

Marysville JUSD

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

MHS Transport 9-12

Portion Values - Detailed

Page 1

Generated on: 9/26/2018 11:51:48 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-----------|-----------|----------|-----------|
| Mon - 10/01/2018 | | | | | | | |
| MHS Transport 9-12 | Total | 125 | | | | | |
| Chicken Popcorn WG Tyson | 11 piece | 125 | 465 | 688 | 27.31 | 29.33 | 26.3 |
| Break Dutch Waffle | Tray | 125 | 293 | 342 | 3.9 | 41.96 | 12.69 |
| Veg Cucumber Raw 1/2c | 1/2 CUP | 125 | 10 | 2 | 0.48 | 1.76 | 0.13 |
| Veg Broccoli Florets Seas 1/2c | 1/2 cup | 125 | 58 | 26 | 1.6 | 4.8 | 3.8 |
| Fruit Juice A&E Var 4.23oz | 4.23 oz | 125 | 63 | 9 | 0.0 | 15.29 | 0.0 |
| Fruit Grapes Bunches 1/2c | 1/2 CUP | 125 | 58 | 2 | 0.55 | 14.85 | 0.3 |
| Milk 1% LF | HALF PINT | 10 | 130 | 160 | 10.0 | 16.0 | 2.5 |
| Milk Choc Non Fat | HALF PINT | 115 | 120 | 150 | 9.0 | 22.0 | 0.0 |
| Weighted Daily Average | | | 1068 | 1219 | 42.92 | 129.52 | 43.42 |
| % of Calories | | | | | 16.1% | 48.5% | 36.6% |
| Nutrient Guideline | | | 750-850 | 1420 | | | |

| | | | | | | | |
|--------------------------------|------------|-----|---------|------|-------|--------|-------|
| Tue - 10/02/2018 | | | | | | | |
| MHS Transport 9-12 | Total | 125 | | | | | |
| Quesadilla Chicken8"TortillaLT | quesadilla | 125 | 336 | 687 | 25.17 | 18.9 | 17.92 |
| Bread Tortilla Chips 1oz | 1.0 oz | 125 | 135 | 55 | 2.0 | 19.0 | 5.0 |
| Veg Beans Refried-Dehy 1/2c | 1/2 cup | 125 | 164 | 488 | 7.97 | 23.92 | 1.99 |
| Veg Salsa Primo homemade1/2c | 1/2 CUP | 125 | 6 | 7 | 0.2 | 1.3 | 0.07 |
| FRUIT NECTARINES,FRESH | 1 EACH | 125 | 60 | 0 | 1.44 | 14.35 | 0.44 |
| 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 | 115 | 120 | 150 | 9.0 | 22.0 | 0.0 |
| Weighted Daily Average | | | 885 | 1397 | 45.87 | 114.28 | 25.62 |
| % of Calories | | | | | 20.7% | 51.7% | 26.1% |
| Nutrient Guideline | | | 750-850 | 1420 | | | |

| | | | | | | | |
|--------------------------------|-----------|-----|---------|------|-------|--------|-------|
| Wed - 10/03/2018 | | | | | | | |
| 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 |
| Cracker Graham 2016 VarietyMJM | Pack | 125 | 113 | 107 | 1.67 | 20.67 | 3.33 |
| Veg Beans Baked 1/2c | 1/2 CUP | 125 | 137 | 386 | 7.43 | 25.77 | 0.95 |
| Veg Jicama with Tajin 1/2c | 1/2 CUP | 125 | 36 | 335 | 0.67 | 7.38 | 0.0 |
| Fruit Banana Fresh | ONE | 125 | 108 | 1 | 1.32 | 27.63 | 0.4 |
| Fruit Raisins Ind Pack CDE | box | 125 | 113 | 4 | 1.0 | 30.0 | 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 | | | 1013 | 1658 | 39.81 | 165.15 | 23.90 |
| % of Calories | | | | | 15.7% | 65.2% | 21.2% |
| Nutrient Guideline | | | 750-850 | 1420 | | | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

