

Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

MHS Charter 6-8 Lunch

Portion Values - Detailed

Page 1

Generated on: 2/25/2020 12:40:58 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 03/02/2020							
MHS Charter 6-8 Lunch	Total	110					
Cheese Stuffed Breadsticks	2 pc	60	300	480	20.0	30.0	11.0
Veg Marinara Sauce 1/2c	1/2 CUP	60	61	398	2.04	10.21	1.53
Chicken Parmesan RC Patty	serving	40	342	1037	20.17	38.5	12.43
Yogurt Muffin Batter Veg Meal	Meal	10	193	123	6.5	40.68	0.05
Bread Breadstick Garlic 1G	Breadstick	40	100	95	1.0	15.0	3.5
Fruit Mandarin Orange Jumbo1ea	one	80	55	1	0.75	14.1	0.3
Veg Broccoli Florets Seas 1/2c	1/2 cup	50	58	26	1.6	4.8	3.8
Veg Carrot Snack Pack 1/2c	2.6oz pack	60	19	26	0.0	8.12	0.0
Milk 1% LF	HALF PINT	42	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	63	120	150	9.0	22.0	0.0
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			571	1078	30.56	80.69	15.55
% of Calories					21.4%	56.5%	24.5%
Nutrient Guideline			600-700	1360			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 03/03/2020							
MHS Charter 6-8 Lunch	Total	110					
Chicken Orange Schwan's	2.8 oz serving	75	150	190	13.0	9.0	6.0
Rice Brown 1/2c Cook	1/2 CUP	75	36	4	0.84	7.46	0.29
Sand TurkeyBreast Ital. Panini	Sandwich	20	176	523	19.17	2.34	10.04
Quesadilla ChzBlen8" TortillaLT	quesadilla	15	301	555	19.27	20.07	16.12
Fruit Banana Fresh	ONE	80	108	1	1.32	27.63	0.4
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	88	55	35	0.0	14.0	0.0
Veg Carrot Snack Pack 1/2c	2.6oz pack	60	19	26	0.0	8.12	0.0
Milk 1% LF	HALF PINT	42	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	63	120	150	9.0	22.0	0.0
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			452	495	25.48	68.84	9.58
% of Calories					22.6%	61.0%	19.1%
Nutrient Guideline			600-700	1360			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 03/04/2020							
MHS Charter 6-8 Lunch	Total	110					
Pasta Bake Rotini w/Beef&Chz	8 oz	50	257	486	17.54	22.99	10.86
Bread Breadstick Garlic 1G	Breadstick	50	100	95	1.0	15.0	3.5
Quesadilla ChzBlen8" TortillaLT	quesadilla	30	301	555	19.27	20.07	16.12
Fruit Apple Slices Bulk 1/2c	6 slices	100	69	51	0.0	14.17	0.0
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	60	142	377	4.63	32.86	1.77
Veg Jicama with Tajin 1/2c	1/2 CUP	40	33	169	0.67	7.38	0.0
Milk 1% LF	HALF PINT	42	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	63	120	150	9.0	22.0	0.0
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			516	878	25.42	74.97	12.86
% of Calories					19.7%	58.2%	22.4%
Nutrient Guideline			600-700	1360			

