tajin 1/2c	1/2 CUP	30	36	335	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			534	984	28.21	69.21	17.54
% of Calories					21.1%	51.8%	29.5%
Nutrient Guideline			600-700	1360			

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Oct 1, 2018 thru Oct 31, 2018

MHS Charter 6-8 Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/12/2018							
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 - 10/15/2018							
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			

Tue - 10/16/2018							
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			

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MHS Charter 6-8 Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/17/2018							
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			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/18/2018							
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			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/19/2018							
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			

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MHS Charter 6-8 Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/22/2018							
MHS Charter 6-8 Lunch	Total	134					
LASAGNA, BEEF Elem/Int	1 Piece	24	369	956	23.8	42.38	13.68
Bread Breadstick Garlic 1G	Breadstick	24	100	150	3.0	15.0	3.5
Chicken Nugget 106/3oz (5 pc)	Serving	70	180	420	12.0	12.0	9.0
Sand Monte Cristo - Full Sand	Sand	40	551	1199	26.6	58.53	23.06
Veg Carrot Snack Pack 1/2c	2.6oz pack	60	19	26	0.0	8.12	0.0
Veg Salad Romaine&Spnch1c port	1 CUP	32	21	59	2.71	3.29	0.09
FRUIT CUP- VARIETY	one fruit cup	80	93	8	0.65	23.54	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			541	967	29.85	73.06	15.69
% of Calories					22.1%	54.0%	26.1%
Nutrient Guideline			600-700	1360			

Tue - 10/23/2018							
MHS Charter 6-8 Lunch	Total	148					
Chicken Crispito	Crispito	36	540	740	24.01	46.01	28.01
Pkt Taco Sauce	1 PKT	36	5	96	0.0	1.01	0.0
Corndog Turkey WG 72/4oz	Corndog	72	256	681	14.0	28.9	9.4
Sand TurkeyBreast Ital. Panini	Sandwich	30	331	695	24.64	29.69	13.23
Yogurt Muffin Batter Veg Meal	Meal	10	193	123	6.5	41.35	0.05
Veg Salad RomSpinCucTomGarb Drs	1-1/8 CUP	32	100	177	4.22	12.95	3.23
VEG CELERY STICKS 1/2c	1/2 CUP	60	12	59	0.51	2.21	0.13
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			539	892	28.80	71.56	15.95
% of Calories					21.4%	53.1%	26.6%
Nutrient Guideline			600-700	1360			

Wed - 10/24/2018							
MHS Charter 6-8 Lunch	Total	140					
Sand Cheeseburger Mesq DL	Sandwich	80	321	675	22.1	32.6	12.8
Chicken Parmeseanw/BreastFilet	serving	40	372	483	24.04	45.44	12.42
Bread Wheat Dinner Roll	ROLL	40	100	160	6.0	17.0	1.0
SaladTurkey Ham MHS	SERVING	20	296	763	24.76	8.71	14.34
Bread Garlic Knot 2G	Garlic Knot	20	172	273	4.05	23.29	7.09
Veg Potato Seasoned Wedges	1/2 c	140	148	380	2.11	18.99	7.38
Veg Lettuc/Tomato/Pick Fixings	1/2 CUP	80	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
Weighted Daily Average			715	1674	37.63	94.51	22.77
% of Calories					21.0%	52.9%	28.7%
Nutrient Guideline			600-700	1360			

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Base Menu Spreadsheet

Portion Values - Detailed

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MHS Charter 6-8 Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/25/2018							
MHS Charter 6-8 Lunch	Total	140					
Chicken Fajita & Onion/Peppers	#8scp + #40scp	40	177	700	21.52	2.9	8.4
Rice Brown Tom/Span Cook 1c	1 C	40	246	816	6.09	51.52	2.56
Cheese Stuffed Breadsticks	2 pc	60	300	480	20.0	30.0	11.0
Veg Marinara Sauce 1/2c	1/2 CUP	60	73	671	1.81	9.98	3.63
Burrito Bean & Cheese Chipotle	Burrito	40	360	390	17.01	44.03	13.01
Veg Beans Pinto Seasoned	1/2 Cup	40	130	163	7.11	23.44	1.2
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			571	1239	34.06	77.98	14.60
% of Calories					23.9%	54.7%	23.0%
Nutrient Guideline			600-700	1360			

