

Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

Elementary Breakfast (K-6)

Generated on: 3/26/2018 2:48:34 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 04/10/2018						
Elementary Breakfast (K-6)	Total					
Break Pizza Saus Sq 128/3.31	Serving	210	480	9.0	26.0	7.0
Break Bagel & Cream Cheese	servings	229	373	8.95	33.74	5.49
Break Cereal Assort 17/18 Sug6	Bowlpack	80	94	1.76	17.14	1.03
Cheese Stix Var 1 oz	1 oz.	85	205	7.0	1.0	5.75
Fruit Juice A&E Var 4.23oz	4.23 oz	63	9	0.0	15.29	0.0
Fruit Traditional Fresh Combo	ONE	82	1	0.89	21.12	0.27
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		998	1472	46.59	152.29	22.04
% of Calories				18.7%	61.0%	19.9%
Nutrient Guideline		400-500	540			

Wed - 04/11/2018						
Elementary Breakfast (K-6)	Total					
Break FrToast CinGl WG Cargill	Slice	210	320	8.0	28.0	7.0
Break Muff Bat WG Lemon 2gr	Square	210	136	2.78	32.69	8.12
Break Cereal Assort 17/18 Sug6	Bowlpack	80	94	1.76	17.14	1.03
Sunflower Seeds	1 PACK	170	88	5.0	6.5	14.75
Fruit Juice A&E Var 4.23oz	4.23 oz	63	9	0.0	15.29	0.0
Fruit Traditional Fresh Combo	ONE	82	1	0.89	21.12	0.27
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		1065	957	37.42	158.73	33.66
% of Calories				14.1%	59.6%	28.5%
Nutrient Guideline		400-500	540			

Thu - 04/12/2018						
Elementary Breakfast (K-6)	Total					
Break Pancake WG Buttermil 2ea	2 pancakes	139	199	3.98	27.89	2.99
Break Sausage Link-1 Jennie-O	One Link	60	80	6.0	0.0	4.0
Pkt Syrup, Pancake 1oz	1 Pkt	80	0	0.0	21.0	0.0
PB&J Wafer NoHFCS 160/2.3	1 Each	310	210	10.0	31.0	18.0
Break Cereal Assort 17/18 Sug6	Bowlpack	80	94	1.76	17.14	1.03
Cheese Stix Var 1 oz	1 oz.	85	205	7.0	1.0	5.75
Fruit Juice A&E Var 4.23oz	4.23 oz	63	9	0.0	15.29	0.0
Fruit Traditional Fresh Combo	ONE	82	1	0.89	21.12	0.27
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		1149	1108	48.63	172.43	34.54
% of Calories				16.9%	60.0%	27.1%
Nutrient Guideline		400-500	540			

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 04/13/2018						
Elementary Breakfast (K-6)	Total					
Break Beef Sausag/Chz Bagel WG	1 EACH	235	437	15.2	26.27	7.35
Break Benefit Bar Variety	Bar	288	218	5.0	47.8	8.8
Break Cereal Assort 17/18 Sug6	Bowlpack	80	94	1.76	17.14	1.03
Cracker Graham 2016 VarietyMJM	Pack	113	104	1.75	20.5	3.38
Fruit Juice A&E Var 4.23oz	4.23 oz	63	9	0.0	15.29	0.0
Fruit Traditional Fresh Combo	ONE	82	1	0.89	21.12	0.27
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		1110	1173	43.60	186.11	23.32
% of Calories				15.7%	67.1%	18.9%
Nutrient Guideline		400-500	540			

Mon - 04/16/2018						
Elementary Breakfast (K-6)	Total					
Break Cinn Sq WG Shannon's	Square	300	380	4.0	45.0	9.0
Break Banana Bread WG	1 EACH	348	325	4.82	50.51	14.96
Break Cereal Assort 17/18 Sug6	Bowlpack	80	94	1.76	17.14	1.03
Cracker Graham 2016 VarietyMJM	Pack	113	104	1.75	20.5	3.38
Fruit Juice A&E Var 4.23oz	4.23 oz	63	9	0.0	15.29	0.0
Fruit Traditional Fresh Combo	ONE	82	1	0.89	21.12	0.27
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		1235	1223	32.22	207.55	31.13
% of Calories				10.4%	67.2%	22.7%
Nutrient Guideline		400-500	540			