MHS Transport 9-12

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| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) |
|----------------------------|--------------|-----------|-------------|-----------|-----------|----------|-----------|
| Thu - 10/04/2018 | | | | | | | |
| MHS Transport 9-12 | Total | 125 | | | | | |
| Sand Cheeseburger Mesq DL | Sandwich | 125 | 321 | 675 | 22.1 | 32.6 | 12.8 |
| Veg Beans Green Seas. 1/2c | 1/2 CUP | 125 | 28 | 339 | 1.53 | 5.99 | 0.13 |
| Veg Carrot Snack Pack 1/2c | 2.6oz pack | 125 | 19 | 26 | 0.0 | 8.12 | 0.0 |
| Fruit Juice A&E Var 4.23oz | 4.23 oz | 125 | 63 | 9 | 0.0 | 15.29 | 0.0 |
| 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 |
| Weighted Daily Average | | | 622 | 1195 | 32.72 | 102.68 | 13.38 |
| % of Calories | | | | | 21.0% | 66.0% | 19.3% |
| Nutrient Guideline | | | 750-850 | 1420 | | | |

| | | | | | | | |
|--------------------------------|------------|-----|---------|------|-------|--------|-------|
| Fri - 10/05/2018 | | | | | | | |
| MHS Transport 9-12 | Total | 125 | | | | | |
| Beef Teriyaki Blaster100/4pc | 4pcs | 125 | 142 | 467 | 16.92 | 8.67 | 4.28 |
| Rice Seasoned Cooked1/2c | 1/2 CUP | 125 | 114 | 376 | 2.65 | 23.61 | 1.17 |
| Bread Aloha Din Roll Shannon's | ROLL | 125 | 90 | 120 | 2.0 | 17.0 | 1.0 |
| Veg Carrot Snack Pack 1/2c | 2.6oz pack | 125 | 19 | 26 | 0.0 | 8.12 | 0.0 |
| Veg Broccoli Florets Seas 1/2c | 1/2 cup | 125 | 58 | 26 | 1.6 | 4.8 | 3.8 |
| 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 |
| Weighted Daily Average | | | 632 | 1169 | 31.89 | 105.13 | 10.45 |
| % of Calories | | | | | 20.2% | 66.5% | 14.9% |
| Nutrient Guideline | | | 750-850 | 1420 | | | |

| | | | | | | | |
|-------------------------------|-----------|-----|---------|------|-------|--------|-------|
| Mon - 10/08/2018 | | | | | | | |
| 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 | 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 | | | 745 | 1263 | 29.96 | 116.35 | 20.91 |
| % of Calories | | | | | 16.1% | 62.5% | 25.3% |
| Nutrient Guideline | | | 750-850 | 1420 | | | |

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Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

MHS Transport 9-12

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| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) |
|----------------------------|--------------|-----------|-------------|-----------|-----------|----------|-----------|
| Tue - 10/09/2018 | | | | | | | |
| 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 | | | |

| | | | | | | | |
|--------------------------------|------------|-----|---------|------|-------|-------|-------|
| Wed - 10/10/2018 | | | | | | | |
| 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 | 36 | 335 | 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 | | | 628 | 1205 | 35.03 | 98.62 | 13.93 |
| % of Calories | | | | | 22.3% | 62.8% | 20.0% |
| Nutrient Guideline | | | 750-850 | 1420 | | | |

| | | | | | | | |
|--------------------------------|-----------|-----|---------|------|-------|-------|-------|
| Thu - 10/11/2018 | | | | | | | |
| 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 | | | |

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Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

MHS Transport 9-12

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| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) |
|----------------------------|--------------|-----------|-------------|-----------|-----------|----------|-----------|
| Fri - 10/12/2018 | | | | | | | |
| 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 - 10/15/2018 | | | | | | | |
| 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 - 10/16/2018 | | | | | | | |
| 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 |
| Weighted Daily Average | | | 712 | 963 | 36.77 | 112.46 | 16.39 |
| % of Calories | | | | | 20.7% | 63.2% | 20.7% |
| Nutrient Guideline | | | 750-850 | 1420 | | | |

| | | | | | | | |
|--------------------------------|------------|-----|-----|-----|------|-------|------|
| Wed - 10/17/2018 | | | | | | | |
| 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 |