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

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Marysville JUSD

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MHS Charter 6-8 Lunch

Portion Values - Detailed

Page 2

Generated on: 2/25/2020 12:40:58 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 03/05/2020							
MHS Charter 6-8 Lunch	Total	1					
Beef Taco Meat MJUSD #8scp2M	#8 scoop	1	130	489	13.42	3.09	7.25
Bread Tortilla Corn 6" - 2pc	two	1	120	10	2.0	24.0	2.0
Sand Chicken BBQ Hawaiian bun	#10 scoop	1	305	564	18.39	42.11	6.49
Veg Beans Pinto Seasoned	1/2 Cup	1	130	163	7.11	23.44	1.2
Fruit Pineapple Tidbits 1/2c	1/2 cup	1	59	8	0.84	14.31	0.0
Veg onion, cilantro, lime	portion	1	15	3	0.39	4.7	0.1
Veg Coleslaw Salad 1/2c	1/2 c	1	44	82	0.34	3.39	3.33
Veg Jicama with Tajin 1/4c	1/4 CUP	1	18	85	0.37	4.1	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	2	0	0.08	0.36	0.02
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
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			1134	1974	63.87	163.70	25.27
% of Calories					22.5%	57.8%	20.1%
Nutrient Guideline			600-700	1360			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 03/06/2020							
MHS Charter 6-8 Lunch	Total	1					
Pizza Cheese 16"WGCrust HS/INT	6 cut slice	1	447	720	23.53	40.77	20.86
Pizza Pepp & Chz 16"CrustInt/H	6 cut slice	1	507	958	26.33	41.23	26.93
Pizza VegChz Crust 16" HS/INT	6 cut slice	1	524	880	29.23	42.22	26.0
Mac & Cheese w/Chick "Mad Mac"	2 #10 scoops	1	365	1119	20.29	30.48	17.35
Fruit Juice Orange CDE	4 OZ CUP	1	61	2	1.0	14.0	0.0
Fruit cup/pop variety	each	1	80	4	0.69	19.89	0.05
Veg Broccoli Salad 1/2c	1/2 cup	1	80	138	1.7	7.13	5.14
Veg Salad Romaine&Spnch1c port	1 CUP	1	21	59	2.71	3.29	0.09
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 Carrot shred 1/8c	1/8 Cup	1	5	8	0.11	1.09	0.03
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	2	0	0.08	0.36	0.02
Veg corn: frozen 1/4c	1/4 CUP	1	50	6	1.89	11.97	0.63
Veg Corn Can Yellow CDE 1/4c	1/4 CUP	1	62	164	2.02	14.32	0.77
Veg Cucumber with Tajin 1/4c	1/4 CUP	1	6	84	0.24	0.88	0.07
Veg Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
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			2505	4684	129.16	269.30	102.69
% of Calories					20.6%	43.0%	36.9%
Nutrient Guideline			600-700	1360			

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Page 3

Generated on: 2/25/2020 12:40:58 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 03/09/2020							
MHS Charter 6-8 Lunch	Total	1					
Taco: Crunchy Nacho Taco	Taco	1	261	617	15.21	16.12	14.65
Chicken Crispito 36/2 ea	Crispito	1	540	740	24.01	46.01	28.01
Veg Beans Refried-Dehy 1/2c	#8 scoop	1	164	488	7.97	23.92	1.99
Fruit Kiwi 2 fruit	2 ea	1	93	5	1.73	22.28	0.79
Veg Cucumber with Tajin 1/2c	1/2 CUP	1	12	168	0.48	1.76	0.13
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 1/4C	1/2 CUP	1	2	1	0.14	0.27	0.03
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Veg Salsa, canned (USDA)1/4c	1/4 CUP	1	20	242	0.85	3.94	0.11
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
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			1423	2802	70.72	164.15	50.61
% of Calories					19.9%	46.1%	32.0%
Nutrient Guideline			600-700	1360			

Tue - 03/10/2020							
MHS Charter 6-8 Lunch	Total	1					
Sand Grilled Cheese	ONE	1	412	1226	20.0	36.0	23.56
Sand Sloppy Joe	Sandwich	1	347	942	20.87	46.42	9.47
Veg Potato Wedge 8-Cut Fries	1/2 CUP	1	120	140	2.0	20.01	4.0
Fruit Banana Fresh	ONE	1	108	1	1.32	27.63	0.4
Veg Carrot & Raisin Salad 1/2c	1/2 Cup	1	69	109	0.55	9.45	3.47
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 Tomato Wedges 1/4 Cup	1/4 CUP	1	2	0	0.08	0.36	0.02
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Veg Lettuce Shredded 1/4C	1/4 CUP	1	1	1	0.07	0.14	0.01
Veg Cucumber with Tajin 1/4c	1/4 CUP	1	6	84	0.24	0.88	0.07
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			1369	3041	64.57	184.96	45.80
% of Calories					18.9%	54.1%	30.1%
Nutrient Guideline			600-700	1360			

