

Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

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)
Mon - 03/02/2020							
MHS Transport 9-12	Total	50					
Sand Beef Rib Hoagie 3.25 oz.	Sandwich	1	340	885	18.0	40.0	12.0
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	1	142	377	4.63	32.86	1.77
Veg Carrot Snack Pack 1/2c	2.6oz pack	1	19	26	0.0	8.12	0.0
Fruit Banana Fresh	ONE	1	108	1	1.32	27.63	0.4
Fruit Juice A&E Var 4.23oz	4.23 oz	1	60	8	0.0	14.14	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
Weighted Daily Average			18	32	0.86	3.22	0.33
% of Calories					18.7%	69.9%	16.3%
Nutrient Guideline			750-850	1420			

Tue - 03/03/2020							
MHS Transport 9-12	Total	50					
Sand Hamburger HighOnly DonLee	Sandwich	1	371	686	26.23	40.8	12.07
Veg Cucumber with Tajin 1/2c	1/2 CUP	1	12	168	0.48	1.76	0.13
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	1	55	35	0.0	14.0	0.0
Fruit Banana Fresh	ONE	1	108	1	1.32	27.63	0.4
Fruit Pop- Variety	one fruit pop	1	73	5	0.62	18.69	0.12
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
Pkt Ketchup	1 PACKET	1	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	1	61	61	0.0	1.01	6.07
Weighted Daily Average			19	27	0.95	2.89	0.43
% of Calories					20.3%	61.5%	20.4%
Nutrient Guideline			750-850	1420			

Wed - 03/04/2020							
MHS Transport 9-12	Total	50					
Sand Grilled Cheese	ONE	1	412	1226	20.0	36.0	23.56
Veg Broccoli Salad 1/2c	1/2 cup	1	80	138	1.7	7.13	5.14
Veg Carrot Snack Pack 1/2c	2.6oz pack	1	19	26	0.0	8.12	0.0
Fruit Orange - 2 halves 1/2c	1/2 c	1	50	0	1.01	12.6	0.13
Fruit Juice A&E Var 4.23oz	4.23 oz	1	60	8	0.0	14.14	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
Pkt Ranch Dressing 12gm	PACKETS	1	35	108	0.11	1.7	2.21
Weighted Daily Average			18	36	0.84	2.35	0.67
% of Calories					18.4%	51.9%	33.3%
Nutrient Guideline			750-850	1420			

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Thu - 03/05/2020							
MHS Transport 9-12	Total	50					
Sand Chick Patty RichCh WG	Sandwich	1	339	619	18.96	41.96	10.97
Veg Beans Baked 1/2c	1/2 CUP	1	137	386	7.43	25.77	0.95
Veg Cucumber with Tajin 1/2c	1/2 CUP	1	12	168	0.48	1.76	0.13
Fruit Traditional Fresh Combo	ONE	1	73	1	0.88	18.63	0.3
Fruit Cranberries IW Dried CDE	Pack	1	101	2	0.06	27.23	0.36
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
Pkt Ketchup	1 PACKET	1	8	67	0.0	2.36	0.0
Pkt Mustard	1 PACKET	1	6	86	0.0	0.0	0.0
Weighted Daily Average			19	33	0.94	3.11	0.30
% of Calories					20.2%	67.2%	14.8%
Nutrient Guideline			750-850	1420			

Fri - 03/06/2020							
MHS Transport 9-12	Total	50					
Chicken breaded drum GK/PP	Drumstick	1	290	550	22.0	11.0	17.0
Bread Breadstick Garlic 1G	Breadstick	1	100	95	1.0	15.0	3.5
Veg Potato Seasoned Wedges	1/2 c	1	148	380	2.11	18.99	7.38
Veg Carrot Snack Pack 1/2c	2.6oz pack	1	19	26	0.0	8.12	0.0
Fruit Applesauce Cup 4.5 ozCDE	4.5 oz	1	51	2	0.0	14.0	0.1
Fruit Traditional Fresh Combo	ONE	1	73	1	0.88	18.63	0.3
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
Weighted Daily Average			19	27	0.90	2.47	0.62
% of Calories					19.3%	53.2%	29.8%
Nutrient Guideline			750-850	1420			