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Oct 1, 2018 thru Oct 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) |
|--------------------------------------|--------------|-----------|-------------|-----------|----------------|-----------------|----------------|
| 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 - 10/18/2018 | | | | | | | |
|--------------------------------------|-----------|-----|---------|------|----------------|-----------------|----------------|
| 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 - 10/19/2018 | | | | | | | |
|--------------------------------------|-------------|-----|---------|------|----------------|-----------------|----------------|
| MHS Transport 9-12 | Total | 125 | | | | | |
| Pizza Pepp & Chz 16"CrustInt/H | 6 cut slice | 125 | 502 | 1004 | 26.35 | 39.98 | 26.92 |
| Veg Salad Romaine&Spnch1c port | 1 CUP | 125 | 21 | 59 | 2.71 | 3.29 | 0.09 |
| Veg Carrot Snack Pack 1/2c | 2.6oz 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 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 |
| Pkt Ranch Dressing 12gm | PACKETS | 125 | 35 | 108 | 0.11 | 1.7 | 2.21 |
| Weighted Daily Average % of Calories | | | 802 | 1346 | 38.43 19.2% | 102.58 51.1% | 29.82 33.5% |
| Nutrient Guideline | | | 750-850 | 1420 | | | |

| Mon - 10/22/2018 | | | | | | | |
|--------------------------------------|------------|-----|---------|------|----------------|-----------------|----------------|
| MHS Transport 9-12 | Total | 125 | | | | | |
| Sand Monte Cristo - Full Sand | Sand | 125 | 551 | 1199 | 26.6 | 58.53 | 23.06 |
| Veg Potato Rounds - Simplot | 1/2 cup | 125 | 143 | 214 | 2.38 | 16.67 | 8.33 |
| VEG CORN : FROZEN YELLOW 1/2c | 1/2 CUP | 125 | 101 | 13 | 3.78 | 23.94 | 1.26 |
| Veg Carrot Snack Pack 1/2c | 2.6oz pack | 125 | 19 | 26 | 0.0 | 8.12 | 0.0 |
| Fruit Raisins Ind Pack CDE | box | 125 | 113 | 4 | 1.0 | 30.0 | 0.0 |
| 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 % of Calories | | | 1094 | 1603 | 42.48 15.5% | 171.90 62.8% | 32.95 27.1% |
| Nutrient Guideline | | | 750-850 | 1420 | | | |

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MHS Transport 9-12

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| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-----------|-----------|----------|-----------|
| Tue - 10/23/2018 | | | | | | | |
| MHS Transport 9-12 | Total | 125 | | | | | |
| Chicken Nugget 106/3oz (5 pc) | Serving | 125 | 180 | 420 | 12.0 | 12.0 | 9.0 |
| Bread Breadstick Garlic 1G | Breadstick | 125 | 100 | 150 | 3.0 | 15.0 | 3.5 |
| Veg Beans Baked 1/2c | 1/2 CUP | 125 | 137 | 386 | 7.43 | 25.77 | 0.95 |
| Veg Jicama Sticks 1/2c | 1/2 cup | 125 | 34 | 4 | 0.73 | 8.04 | 0.0 |
| Fruit Banana Fresh | ONE | 125 | 108 | 1 | 1.32 | 27.63 | 0.4 |
| Fruit Apricot Frozen 96/4.5OZ. | 4.5 OZ | 125 | 110 | 0 | 1.0 | 25.0 | 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 | | | 784 | 1105 | 34.20 | 134.08 | 14.05 |
| % of Calories | | | | | 17.5% | 68.4% | 16.1% |
| Nutrient Guideline | | | 750-850 | 1420 | | | |

