

Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2018 thru Apr 30, 2018

Intermediate Breakfast (6-8)

Generated on: 3/26/2018 2:53:34 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 04/10/2018						
Intermediate Breakfast (6-8)	Total					
Break Bagel Mini Strawberry	pkg	230	180	5.99	40.93	5.99
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
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
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		1357	1296	49.62	230.17	31.33
% of Calories				14.6%	67.9%	20.8%
Nutrient Guideline		400-550	600			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 04/11/2018						
Intermediate Breakfast (6-8)	Total					
Break Smoothie Berry Patch	8 oz.	159	60	3.62	35.0	0.78
Bread Muffin Lemon 1G	Muffin	160	160	3.0	25.0	4.5
Chicken Crispito 72/1 only	Crispito	270	370	12.0	23.01	14.0
Pkt Taco Sauce	1 PKT	5	96	0.0	1.01	0.0
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		1448	1324	48.05	214.74	45.95
% of Calories				13.3%	59.3%	28.6%
Nutrient Guideline		400-550	600			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 04/12/2018						
Intermediate Breakfast (6-8)	Total					
Break Sausage Pancake WrapMini	3 pcs	182	283	6.07	15.18	9.11
Veg Potato Hash Brown Patty(1)	HashBrown Patty	120	260	1.0	15.0	6.0
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		1573	1734	51.74	214.94	57.71
% of Calories				13.2%	54.7%	33.0%
Nutrient Guideline		400-550	600			

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Intermediate Breakfast (6-8)

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 04/13/2018						
Intermediate Breakfast (6-8)	Total					
Break Pizza Saus Sq 128/3.31	Serving	210	480	9.0	26.0	7.0
Break Egg Patty & Chz Biscuit	SANDWICH	264	619	9.48	28.36	12.97
Break Cinn Sq WG Shannon's	Square	300	380	4.0	45.0	9.0
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		1361	1996	45.87	211.40	36.15
% of Calories				13.5%	62.1%	23.9%
Nutrient Guideline		400-550	600			

Mon - 04/16/2018						
Intermediate Breakfast (6-8)	Total					
Break Beef Sausag/Chz Bagel WG	1 EACH	235	437	15.2	26.27	7.35
Break FrToastSticks WG Cargill	3 Each	210	320	8.0	28.0	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		1380	1600	51.42	216.82	36.48
% of Calories				14.9%	62.8%	23.8%
Nutrient Guideline		400-550	600			

Tue - 04/17/2018						
Intermediate Breakfast (6-8)	Total					
Break Cobbler Peach 100/2.8oz	Biscuit	231	231	4.02	31.15	11.05
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
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
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		1358	1348	47.65	220.38	36.39
% of Calories				14.0%	64.9%	24.1%
Nutrient Guideline		400-550	600			

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Intermediate Breakfast (6-8)

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 04/18/2018						
Intermediate Breakfast (6-8)	Total					
Bread Cinnamon Roll 2.25oz 2G	Roll	179	269	4.98	31.89	3.49
Chicken Crispito 72/1 only	Crispito	270	370	12.0	23.01	14.0
Pkt Taco Sauce	1 PKT	5	96	0.0	1.01	0.0
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		1284	1355	46.08	185.20	42.16
% of Calories				14.4%	57.7%	29.5%
Nutrient Guideline		400-550	600			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 04/19/2018						
Intermediate Breakfast (6-8)	Total					
Break Burrito w/ Egg & Chorizo	burrito	198	186	13.62	15.62	8.5
Pkt Taco Sauce	1 PKT	5	96	0.0	1.01	0.0
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		1474	1473	58.29	201.39	51.10
% of Calories				15.8%	54.6%	31.2%
Nutrient Guideline		400-550	600			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 04/20/2018						
Intermediate Breakfast (6-8)	Total					
Break Pancake & Saus on Stick	One	176	463	8.7	21.8	5.9
Break Egg Patty & Chz Biscuit	SANDWICH	264	619	9.48	28.36	12.97
Break Cinn Sq WG Shannon's	Square	300	380	4.0	45.0	9.0
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		1327	1979	45.57	207.20	35.05
% of Calories				13.7%	62.5%	23.8%
Nutrient Guideline		400-550	600			

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Intermediate Breakfast (6-8)

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 04/23/2018						
Intermediate Breakfast (6-8)	Total					
Break Pita Sausage & Cheese	Pita	150	500	9.0	15.0	7.0
Break FrToastSticks WG Cargill	3 Each	210	320	8.0	28.0	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		1295	1663	45.22	205.55	36.13
% of Calories				14.0%	63.5%	25.1%
Nutrient Guideline		400-550	600			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 04/24/2018						
Intermediate Breakfast (6-8)	Total					
Break Bagel & Cream Cheese	servings	229	373	8.95	33.74	5.49
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
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
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		1356	1489	52.57	222.98	30.83
% of Calories				15.5%	65.8%	20.5%
Nutrient Guideline		400-550	600			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 04/25/2018						
Intermediate Breakfast (6-8)	Total					
Break Sand Pancake3"/Maple Pat	ONE SANDWIC	163	314	9.76	20.41	5.45
Chicken Crispito 72/1 only	Crispito	270	370	12.0	23.01	14.0
Pkt Taco Sauce	1 PKT	5	96	0.0	1.01	0.0
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		1451	1507	53.30	205.62	49.79
% of Calories				14.7%	56.7%	30.9%
Nutrient Guideline		400-550	600			

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Intermediate Breakfast (6-8)

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 04/26/2018						
Intermediate Breakfast (6-8)	Total					
Break Sausage Biscuit Sandwich	1 EACH	263	527	14.18	27.35	11.14
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		1534	1717	58.85	212.10	53.74
% of Calories				15.3%	55.3%	31.5%
Nutrient Guideline		400-550	600			

Fri - 04/27/2018						
Intermediate Breakfast (6-8)	Total					
Break FrToast CinGl WG Cargill	Slice	210	320	8.0	28.0	7.0
Break Egg Patty & Chz Biscuit	SANDWICH	264	619	9.48	28.36	12.97
Break Cinn Sq WG Shannon's	Square	300	380	4.0	45.0	9.0
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		1361	1836	44.87	213.40	36.15
% of Calories				13.2%	62.7%	23.9%
Nutrient Guideline		400-550	600			

Mon - 04/30/2018						
Intermediate Breakfast (6-8)	Total					
Yogurt Danimal Strawberry 48/4	ONE	80	65	4.0	15.0	0.0
Bread Muffin Variety72/2ozOtis	Muffin	177	123	3.0	29.67	5.33
Break FrToastSticks WG Cargill	3 Each	210	320	8.0	28.0	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		1402	1351	43.22	235.22	34.47
% of Calories				12.3%	67.1%	22.1%
Nutrient Guideline		400-550	600			

Weighted Average		1397	1578	49.49	213.14	40.89
				14.2%	61.0%	26.3%

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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	1397		400 - 550	254%				
Sodium (mg)	1578		600				847	Correction Required - Calories too High
Protein (g)	49.49	14.17%					978	Correction Required - Sodium too High
Carbohydrate (g)	213.14	61.01%						
Total Fat (g)	40.89	26.34%						

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