Mon - 03/09/2020							
MHS Transport 9-12	Total	105					
Sand Cheeseburger Mesq DL	Sandwich	105	326	675	22.6	32.1	12.8
Veg Lettuc/Tomato Fixings	1/2 CUP	105	10	6	0.66	2.05	0.13
Veg Potato Seasoned Wedges	1/2 c	105	148	380	2.11	18.99	7.38
Fruit Juice A&E Var 4.23oz	4.23 oz	105	60	8	0.0	14.14	0.0
FRUIT APPLES FRESH	1 APPLE	105	75	1	0.38	20.05	0.25
Milk 1% LF	HALF PINT	25	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	70	120	150	9.0	22.0	0.0
Pkt Mayonnaise	1 EACH	105	61	61	0.0	1.01	6.07
Pkt Ketchup	1 PACKET	105	8	67	0.0	2.36	0.0
Weighted Daily Average			799	1335	34.13	109.18	27.23
% of Calories					17.1%	54.7%	30.7%
Nutrient Guideline			750-850	1420			

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Tue - 03/10/2020							
MHS Transport 9-12	Total	105					
Sand Chicken Filet w/ Bun	Sandwich	105	360	470	28.0	41.0	10.0
Veg Beans Baked 1/2c	1/2 CUP	105	137	386	7.43	25.77	0.95
Veg Broccoli Salad 1/2c	1/2 cup	105	80	138	1.7	7.13	5.14
Fruit Banana Fresh	ONE	105	108	1	1.32	27.63	0.4
Fruit Juice A&E Var 4.23oz	4.23 oz	105	60	8	0.0	14.14	0.0
Milk 1% LF	HALF PINT	5	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	100	120	150	9.0	22.0	0.0
Pkt Ketchup	1 PACKET	105	8	67	0.0	2.36	0.0
Pkt Mustard	1 PACKET	105	6	86	0.0	0.0	0.0
Pkt Mayonnaise	1 EACH	105	61	61	0.0	1.01	6.07
Weighted Daily Average			940	1367	47.49	140.75	22.68
% of Calories					20.2%	59.9%	21.7%
Nutrient Guideline			750-850	1420			

Wed - 03/11/2020							
MHS Transport 9-12	Total	105					
Burrito Bean & Cheese LHS	ONE	105	392	918	16.49	36.66	19.35
Veg Cucumber with Tajin 1/2c	1/2 CUP	105	12	168	0.48	1.76	0.13
Veg Carrot Snack Pack 1/2c	2.6oz pack	105	19	26	0.0	8.12	0.0
Fruit Mandarin Orange 2ea	TWO	105	50	1	0.67	12.69	0.27
Fruit Applesauce Cup 4.5 ozCDE	4.5 oz	105	51	2	0.0	14.0	0.1
Milk 1% LF	HALF PINT	5	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	100	120	150	9.0	22.0	0.0
Weighted Daily Average			646	1266	26.70	94.95	19.97
% of Calories					16.5%	58.8%	27.8%
Nutrient Guideline			750-850	1420			

Thu - 03/12/2020							
MHS Transport 9-12	Total	105					
Sand Pig in a Blanket - 2G	Sandwich	105	330	540	13.0	27.0	16.0
Veg Potato Seasoned Wedges	1/2 c	105	148	380	2.11	18.99	7.38
Veg Beans Green Seas. 1/2c	1/2 CUP	105	28	339	1.53	5.99	0.13
Fruit Juice A&E Var 4.23oz	4.23 oz	105	60	8	0.0	14.14	0.0
Fruit Apple Slices IW 200/2oz	1 EACH	105	30	0	0.0	7.0	0.0
Cracker Graham 2016 VarietyMJM	Pack	105	113	107	1.67	20.67	3.33
Milk 1% LF	HALF PINT	5	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	100	120	150	9.0	22.0	0.0
Pkt Mustard	1 PACKET	105	6	86	0.0	0.0	0.0
Pkt Ketchup	1 PACKET	105	8	67	0.0	2.36	0.0
Weighted Daily Average			843	1676	27.35	117.86	26.97
% of Calories					13.0%	55.9%	28.8%
Nutrient Guideline			750-850	1420			