| | | | | | | | |
|--------------------------------|------------|-----|---------|------|-------|--------|-------|
| Wed - 10/24/2018 | | | | | | | |
| MHS Transport 9-12 | Total | 125 | | | | | |
| Cheese Green Tamale Del Real | one | 125 | 380 | 470 | 12.0 | 29.0 | 27.0 |
| Beans Refried-Dehy 1/2c | 1/2 cup | 125 | 164 | 488 | 7.97 | 23.92 | 1.99 |
| VEG CORN : FROZEN YELLOW 1/2c | 1/2 CUP | 125 | 101 | 13 | 3.78 | 23.94 | 1.26 |
| Veg Carrot Snack Pack 1/2c | 2.6oz pack | 125 | 19 | 26 | 0.0 | 8.12 | 0.0 |
| Fruit Applesauce Cup 4.5 ozCDE | 4.5 oz | 125 | 51 | 2 | 0.0 | 14.0 | 0.1 |
| Fruit Grapes Bunches 1/2c | 1/2 CUP | 125 | 58 | 2 | 0.55 | 14.85 | 0.3 |
| 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 | 125 | 35 | 108 | 0.11 | 1.7 | 2.21 |
| Weighted Daily Average | | | 924 | 1254 | 33.13 | 136.17 | 33.07 |
| % of Calories | | | | | 14.3% | 58.9% | 32.2% |
| Nutrient Guideline | | | 750-850 | 1420 | | | |

| | | | | | | | |
|----------------------------|------------|-----|---------|------|-------|--------|-------|
| Thu - 10/25/2018 | | | | | | | |
| MHS Transport 9-12 | Total | 125 | | | | | |
| Sand Cheeseburger Mesq DL | Sandwich | 125 | 321 | 675 | 22.1 | 32.6 | 12.8 |
| Veg Beans Green Seas. 1/2c | 1/2 CUP | 125 | 28 | 339 | 1.53 | 5.99 | 0.13 |
| Veg Carrot Snack Pack 1/2c | 2.6oz pack | 125 | 19 | 26 | 0.0 | 8.12 | 0.0 |
| Fruit Pear Cup National | 1/2 CUP | 125 | 70 | 10 | 0.0 | 16.0 | 0.0 |
| 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 |
| Weighted Daily Average | | | 630 | 1196 | 32.72 | 103.40 | 13.38 |
| % of Calories | | | | | 20.8% | 65.7% | 19.1% |
| Nutrient Guideline | | | 750-850 | 1420 | | | |

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

MHS Transport 9-12

Generated on: 9/26/2018 11:51:48 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|---------------|-----------|-------------|-----------|-----------|----------|-----------|
| Fri - 10/26/2018 | | | | | | | |
| MHS Transport 9-12 | Total | 125 | | | | | |
| SPAGHETTI & MEAT SAUCE: INT HS | 1/2cp & 1/2cs | 125 | 309 | 257 | 16.47 | 39.34 | 8.97 |
| Bread Aloha Din Roll Shannon's | ROLL | 125 | 90 | 120 | 2.0 | 17.0 | 1.0 |
| Veg Salad Romaine&Spnch1c port | 1 CUP | 125 | 21 | 59 | 2.71 | 3.29 | 0.09 |
| Veg Cucumber Raw 1/2c | 1/2 CUP | 125 | 10 | 2 | 0.48 | 1.76 | 0.13 |
| FRUIT PEACHES,FRESH | 1 EACH | 125 | 59 | 0 | 1.37 | 14.31 | 0.38 |
| Fruit Grapes Bunches 1/2c | 1/2 CUP | 125 | 58 | 2 | 0.55 | 14.85 | 0.3 |
| 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 | 125 | 35 | 108 | 0.11 | 1.7 | 2.21 |
| Weighted Daily Average | | | 697 | 692 | 32.40 | 112.89 | 13.27 |
| % of Calories | | | | | 18.6% | 64.8% | 17.1% |
| Nutrient Guideline | | | 750-850 | 1420 | | | |