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Page 4

Generated on: 2/25/2020 12:40:58 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 03/11/2020							
MHS Charter 6-8 Lunch	Total	1					
Chicken Brd WG 8 Pc Pilgrims	3 oz.	1	260	570	16.0	10.0	17.0
Chicken Honey Sriracha Chunks	6 pieces	1	296	377	22.44	22.44	13.26
Bread Wheat Dinner Roll	ROLL	1	100	160	5.0	17.0	1.0
Veg Corn Can Yellow CDE 1/2c	1/2 CUP	1	142	377	4.63	32.86	1.77
Veg Coleslaw Salad 1/2c	1/2 c	1	44	82	0.34	3.39	3.33
Fruit Apple Slices Bulk 1/2c	6 slices	1	69	51	0.0	14.17	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
Fruit canned variety 1/4c	1/4 c	1	30	2	0.2	7.55	0.02
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	2	0	0.08	0.36	0.02
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Lettuce Shredded 1/4C	1/2 CUP	1	2	1	0.14	0.27	0.03
Veg Cucumber with Tajin 1/4c	1/4 CUP	1	6	84	0.24	0.88	0.07
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			1271	2245	68.88	157.03	41.29
% of Calories					21.7%	49.4%	29.2%
Nutrient Guideline			600-700	1360			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 03/12/2020							
MHS Charter 6-8 Lunch	Total	1					
Sand Hamburger Mesquite DonLee	Sandwich	1	271	450	19.6	31.1	8.3
Sand Cheeseburger Mesq DL	Sandwich	1	326	675	22.6	32.1	12.8
Pizza Cheese 16"WGCrust HS/INT	6 cut slice	1	447	720	23.53	40.77	20.86
Pizza Hawaiian 16"Crust Int/HS	6 cut slice	1	489	864	27.51	43.11	22.23
Pizza Pepp & Chz 16"CrustInt/H	6 cut slice	1	507	958	26.33	41.23	26.93
Fruit Grapes Bunches 1/2c	1/2 CUP	1	85	3	0.8	21.78	0.44
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	1	55	35	0.0	14.0	0.0
Veg Carrot Snack Pack 1/2c	2.6oz pack	1	19	26	0.0	8.12	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&Spnch1c port	1 CUP	1	21	59	2.71	3.29	0.09
Fruit canned variety 1/4c	1/4 c	1	30	2	0.2	7.55	0.02
Veg Broccoli Salad 1/4c	1/4 cup	1	40	69	0.85	3.57	2.57
Veg Carrot shred 1/8c	1/8 Cup	1	5	8	0.11	1.09	0.03
Veg Tomato Sliced/Diced 1/4c	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg corn: frozen 1/4c	1/4 CUP	1	50	6	1.89	11.97	0.63
Veg Corn Can Yellow CDE 1/4c	1/4 CUP	1	62	164	2.02	14.32	0.77
Veg Cucumber with Tajin 1/4c	1/4 CUP	1	6	84	0.24	0.88	0.07
Veg Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	0.0
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			2721	4927	148.14	319.42	100.59
% of Calories					21.8%	47.0%	33.3%
Nutrient Guideline			600-700	1360			