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Fri - 03/13/2020							
MHS Transport 9-12	Total	105					
Turkey, Roast (from Raw CDE)	2 oz. portion	105	121	692	16.84	0.18	6.32
Gravy Turkey	1/4 CUP	105	17	267	0.0	3.42	0.43
Veg Potato Mashed Loaded 1/2cup	1/2 Cup	105	65	245	1.46	13.75	0.63
Bread Garlic Knot 2G	Garlic Knot	105	172	273	4.05	23.29	7.09
Veg Carrot Snack Pack 1/2c	2.6oz pack	105	19	26	0.0	8.12	0.0
Fruit Cranberries IW Dried CDE	Pack	105	101	2	0.06	27.23	0.36
FRUIT APPLES FRESH	1 APPLE	105	75	1	0.38	20.05	0.25
Milk 1% LF	HALF PINT	105	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	100	120	150	9.0	22.0	0.0
Weighted Daily Average			815	1809	41.36	132.99	17.57
% of Calories					20.3%	65.3%	19.4%
Nutrient Guideline			750-850	1420			

Mon - 03/16/2020							
MHS Transport 9-12	Total	105					
Sand Beef Rib Hoagie 3.25 oz.	Sandwich	105	340	885	18.0	40.0	12.0
Veg Potato Rounds - Simplot	1/2 cup	105	167	226	1.19	19.05	8.33
Veg Cucumber Raw 1/2c	1/2 CUP	105	10	2	0.48	1.76	0.13
Fruit Stone Variety Fresh	1 each	105	45	0	0.95	11.09	0.3
Fruit Mixed Fruit Cup Wawona	1 Each	105	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	55	120	150	9.0	22.0	0.0
Weighted Daily Average			748	1283	30.09	108.28	21.95
% of Calories					16.1%	57.9%	26.4%
Nutrient Guideline			750-850	1420			

Tue - 03/17/2020							
MHS Transport 9-12	Total	105					
Sand Chick Spicy Patty 106/3oz	Sandwich	105	337	670	20.0	41.0	11.0
Veg Beans Baked 1/2c	1/2 CUP	105	137	386	7.43	25.77	0.95
Veg Carrot Snack Pack 1/2c	2.6oz pack	105	19	26	0.0	8.12	0.0
Fruit Banana Fresh	ONE	105	108	1	1.32	27.63	0.4
Fruit Juice A&E Var 4.23oz	4.23 oz	105	60	8	0.0	14.14	0.0
Milk 1% LF	HALF PINT	5	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	100	120	150	9.0	22.0	0.0
Pkt Ketchup	1 PACKET	105	8	67	0.0	2.36	0.0
Pkt Mustard	1 PACKET	105	6	86	0.0	0.0	0.0
Pkt Mayonnaise	1 EACH	105	61	61	0.0	1.01	6.07
Weighted Daily Average			856	1455	37.80	141.75	18.54
% of Calories					17.7%	66.2%	19.5%
Nutrient Guideline			750-850	1420			

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 03/18/2020							
MHS Transport 9-12	Total	105					
Cheese Stuffed Breadsticks	2 pc	105	300	480	20.0	30.0	11.0
Marinara Sauce	1/4 cup serving	105	19	323	0.63	4.52	0.03
Veg Jicama with Tajin 1/2c	1/2 CUP	105	33	169	0.67	7.38	0.0
Veg Carrot Snack Pack 1/2c	2.6oz pack	105	19	26	0.0	8.12	0.0
Fruit Mandarin Orange 2ea	TWO	105	50	1	0.67	12.69	0.27
Fruit Applesauce Cup 4.5 ozCDE	4.5 oz	105	51	2	0.0	14.0	0.1
Milk 1% LF	HALF PINT	5	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	100	120	150	9.0	22.0	0.0
Weighted Daily Average			593	1152	31.02	98.43	11.52
% of Calories					20.9%	66.4%	17.5%
Nutrient Guideline			750-850	1420			