Fri - 10/26/2018							
MHS Charter 6-8 Lunch	Total	140					
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	6	391	617	20.04	45.73	14.36
Chicken Sriracha Hon 176/3.9oz	3.9oz.	40	211	482	12.06	24.12	6.03
Rice Brown 1/2c Cook	1/2 CUP	40	29	3	0.67	5.97	0.24
Sand Chick Spicy Patty 106/3oz	Sandwich	40	337	670	20.0	42.0	11.0
Veg Key Largo Blend 1/2c	1/2 cup	40	18	20	0.0	4.52	0.0
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	40	124	329	4.04	28.65	1.54
FRUIT MELON WATERMELON	WEDGE	80	57	2	1.16	14.38	0.29
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	63	120	135	9.0	22.0	0.0
Weighted Daily Average			517	883	27.60	73.65	14.11
% of Calories					21.3%	56.9%	24.5%
Nutrient Guideline			600-700	1360			

Mon - 10/29/2018							
MHS Charter 6-8 Lunch	Total	1					
Bread Tortilla Chips 1.5oz	1.5 OZ	1	203	83	3.0	28.5	7.5
Nachos Mix/JTM Beef & Cheese	#20beef#12Ch	1	188	702	14.77	6.6	11.6
Sand Chicken Slider Tyson/Shan	2 Sandwiches	1	468	753	28.54	54.82	16.31
Sand Beef Rib Hoagie 3.25 oz.	Sandwich	1	340	885	18.0	40.0	12.0
Veg Beans Refried-Dehy 1/2c	1/2 cup	1	164	488	7.97	23.92	1.99
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	1	124	329	4.04	28.65	1.54
Fruit Juice Orange CDE	4 OZ CUP	1	61	2	1.0	14.0	0.0
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Celery Sticks 1/4c	1/4 CUP	1	6	30	0.26	1.1	0.06
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0

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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)
Weighted Daily Average % of Calories			1903	3844	99.67 20.9%	250.88 52.7%	56.05 26.5%
Nutrient Guideline			600-700	1360			

Tue - 10/30/2018							
MHS Charter 6-8 Lunch	Total	125					
Pizza Cheese WGBlenFlourHS/INT	HS/INT 6 cut	1	391	617	20.04	45.73	14.36
Pizza Pepp & Chz WGBlend Int/H	6 cut Slice	1	444	825	22.49	46.13	19.66
Pizza Pepp & Chz 16"CrustInt/H	6 cut slice	1	502	1004	26.35	39.98	26.92
Pizza Cheese 16"WGCrust HS/INT	6 cut slice	1	441	766	23.55	39.51	20.86
Chicken Crispito 36/2 ea	Crispito	1	540	740	24.01	46.01	28.01
Pkt Taco Sauce	1 PKT	1	5	96	0.0	1.01	0.0
Sand TurkeyBreast Ital. Panini	Sandwich	1	331	695	24.64	29.69	13.23
Veg Salad RomSpinCucTomGarbDr	1-1/8 CUP	1	100	177	4.22	12.95	3.23
VEG CELERY STICKS 1/2c	1/2 CUP	1	12	59	0.51	2.21	0.13
Fruit Banana Fresh	ONE	1	108	1	1.32	27.63	0.4
Milk 1% LF	HALF PINT	1	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	1	120	150	9.0	22.0	0.0
Veg Lettuce Shredded 1/2C	1/2 CUP	1	3	3	0.27	0.55	0.05
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Pkt Italian Dressing 12gm	Packet	1	5	95	0.0	1.0	0.0
Weighted Daily Average % of Calories			26	44	1.35 20.9%	2.74 42.7%	1.05 36.9%
Nutrient Guideline			600-700	1360			

Wed - 10/31/2018							
MHS Charter 6-8 Lunch	Total	130					
Sand Cheeseburger Mesq DL	Sandwich	50	321	675	22.1	32.6	12.8
Chicken Parmeseanw/BreastFilet	serving	30	372	483	24.04	45.44	12.42
Bread Wheat Dinner Roll	ROLL	30	100	160	6.0	17.0	1.0
Corndog Turkey WG 72/4oz	Corndog	50	256	681	14.0	28.9	9.4
Veg Potato Seasoned Wedges	1/2 c	130	148	380	2.11	18.99	7.38
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	50	6	86	0.0	0.0	0.0
Pkt Ketchup	1 PACKET	50	8	67	0.0	2.36	0.0
Weighted Daily Average % of Calories			677	1616	33.82 20.0%	94.36 55.7%	20.27 26.9%
Nutrient Guideline			600-700	1360			

Weighted Average			632	1223	34.27 21.7%	84.37 53.4%	18.53 26.4%
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Oct 1, 2018 thru Oct 31, 2018

MHS Charter 6-8 Lunch

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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	632		600 - 700	100%					
Sodium (mg)	1223		1360						
Protein (g)	34.27	21.69%							
Carbohydrate (g)	84.37	53.38%							
Total Fat (g)	18.53	26.38%							

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