Tue - 04/17/2018						
Elementary Breakfast (K-6)	Total					
Break Cobbler Peach 100/2.8oz	Biscuit	231	231	4.02	31.15	11.05
Break Bagel & Cream Cheese	servings	229	373	8.95	33.74	5.49
Break Cereal Assort 17/18 Sug6	Bowlpack	80	94	1.76	17.14	1.03
Cheese Stix Var 1 oz	1 oz.	85	205	7.0	1.0	5.75
Fruit Juice A&E Var 4.23oz	4.23 oz	63	9	0.0	15.29	0.0
Fruit Traditional Fresh Combo	ONE	82	1	0.89	21.12	0.27
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		1019	1223	41.61	157.44	26.09
% of Calories				16.3%	61.8%	23.0%
Nutrient Guideline		400-500	540			

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 04/18/2018						
Elementary Breakfast (K-6)	Total					
Break Pancake & Saus on Stick	One	176	463	8.7	21.8	5.9
Break Muff Bat WG Blueberry 2G	Square	185	118	2.45	31.24	6.11
Break Cereal Assort 17/18 Sug6	Bowlpack	80	94	1.76	17.14	1.03
Sunflower Seeds	1 PACK	170	88	5.0	6.5	14.75
Fruit Juice A&E Var 4.23oz	4.23 oz	63	9	0.0	15.29	0.0
Fruit Traditional Fresh Combo	ONE	82	1	0.89	21.12	0.27
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		1005	1083	37.79	151.08	30.56
% of Calories				15.0%	60.1%	27.4%
Nutrient Guideline		400-500	540			

Thu - 04/19/2018						
Elementary Breakfast (K-6)	Total					
Break Coffee Cake WG 4.OZ	4.OZ.	401	361	6.02	61.21	15.05
PB&J Wafer NoHFCS 160/2.3	1 Each	310	210	10.0	31.0	18.0
Break Cereal Assort 17/18 Sug6	Bowlpack	80	94	1.76	17.14	1.03
Cheese Stix Var 1 oz	1 oz.	85	205	7.0	1.0	5.75
Fruit Juice A&E Var 4.23oz	4.23 oz	63	9	0.0	15.29	0.0
Fruit Traditional Fresh Combo	ONE	82	1	0.89	21.12	0.27
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		1271	1190	44.67	184.76	42.60
% of Calories				14.1%	58.2%	30.2%
Nutrient Guideline		400-500	540			

Fri - 04/20/2018						
Elementary Breakfast (K-6)	Total					
Break Egg Patty & Chz Biscuit	SANDWICH	264	619	9.48	28.36	12.97
Break Benefit Bar Variety	Bar	288	218	5.0	47.8	8.8
Break Cereal Assort 17/18 Sug6	Bowlpack	80	94	1.76	17.14	1.03
Cracker Graham 2016 VarietyMJM	Pack	113	104	1.75	20.5	3.38
Fruit Juice A&E Var 4.23oz	4.23 oz	63	9	0.0	15.29	0.0
Fruit Traditional Fresh Combo	ONE	82	1	0.89	21.12	0.27
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		1139	1354	37.87	188.20	28.95
% of Calories				13.3%	66.1%	22.9%
Nutrient Guideline		400-500	540			

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 04/23/2018						
Elementary Breakfast (K-6)	Total					
Break Pita Sausage & Cheese	Pita	150	500	9.0	15.0	7.0
Break Banana Bread WG	1 EACH	348	325	4.82	50.51	14.96
Break Cereal Assort 17/18 Sug6	Bowlpack	80	94	1.76	17.14	1.03
Cracker Graham 2016 VarietyMJM	Pack	113	104	1.75	20.5	3.38
Fruit Juice A&E Var 4.23oz	4.23 oz	63	9	0.0	15.29	0.0
Fruit Traditional Fresh Combo	ONE	82	1	0.89	21.12	0.27
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		1085	1343	37.22	177.55	29.13
% of Calories				13.7%	65.5%	24.2%
Nutrient Guideline		400-500	540			

Tue - 04/24/2018						
Elementary Breakfast (K-6)	Total					
Break Smoothie Berry Patch	8 oz.	159	60	3.62	35.0	0.78
Break Muff Bat WG Lemon 2gr	Square	210	136	2.78	32.69	8.12
Break Bagel & Cream Cheese	servings	229	373	8.95	33.74	5.49
Break Cereal Assort 17/18 Sug6	Bowlpack	80	94	1.76	17.14	1.03
Cheese Stix Var 1 oz	1 oz.	85	205	7.0	1.0	5.75
Fruit Juice A&E Var 4.23oz	4.23 oz	63	9	0.0	15.29	0.0
Fruit Traditional Fresh Combo	ONE	82	1	0.89	21.12	0.27
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		1157	1188	43.99	193.97	23.94
% of Calories				15.2%	67.1%	18.6%
Nutrient Guideline		400-500	540			