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Page 5

Generated on: 2/25/2020 12:40:58 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 03/13/2020							
MHS Charter 6-8 Lunch	Total	1					
Chicken Breaded Drumstick	Drumstick	1	190	450	16.0	5.0	11.0
Turkey & Gravy Whit 107/4.16oz	4.16 oz	1	120	520	18.0	2.0	4.5
Bread Wheat Dinner Roll	ROLL	1	100	160	5.0	17.0	1.0
Veg Potato Mashed Loaded 1/2cup	1/2 Cup	1	65	245	1.46	13.75	0.63
Veg Broccoli Florets Seas 1/2c	1/2 cup	1	58	26	1.6	4.8	3.8
Fruit Juice Orange CDE	4 OZ CUP	1	61	2	1.0	14.0	0.0
Fruit cup/pop variety	each	1	80	4	0.69	19.89	0.05
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 Cucumber with Tajin 1/4c	1/4 CUP	1	6	84	0.24	0.88	0.07
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Carrot shred 1/8c	1/8 Cup	1	5	8	0.11	1.09	0.03
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	2	0	0.08	0.36	0.02
Veg Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
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			996	2068	65.16	122.93	25.95
% of Calories					26.2%	49.4%	23.5%
Nutrient Guideline			600-700	1360			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 03/17/2020							
MHS Charter 6-8 Lunch	Total	1					
Nachos Mix/AdvP Beef & Cheese	#20beef#12Ch	1	195	766	12.82	5.49	12.83
Bread Tortilla Chips 1.5oz	1.5 OZ	1	203	83	3.0	28.5	7.5
Sand Pig in a Blanket - 2G	Sandwich	1	330	540	13.0	27.0	16.0
Veg Beans Refried-Dehy 1/2c	#8 scoop	1	164	488	7.97	23.92	1.99
Veg Juice V Blend Dragon 4.23oz	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
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
Fruit canned variety 1/4c	1/4 c	1	30	2	0.2	7.55	0.02
Veg Salad Romaine&Spn1/2c port	1/2 c	1	11	29	1.36	1.65	0.04
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Carrot shred 1/8c	1/8 Cup	1	5	8	0.11	1.09	0.03
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	2	0	0.08	0.36	0.02
Veg Jicama with Tajin 1/4c	1/4 CUP	1	18	85	0.37	4.1	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
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			1424	2578	60.09	184.69	43.70
% of Calories					16.9%	51.9%	27.6%
Nutrient Guideline			600-700	1360			

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MHS Charter 6-8 Lunch

Portion Values - Detailed

Page 6

Generated on: 2/25/2020 12:40:58 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 03/18/2020							
MHS Charter 6-8 Lunch	Total	1					
Sand Chick Patty RichCh WG	Sandwich	1	339	619	18.96	41.96	10.97
Sand Chick Spicy Patty 106/3oz	Sandwich	1	337	670	20.0	41.0	11.0
Pork Carnitas CDE roast (raw)	#12sccop	1	275	213	26.91	0.81	17.62
Bread Tortilla Corn 6" - 2pc	two	1	120	10	2.0	24.0	2.0
Veg Potato Spirals Seasoned	1/2 cup	1	100	151	1.0	17.08	3.01
Fruit Apple Slices Bulk 1/2c	6 slices	1	69	51	0.0	14.17	0.0
Veg Jicama with Tajin 1/2c	1/2 CUP	1	33	169	0.67	7.38	0.0
Veg onion, cilantro, lime	portion	1	15	3	0.39	4.7	0.1
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 Tomato Sliced/Diced 1/4c	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Lettuce Shredded 1/4C	1/2 CUP	1	2	1	0.14	0.27	0.03
Veg Coleslaw Salad 1/4c	1/4 c	1	22	41	0.17	1.7	1.66
Veg Cucumber with Tajin 1/4c	1/4 CUP	1	6	84	0.24	0.88	0.07
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	0.0
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			1653	2814	90.69	204.92	51.35
% of Calories					22.0%	49.6%	28.0%
Nutrient Guideline			600-700	1360			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 03/19/2020							
MHS Charter 6-8 Lunch	Total	1					
Quesadilla ChzBlen8" TortillaLT	quesadilla	1	301	555	19.27	20.07	16.12
Rice Brown Tom/Span Cook 1/2c	1/2 C	1	111	114	2.23	23.54	1.11
Chicken Tamale Pie - 96 srvg	6 X 4 cut	1	384	1068	26.54	38.91	11.53
Veg Beans Refried-Dehy 1/2c	#8 scoop	1	164	488	7.97	23.92	1.99
Fruit Grapes Bunches 1/2c	1/2 CUP	1	85	3	0.8	21.78	0.44
Fruit canned variety 1/4c	1/4 c	1	30	2	0.2	7.55	0.02
Veg Cucumber with Tajin 1/2c	1/2 CUP	1	12	168	0.48	1.76	0.13
Veg Carrot Snack Pack 1/2c	2.6oz pack	1	19	26	0.0	8.12	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 Tomato Sliced/Diced 1/4c	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Salsa, canned (USDA)1/4c	1/4 CUP	1	20	242	0.85	3.94	0.11
Veg Lettuce Shredded 1/4C	1/2 CUP	1	2	1	0.14	0.27	0.03
Veg Jalepeno peppers, sliced	1 OZ	1	25	2514	0.0	0.0	0.0
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			1451	5697	78.00	192.39	36.29
% of Calories					21.5%	53.0%	22.5%
Nutrient Guideline			600-700	1360			

