

Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

MHS Transport 9-12

Generated on: 12/11/2018 12:43:36 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 01/07/2019							
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			

Tue - 01/08/2019							
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 - 01/09/2019							
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 - 01/10/2019							
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 - 01/11/2019							
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 - 01/14/2019							
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 - 01/15/2019							
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 - 01/16/2019							
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 - 01/17/2019							
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 - 01/18/2019							
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			

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Tue - 01/22/2019							
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 - 01/23/2019							
MHS Transport 9-12	Total	125					
Tamale Cheese Green Del Real	one	125	380	470	12.0	29.0	27.0
Veg Salsa Verde Del Real	oz.	125	9	139	0.28	1.42	0.28
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			933	1393	33.41	137.59	33.35
% of Calories					14.3%	59.0%	32.2%
Nutrient Guideline			750-850	1420			

Thu - 01/24/2019							
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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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 01/25/2019							
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 - 01/28/2019							
MHS Transport 9-12	Total	125					
Chicken Tender WG 4/5# 107/3oz	3 pc Serv	125	179	419	11.96	11.96	8.97
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			782	950	27.57	112.15	26.10
% of Calories					14.1%	57.4%	30.0%
Nutrient Guideline			750-850	1420			

Tue - 01/29/2019							
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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Wed - 01/30/2019							
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	33	169	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			1010	1492	39.81	165.15	23.90
% of Calories					15.8%	65.4%	21.3%
Nutrient Guideline			750-850	1420			

Thu - 01/31/2019							
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			

Weighted Average			764	1277	34.96	117.26	20.09
					18.3%	61.4%	23.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	764		750 - 850	100%				
Sodium (mg)	1277		1420					
Protein (g)	34.96	18.31%						
Carbohydrate (g)	117.26	61.40%						
Total Fat (g)	20.09	23.66%						

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