Thu - 03/19/2020							
MHS Transport 9-12	Total	105					
Sand Beef Sliders DL/Shann	2 Sandwiches	105	363	804	20.65	37.85	14.12
Veg Potato Seasoned Wedges	1/2 c	105	148	380	2.11	18.99	7.38
Veg Broccoli Florets Frzn 1/2c	1/2 cup	105	23	20	2.57	4.45	0.09
Fruit Juice A&E Var 4.23oz	4.23 oz	105	60	8	0.0	14.14	0.0
Fruit Apple Slices IW 200/2oz	1 EACH	105	30	0	0.0	7.0	0.0
Milk 1% LF	HALF PINT	5	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	100	120	150	9.0	22.0	0.0
Pkt Mustard	1 PACKET	105	6	86	0.0	0.0	0.0
Pkt Ketchup	1 PACKET	105	8	67	0.0	2.36	0.0
Weighted Daily Average			759	1514	34.38	106.50	21.72
% of Calories					18.1%	56.1%	25.8%
Nutrient Guideline			750-850	1420			

Fri - 03/20/2020							
MHS Transport 9-12	Total	105					
LASAGNA, BEEF High	1 Piece	105	336	1078	21.65	25.24	17.74
Bread Breadstick Garlic 1G	Breadstick	105	100	95	1.0	15.0	3.5
Veg Beans Green Seas. 1/2c	1/2 CUP	105	28	339	1.53	5.99	0.13
Veg Carrot Snack Pack 1/2c	ONE PACK	105	19	26	0.0	8.12	0.0
Fruit Grapes Bunches 1/2c	1/2 CUP	105	85	3	0.8	21.78	0.44
FRUIT APPLES FRESH	1 APPLE	105	75	1	0.38	20.05	0.25
Milk 1% LF	HALF PINT	105	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	100	120	150	9.0	22.0	0.0
Pkt Ranch Dressing 12gm	PACKETS	105	35	108	0.11	1.7	2.21
Weighted Daily Average			923	1953	44.04	134.83	26.77
% of Calories					19.1%	58.4%	26.1%
Nutrient Guideline			750-850	1420			

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Mon - 03/23/2020							
MHS Transport 9-12	Total	105					
Sand Grill HamTy/Chz var Bread	Sandwich	105	321	1018	20.79	24.87	16.36
Veg Salad Romaine&Spnch1c port	1 CUP	105	21	59	2.71	3.29	0.09
Veg Carrot Snack Pack 1/2c	2.6oz pack	105	19	26	0.0	8.12	0.0
FRUIT PLUMS,FRESH	ONE	105	30	0	0.46	7.54	0.18
Fruit Craisins Variety	1 EACH	105	110	0	0.0	28.0	0.0
Milk 1% LF	HALF PINT	5	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	100	120	150	9.0	22.0	0.0
Weighted Daily Average			623	1253	33.01	93.54	16.75
% of Calories					21.2%	60.1%	24.2%
Nutrient Guideline			750-850	1420			

Tue - 03/24/2020							
MHS Transport 9-12	Total	105					
Chicken Bowl w/Pot&Corn	Bowl	105	399	941	25.57	49.47	13.21
Bread Wheat Dinner Roll	ROLL	105	100	160	5.0	17.0	1.0
Fruit Banana Fresh	ONE	105	108	1	1.32	27.63	0.4
Fruit Juice A&E Var 4.23oz	4.23 oz	105	60	8	0.0	14.14	0.0
Milk 1% LF	HALF PINT	5	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	100	120	150	9.0	22.0	0.0
Weighted Daily Average			787	1261	40.93	129.96	14.73
% of Calories					20.8%	66.1%	16.8%
Nutrient Guideline			750-850	1420			

Wed - 03/25/2020							
MHS Transport 9-12	Total	105					
Chicken Breaded Drumstick	Drumstick	105	190	450	16.0	5.0	11.0
STUFFING	4OZ. SERVING	105	50	204	1.36	7.25	1.72
Bread Breadstick Garlic 1G	Breadstick	105	100	95	1.0	15.0	3.5
Salad Three Bean 1/2c w/Black	1/2 cup	105	70	387	3.62	12.03	1.03
Veg Carrot Snack Pack 1/2c	2.6oz pack	105	19	26	0.0	8.12	0.0
Fruit Orange - 2 halves 1/2c	1/2 c	105	50	0	1.01	12.6	0.13
Fruit Applesauce Cup Peach 4.5	4.5 oz	105	50	15	0.0	14.0	0.0
Milk 1% LF	HALF PINT	5	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	100	120	150	9.0	22.0	0.0
Weighted Daily Average			651	1328	32.04	95.72	17.50
% of Calories					19.7%	58.9%	24.2%
Nutrient Guideline			750-850	1420			

