

Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Apr 1, 2018 thru Apr 30, 2018

LHS BREAKFAST

Generated on: 3/28/2018 2:40:13 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Mon - 04/09/2018						
LHS BREAKFAST	Total					
PB&Strawberry Uncrustables Sma	serving	300	280	9.0	32.0	17.0
Break Buttermilk Bar WG Dave's	1 PK	252	205	2.8	45.0	6.7
Break Pizza Saus Sq 128/3.31	Serving	210	480	9.0	26.0	7.0
Break Benefit Bar Variety	Bar	288	218	5.0	47.8	8.8
PB&J Wafer NoHFCS 160/2.3	1 Each	310	210	10.0	31.0	18.0
Break Cereal Assort. 17/18 HS	Bowlpak	97	123	1.94	20.72	1.29
Yogurt StrwbryBan UpstFarms4oz	4 oz	90	52	3.0	19.0	0.0
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
Milk Strawberry Non Fat	HALF PINT	120	135	9.0	22.0	0.0
Fruit Juice Crystal Var. 4oz	4 OZ CUP	60	6	0.0	11.5	0.0
Fruit Traditional Fresh Combo	ONE	82	1	0.89	21.12	0.27
Fruit Pears Fresh	ONE	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	113	4	1.0	30.0	0.0
Weighted Daily Average		474	502	18.43	74.93	11.54
% of Calories				15.6%	63.2%	21.9%
Nutrient Guideline		450-600	640			

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Tue - 04/10/2018						
LHS BREAKFAST	Total					
Break Buttermilk Bar WG Dave's	1 PK	252	205	2.8	45.0	6.7
Break Burrito Eggs/Tots	1 Burrito	367	579	15.2	37.14	17.48
Break Cinn Roll WG Great Earth	Roll	270	135	6.0	43.0	9.0
Break Smoothie Berry Patch	8 oz.	159	60	3.62	35.0	0.78
Break Pancake & Saus on Stick	One	176	463	8.7	21.8	5.9
PB&Grape Cup AdvPierre	1 Each	410	280	15.0	25.0	31.0
BREAD PRETZEL WG Heartzel	pkg	80	200	2.0	16.0	1.0
Break Benefit Bar Variety	Bar	288	218	5.0	47.8	8.8
PB&J Wafer NoHFCS 160/2.3	1 Each	310	210	10.0	31.0	18.0
Break Cereal Assort. 17/18 HS	Bowlpak	97	123	1.94	20.72	1.29
Cheese String Mozz 168/1oz LOL	1 oz	60	210	8.0	1.0	2.5
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
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
Fruit Mandarin Orange 2ea	TWO	74	2	1.0	18.78	0.4
Fruit Raisins Ind Pack CDE	box	113	4	1.0	30.0	0.0
Pkt Taco Sauce	1 PKT	5	96	0.0	1.01	0.0
Weighted Daily Average		514	545	19.04	82.91	12.65
% of Calories				14.8%	64.5%	22.1%
Nutrient Guideline		450-600	640			

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

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Apr 1, 2018 thru Apr 30, 2018