| | | | | | | | |
|--------------------------------|-----------|-----|---------|------|-------|--------|-------|
| Mon - 10/29/2018 | | | | | | | |
| MHS Transport 9-12 | Total | 125 | | | | | |
| Chicken Popcorn WG Tyson | 11 piece | 125 | 465 | 688 | 27.31 | 29.33 | 26.3 |
| Break Dutch Waffle | Tray | 125 | 293 | 342 | 3.9 | 41.96 | 12.69 |
| Veg Cucumber Raw 1/2c | 1/2 CUP | 125 | 10 | 2 | 0.48 | 1.76 | 0.13 |
| Veg Broccoli Florets Seas 1/2c | 1/2 cup | 125 | 58 | 26 | 1.6 | 4.8 | 3.8 |
| Fruit Juice A&E Var 4.23oz | 4.23 oz | 125 | 63 | 9 | 0.0 | 15.29 | 0.0 |
| Fruit Grapes Bunches 1/2c | 1/2 CUP | 125 | 58 | 2 | 0.55 | 14.85 | 0.3 |
| Milk 1% LF | HALF PINT | 10 | 130 | 160 | 10.0 | 16.0 | 2.5 |
| Milk Choc Non Fat | HALF PINT | 115 | 120 | 150 | 9.0 | 22.0 | 0.0 |
| Weighted Daily Average | | | 1068 | 1219 | 42.92 | 129.52 | 43.42 |
| % of Calories | | | | | 16.1% | 48.5% | 36.6% |
| Nutrient Guideline | | | 750-850 | 1420 | | | |

| | | | | | | | |
|--------------------------------|------------|-----|---------|------|-------|--------|-------|
| Tue - 10/30/2018 | | | | | | | |
| MHS Transport 9-12 | Total | 125 | | | | | |
| Quesadilla Chicken8"TortillaLT | quesadilla | 125 | 336 | 687 | 25.17 | 18.9 | 17.92 |
| Bread Tortilla Chips 1oz | 1.0 oz | 125 | 135 | 55 | 2.0 | 19.0 | 5.0 |
| Veg Beans Refried-Dehy 1/2c | 1/2 cup | 125 | 164 | 488 | 7.97 | 23.92 | 1.99 |
| Veg Salsa Primo homemade1/2c | 1/2 CUP | 125 | 6 | 7 | 0.2 | 1.3 | 0.07 |
| FRUIT NECTARINES,FRESH | 1 EACH | 125 | 60 | 0 | 1.44 | 14.35 | 0.44 |
| 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 | 115 | 120 | 150 | 9.0 | 22.0 | 0.0 |
| Weighted Daily Average | | | 885 | 1397 | 45.87 | 114.28 | 25.62 |
| % of Calories | | | | | 20.7% | 51.7% | 26.1% |
| Nutrient Guideline | | | 750-850 | 1420 | | | |

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Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

Page 8

Oct 1, 2018 thru Oct 31, 2018

MHS Transport 9-12

Generated on: 9/26/2018 11:51:48 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Sodm (mg) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-----------|-----------|----------|-----------|
| Wed - 10/31/2018 | | | | | | | |
| 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 |
| Cracker Graham 2016 VarietyMJM | Pack | 125 | 113 | 107 | 1.67 | 20.67 | 3.33 |
| Veg Beans Baked 1/2c | 1/2 CUP | 125 | 137 | 386 | 7.43 | 25.77 | 0.95 |
| Veg Jicama with Tajin 1/2c | 1/2 CUP | 125 | 36 | 335 | 0.67 | 7.38 | 0.0 |
| Fruit Banana Fresh | ONE | 125 | 108 | 1 | 1.32 | 27.63 | 0.4 |
| Fruit Raisins Ind Pack CDE | box | 125 | 113 | 4 | 1.0 | 30.0 | 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 | | | 1013 | 1658 | 39.81 | 165.15 | 23.90 |
| % of Calories | | | | | 15.7% | 65.2% | 21.2% |
| Nutrient Guideline | | | 750-850 | 1420 | | | |

| | | | | | | | |
|------------------|--|--|-----|------|-------|--------|-------|
| Weighted Average | | | 814 | 1325 | 36.81 | 122.33 | 22.35 |
| | | | | | 18.1% | 60.1% | 24.7% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 814 | | 750 - 850 | 100% | | | | |
| Sodium (mg) | 1325 | | 1420 | | | | | |
| Protein (g) | 36.81 | 18.09% | | | | | | |
| Carbohydrate (g) | 122.33 | 60.13% | | | | | | |
| Total Fat (g) | 22.35 | 24.72% | | | | | | |

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