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Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

MHS Charter 6-8 Lunch

Portion Values - Detailed

Page 7

Generated on: 2/25/2020 12:40:59 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 03/20/2020							
MHS Charter 6-8 Lunch	Total	1					
Pizza Cheese 16"WGCrust HS/INT	6 cut slice	1	447	720	23.53	40.77	20.86
Pizza Hawaiian 16"Crust Int/HS	6 cut slice	1	489	864	27.51	43.11	22.23
Pizza VegChz Crust 16" HS/INT	6 cut slice	1	524	880	29.23	42.22	26.0
Sand Meatloaf A/P	Sandwich	1	330	590	19.0	38.0	12.0
Fruit Juice Orange CDE	4 OZ CUP	1	61	2	1.0	14.0	0.0
Fruit cup/pop variety	each	1	80	4	0.69	19.89	0.05
Veg Broccoli Salad 1/2c	1/2 cup	1	80	138	1.7	7.13	5.14
Veg Salad Romaine&Spnch 1c port	1 CUP	1	21	59	2.71	3.29	0.09
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 Carrot shred 1/8c	1/8 Cup	1	5	8	0.11	1.09	0.03
Veg Corn Can Yellow CDE 1/4c	1/4 CUP	1	62	164	2.02	14.32	0.77
Veg corn: frozen 1/4c	1/4 CUP	1	50	6	1.89	11.97	0.63
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	2	0	0.08	0.36	0.02
Veg Cucumber with Tajin 1/4c	1/4 CUP	1	6	84	0.24	0.88	0.07
Veg Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
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			2452	4061	129.05	278.70	92.64
% of Calories					21.1%	45.5%	34.0%
Nutrient Guideline			600-700	1360			

Mon - 03/23/2020							
MHS Charter 6-8 Lunch	Total	1					
Chicken Breaded Drumstick	Drumstick	1	190	450	16.0	5.0	11.0
Bread Breadstick Garlic 1G	Breadstick	1	100	95	1.0	15.0	3.5
Tater Tot Caserole	6 X 4 cut	1	373	993	24.17	24.15	20.64
Bread Tortilla Chips 1.5oz	1.5 OZ	1	203	83	3.0	28.5	7.5
Veg Beans Baked 1/2c	1/2 CUP	1	137	386	7.43	25.77	0.95
Veg Broccoli Florets Seas 1/2c	1/2 cup	1	58	26	1.6	4.8	3.8
Fruit Kiwi 2 fruit	2 ea	1	93	5	1.73	22.28	0.79
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 Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Veg Jicama with Tajin 1/4c	1/4 CUP	1	18	85	0.37	4.1	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
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			1496	2716	76.56	177.16	53.15
% of Calories					20.5%	47.4%	32.0%
Nutrient Guideline			600-700	1360			

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Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