Wed - 04/25/2018						
Elementary Breakfast (K-6)	Total					
Break Sausage Biscuit Sandwich	1 EACH	263	527	14.18	27.35	11.14
Break Muff Bat WG App Cinn 2gr	Square	369	225	4.89	63.15	11.78
Break Cereal Assort 17/18 Sug6	Bowlpack	80	94	1.76	17.14	1.03
Sunflower Seeds	1 PACK	170	88	5.0	6.5	14.75
Fruit Juice A&E Var 4.23oz	4.23 oz	63	9	0.0	15.29	0.0
Fruit Traditional Fresh Combo	ONE	82	1	0.89	21.12	0.27
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		1276	1254	45.72	188.54	41.47
% of Calories				14.3%	59.1%	29.2%
Nutrient Guideline		400-500	540			

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 04/26/2018						
Elementary Breakfast (K-6)	Total					
Break FrToastSticks WG Cargill	3 Each	210	320	8.0	28.0	7.0
PB&J Wafer NoHFCS 160/2.3	1 Each	310	210	10.0	31.0	18.0
Break Cereal Assort 17/18 Sug6	Bowlpack	80	94	1.76	17.14	1.03
Cheese Stix Var 1 oz	1 oz.	85	205	7.0	1.0	5.75
Fruit Juice A&E Var 4.23oz	4.23 oz	63	9	0.0	15.29	0.0
Fruit Traditional Fresh Combo	ONE	82	1	0.89	21.12	0.27
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		1079	1149	46.65	151.54	34.55
% of Calories				17.3%	56.2%	28.8%
Nutrient Guideline		400-500	540			

Fri - 04/27/2018						
Elementary Breakfast (K-6)	Total					
Break Sand Pancake3"/Maple Pat	ONE SANDWIC	163	314	9.76	20.41	5.45
Break Benefit Bar Variety	Bar	288	218	5.0	47.8	8.8
Break Cereal Assort 17/18 Sug6	Bowlpack	80	94	1.76	17.14	1.03
Cracker Graham 2016 VarietyMJM	Pack	113	104	1.75	20.5	3.38
Fruit Juice A&E Var 4.23oz	4.23 oz	63	9	0.0	15.29	0.0
Fruit Traditional Fresh Combo	ONE	82	1	0.89	21.12	0.27
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		1038	1050	38.16	180.25	21.42
% of Calories				14.7%	69.5%	18.6%
Nutrient Guideline		400-500	540			

Mon - 04/30/2018						
Elementary Breakfast (K-6)	Total					
Break Cheese Omelet Colby	Each Serving	110	210	8.0	1.0	8.0
Bread Biscuit Maple 100/2.5oz	Biscuit	200	280	3.99	32.94	4.99
Break Banana Bread WG	1 EACH	348	325	4.82	50.51	14.96
Break Cereal Assort 17/18 Sug6	Bowlpack	80	94	1.76	17.14	1.03
Cracker Graham 2016 VarietyMJM	Pack	113	104	1.75	20.5	3.38
Fruit Juice A&E Var 4.23oz	4.23 oz	63	9	0.0	15.29	0.0
Fruit Traditional Fresh Combo	ONE	82	1	0.89	21.12	0.27
Milk 1% LF	HALF PINT	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	120	150	9.0	22.0	0.0
Weighted Daily Average		1245	1332	40.21	196.49	35.12
% of Calories				12.9%	63.1%	25.4%
Nutrient Guideline		400-500	540			

Weighted Average		1125	1207	41.49	176.46	30.57
				14.8%	62.8%	24.5%

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Cals (kcal) % of Target	Sodm (mg) Miss Data	Protn (g) Shortfall	Carb (g) Overage	T-Fat (g) Error Messages (if any)
Calories	1125		400 - 500	225%			625	Correction Required - Calories too High Correction Required - Sodium too High
Sodium (mg)	1207		540				667	
Protein (g)	41.49	14.75%						
Carbohydrate (g)	176.46	62.75%						
Total Fat (g)	30.57	24.46%						

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