Thu - 03/26/2020							
MHS Transport 9-12	Total	105					
Meatloaf 100/2.90oz AdvP#69190	Slice	105	170	390	12.0	8.0	10.0
Veg Potato Mashed Loaded1/2cup	1/2 Cup	105	65	245	1.46	13.75	0.63
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	105	142	377	4.63	32.86	1.77
Veg Broccoli Salad 1/2c	1/2 cup	105	80	138	1.7	7.13	5.14
Fruit Strawberry Fruit Pop	Serving	105	80	0	1.0	18.94	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	105	60	8	0.0	14.14	0.0
Milk 1% LF	HALF PINT	5	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	100	120	150	9.0	22.0	0.0

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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			717	1309	29.83	116.54	17.66
% of Calories					16.6%	65.0%	22.2%
Nutrient Guideline			750-850	1420			

Fri - 03/27/2020							
MHS Transport 9-12	Total	105					
Pizza Pepp & Chz 16"CrustInt/H	6 cut slice	105	507	958	26.33	41.23	26.93
Veg Salad Romaine&Spnch1c port	1 CUP	105	21	59	2.71	3.29	0.09
Veg Carrot Snack Pack 1/2c	2.6oz pack	105	19	26	0.0	8.12	0.0
Fruit Grapes Bunches 1/2c	1/2 CUP	105	85	3	0.8	21.78	0.44
Fruit Applesauce Cup 4.5 ozCDE	4.5 oz	105	51	2	0.0	14.0	0.1
Milk 1% LF	HALF PINT	5	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	100	120	150	9.0	22.0	0.0
Pkt Ranch Dressing 12gm	PACKETS	105	35	108	0.11	1.7	2.21
Weighted Daily Average			839	1307	39.00	111.85	29.89
% of Calories					18.6%	53.3%	32.0%
Nutrient Guideline			750-850	1420			

Mon - 03/30/2020							
MHS Transport 9-12	Total	50					
Sand Beef Rib Hoagie 3.25 oz.	Sandwich	1	340	885	18.0	40.0	12.0
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	1	142	377	4.63	32.86	1.77
Veg Carrot Snack Pack 1/2c	2.6oz pack	1	19	26	0.0	8.12	0.0
Fruit Banana Fresh	ONE	1	108	1	1.32	27.63	0.4
Fruit Juice A&E Var 4.23oz	4.23 oz	1	60	8	0.0	14.14	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
Weighted Daily Average			18	32	0.86	3.22	0.33
% of Calories					18.7%	69.9%	16.3%
Nutrient Guideline			750-850	1420			

Tue - 03/31/2020							
MHS Transport 9-12	Total	50					
Sand Hamburger HighOnly DonLee	Sandwich	1	371	686	26.23	40.8	12.07
Veg Cucumber with Tajin 1/2c	1/2 CUP	1	12	168	0.48	1.76	0.13
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	1	55	35	0.0	14.0	0.0
Fruit Banana Fresh	ONE	1	108	1	1.32	27.63	0.4
Fruit Pop- Variety	one fruit pop	1	73	5	0.62	18.69	0.12
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
Pkt Ketchup	1 PACKET	1	8	67	0.0	2.36	0.0
Pkt Mayonnaise	1 EACH	1	61	61	0.0	1.01	6.07
Weighted Daily Average			19	27	0.95	2.89	0.43
% of Calories					20.3%	61.5%	20.4%
Nutrient Guideline			750-850	1420			

Weighted Average			530	976	24.34	79.69	14.30
					18.4%	60.1%	24.3%

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)	
Calories	530		750 - 850	71%		220		Correction Required - Calories are Low	
Sodium (mg)	976		1420						
Protein (g)	24.34	18.36%							
Carbohydrate (g)	79.69	60.11%							
Total Fat (g)	14.30	24.26%							

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