MHS Charter 6-8 Lunch

Portion Values - Detailed

Page 8

Generated on: 2/25/2020 12:40:59 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 03/24/2020							
MHS Charter 6-8 Lunch	Total	1					
Chicken Chunk WG	5 Pieces	1	241	386	21.73	14.49	10.87
LASAGNA, BEEF Elem/Int	1 Piece	1	313	974	20.86	29.44	13.22
Bread Breadstick Garlic 1G	Breadstick	1	100	95	1.0	15.0	3.5
Fruit Banana Fresh	ONE	1	108	1	1.32	27.63	0.4
Veg Carrot & Raisin Salad 1/2c	1/2 Cup	1	69	109	0.55	9.45	3.47
Veg Salad Romaine&Spnch1c port	1 CUP	1	21	59	2.71	3.29	0.09
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
Fruit canned variety 1/4c	1/4 c	1	30	2	0.2	7.55	0.02
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	2	0	0.08	0.36	0.02
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Veg Corn Can Yellow CDE 1/4c	1/4 CUP	1	62	164	2.02	14.32	0.77
Veg corn: frozen 1/4c	1/4 CUP	1	50	6	1.89	11.97	0.63
Veg Cucumber with Tajin 1/4c	1/4 CUP	1	6	84	0.24	0.88	0.07
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			1307	2419	72.05	178.46	37.84
% of Calories					22.1%	54.6%	26.1%
Nutrient Guideline			600-700	1360			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 03/25/2020							
MHS Charter 6-8 Lunch	Total	1					
Chicken Fajita & Onion/Peppers	#8scp + #40scp	1	177	700	21.03	2.9	8.4
Bread Tortilla Flour WG 8"	1 Tortilla	1	110	180	5.0	18.0	3.0
Sand Hamburger Mesquite DonLee	Sandwich	1	271	450	19.6	31.1	8.3
Sand Cheeseburger Mesq DL	Sandwich	1	326	675	22.6	32.1	12.8
Veg Potato Spirals Seasoned	1/2 cup	1	100	151	1.0	17.08	3.01
Fruit Apple Slices Bulk 1/2c	6 slices	1	69	51	0.0	14.17	0.0
Veg Carrot Snack Pack 1/2c	2.6oz pack	1	19	26	0.0	8.12	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
Fruit canned variety 1/4c	1/4 c	1	30	2	0.2	7.55	0.02
Veg Coleslaw Salad 1/4c	1/4 c	1	22	41	0.17	1.7	1.66
Veg Tomato Sliced/Diced 1/4c	1/4 CUP	1	8	2	0.41	1.81	0.09
Veg Jicama Sticks 1/4c	1/4 cup	1	17	2	0.37	4.02	0.0
Veg Lettuce Shredded 1/4C	1/4 CUP	1	1	1	0.07	0.14	0.01
Veg Cucumber with Tajin 1/4c	1/4 CUP	1	6	84	0.24	0.88	0.07
Veg Pickle Dill Chips 5gal	2 SLICES	1	4	261	0.0	1.07	0.0
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			1451	3139	89.81	181.33	42.08
% of Calories					24.8%	50.0%	26.1%
Nutrient Guideline			600-700	1360			

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Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

MHS Charter 6-8 Lunch

Portion Values - Detailed

Page 9

Generated on: 2/25/2020 12:40:59 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 03/26/2020							
MHS Charter 6-8 Lunch	Total	1					
Beef Teriyaki Blaster100/4pc	4pcs	1	142	467	16.92	8.67	4.28
Egg Roll WG Pork 60/3ozSchwans	Egg Roll	1	170	300	9.0	20.0	7.0
Rice Brown 1/2c Cook	1/2 CUP	1	36	4	0.84	7.46	0.29
Fruit Grapes Bunches 1/2c	1/2 CUP	1	85	3	0.8	21.78	0.44
Veg Cucumber with Tajin 1/2c	1/2 CUP	1	12	168	0.48	1.76	0.13
Veg Salad Romaine&Spnch1c port	1 CUP	1	21	59	2.71	3.29	0.09
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 Carrot shred 1/8c	1/8 Cup	1	5	8	0.11	1.09	0.03
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	2	0	0.08	0.36	0.02
Veg Jicama with Tajin 1/4c	1/4 CUP	1	18	85	0.37	4.1	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
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			791	1633	50.89	111.06	17.11
% of Calories					25.7%	56.2%	19.5%
Nutrient Guideline			600-700	1360			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 03/27/2020							
MHS Charter 6-8 Lunch	Total	1					
Break Pancake WG Buttermil 2ea	2 pancakes	1	159	189	3.98	29.88	2.99
Break Sausage Link -2 pc	Two Links	1	120	180	12.0	0.0	8.0
Pizza Cheese 16"WGCrust HS/INT	6 cut slice	1	447	720	23.53	40.77	20.86
Pizza Hawaiian 16"Crust Int/HS	6 cut slice	1	489	864	27.51	43.11	22.23
Pizza Pepp & Chz 16"CrustInt/H	6 cut slice	1	507	958	26.33	41.23	26.93
Veg Potato Variety Tots/Wedges	1/2 c	1	130	270	2.0	16.0	7.0
Veg Juice V Blend Dragon4.23oz	4.23 OZ.	1	55	35	0.0	14.0	0.0
Fruit cup/pop variety	each	1	80	4	0.69	19.89	0.05
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 Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	2	0	0.08	0.36	0.02
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Veg Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
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
Pkt Syrup_Pancake 1oz	1 Pkt	1	80	0	0.0	21.0	0.0
Weighted Daily Average			2393	3815	117.44	273.78	93.01
% of Calories					19.6%	45.8%	35.0%
Nutrient Guideline			600-700	1360			

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Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

MHS Charter 6-8 Lunch

Portion Values - Detailed

Page 10

Generated on: 2/25/2020 12:40:59 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 03/30/2020							
MHS Charter 6-8 Lunch	Total	1					
Sand Beef Rib Hoagie 3.25 oz.	Sandwich	1	340	885	18.0	40.0	12.0
Sand Monte Cristo - Full Sand	Sand	1	556	1179	27.1	61.02	23.06
Veg Potato Seasoned Wedges	1/2 c	1	148	380	2.11	18.99	7.38
Veg Salad Romaine&Spnch1c port	1 CUP	1	21	59	2.71	3.29	0.09
Fruit Mandarin Orange Jumbo1ea	one	1	55	1	0.75	14.1	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
Veg Broccoli Raw 1/4c	1/4 cup	1	5	0	0.29	0.86	0.04
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Veg Tomato Wedges 1/4 Cup	1/4 CUP	1	2	0	0.08	0.36	0.02
Veg Jicama with Tajin 1/4c	1/4 CUP	1	18	85	0.37	4.1	0.0
Veg Cucumber Raw 1/4c	1/4 CUP	1	5	1	0.24	0.88	0.07
Veg Celery Sticks 1/4c	1/4 CUP	1	5	26	0.22	0.96	0.06
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			1459	3154	71.31	188.63	47.80
% of Calories					19.5%	51.7%	29.5%
Nutrient Guideline			600-700	1360			

Tue - 03/31/2020							
MHS Charter 6-8 Lunch	Total	1					
Enchilada Pie	6 x 4 cut	1	241	608	15.22	15.31	13.1
Quesadilla Chicken8"TortillaLT	quesadilla	1	345	637	25.27	21.14	17.95
Veg Beans Refried-Dehy 1/2c	#8 scoop	1	164	488	7.97	23.92	1.99
Veg Cucumber with Tajin 1/2c	1/2 CUP	1	12	168	0.48	1.76	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 Tomato Sliced/Diced 1/8c	1/8 CUP	1	4	1	0.2	0.9	0.05
Veg Carrot Mini Peeled 1/4c	1/4 CUP	1	14	24	0.33	3.37	0.08
Veg Salsa, canned (USDA)1/4c	1/4 CUP	1	20	242	0.85	3.94	0.11
Veg Lettuce Shredded 1/4C	1/2 CUP	1	2	1	0.14	0.27	0.03
Veg Jalepeno peppers, sliced	1 OZ	1	25	2514	0.0	0.0	0.0
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			1225	5200	70.89	138.96	38.56
% of Calories					23.2%	45.4%	28.3%
Nutrient Guideline			600-700	1360			

Weighted Average			1431	2925	76.13 21.3%	176.96 49.4%	46.84 29.5%
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Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

MHS Charter 6-8 Lunch

Portion Values - Detailed

Page 11

Generated on: 2/25/2020 12:40:59 PM

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	1431		600 - 700	204%				731	Correction Required - Calories too High Correction Required - Sodium too High
Sodium (mg)	2925		1360				1565		
Protein (g)	76.13	21.27%							
Carbohydrate (g)	176.96	49.45%							
Total Fat (g)	46.84	29.45%							

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