LHS BREAKFAST

Generated on: 3/28/2018 2:40:13 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 04/11/2018						
LHS BREAKFAST	Total					
Break Biscuit EggPatty/Sausage	Sandwich	305	475	12.99	33.94	12.49
Veg Potato Hash Brown Patty(1)	HashBrown Patty	120	260	1.0	15.0	6.0
Break Muff Bat WG Pumpkin 2gr	Square	344	200	4.89	59.78	10.67
Break Pancake & Saus on Stick	One	176	463	8.7	21.8	5.9
Break Benefit Bar Variety	Bar	288	218	5.0	47.8	8.8
Break Cereal Assort. 17/18 HS	Bowlpak	97	123	1.94	20.72	1.29
Yogurt Peach Upstate Farms 4oz	4 oz	90	52	3.0	19.0	0.0
PB&J Wafer NoHFCS 160/2.3	1 Each	310	210	10.0	31.0	18.0
BREAD PRETZEL WG Heartzel	pkg	80	200	2.0	16.0	1.0
PB&Grape Cup AdvPierre	1 Each	410	280	15.0	25.0	31.0
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
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
Fruit Pears Fresh	ONE	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	113	4	1.0	30.0	0.0
Weighted Daily Average		478	546	17.86	77.38	11.47
% of Calories				15.0%	64.8%	21.6%
Nutrient Guideline		450-600	640			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 04/12/2018						
LHS BREAKFAST	Total					
Break Pizza Saus Sq 128/3.31	ONE	210	480	9.0	26.0	7.0
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 Yogurt Parfait 4BerryBI	6 OZ.	575	377	12.28	97.32	15.04
PB&J Wafer NoHFCS 160/2.3	1 Each	310	210	10.0	31.0	18.0
Break Benefit Bar Variety	Bar	288	218	5.0	47.8	8.8
Break Cereal Assort. 17/18 HS	Bowlpak	97	123	1.94	20.72	1.29
Sunflower Seeds	1 PACK	170	88	5.0	6.5	14.75
PB&Grape Cup AdvPierre	1 Each	410	280	15.0	25.0	31.0
BREAD PRETZEL WG Heartzel	pkg	80	200	2.0	16.0	1.0
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
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
Fruit Pears Fresh	ONE	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	113	4	1.0	30.0	0.0
Weighted Daily Average		481	613	18.37	74.44	11.95
% of Calories				15.3%	62.0%	22.4%
Nutrient Guideline		450-600	640			

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

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Apr 1, 2018 thru Apr 30, 2018

LHS BREAKFAST

Generated on: 3/28/2018 2:40:13 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 04/13/2018						
LHS BREAKFAST	Total					
Break Biscuit Sausage & Cheese	ONE SANDWIC	282	570	13.12	27.08	13.4
Break FrToastSticks WG Cargill	3 Each	210	320	8.0	28.0	7.0
Chicken Crispito 36/2 ea	Crispito	540	740	24.01	46.01	28.01
Veg Potato Hash Brown Patty(1)	HashBrown Patty	120	260	1.0	15.0	6.0
PB&J Wafer NoHFCS 160/2.3	1 Each	310	210	10.0	31.0	18.0
Break Coffee Cake WG 4.OZ	4.OZ.	401	361	6.02	61.21	15.05
Break Benefit Bar Variety	Bar	288	218	5.0	47.8	8.8
Break Cereal Assort. 17/18 HS	Bowlpak	97	123	1.94	20.72	1.29
BRKFST POPTARTS (One)	1 PASTRY	180	185	2.0	37.5	2.5
PB&J HFCS Free Cup AdvPierre	1 Each	400	320	13.0	28.0	29.0
BREAD PRETZEL WG Heartzel	pkg	80	200	2.0	16.0	1.0
Pkt Syrup, Pancake 1oz	1 Pkt	80	0	0.0	21.0	0.0
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
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
Fruit Pears Fresh	ONE	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	113	4	1.0	30.0	0.0
Weighted Daily Average		566	661	23.72	80.94	16.83
% of Calories				16.8%	57.2%	26.8%
Nutrient Guideline		450-600	640			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 04/16/2018						
LHS BREAKFAST	Total					
Break Scone Lemon WG 96/3oz	Scone	292	228	4.1	51.6	8.3
Yogurt Bluebry UpstateFarms4oz	4 oz	90	52	3.0	19.5	0.0
Break Beef Sausag/Chz Bagel WG	1 EACH	235	437	15.2	26.27	7.35
PB&Strawberry Uncrustables Sma	serving	300	280	9.0	32.0	17.0
Break Pizza Saus Sq 128/3.31	Serving	210	480	9.0	26.0	7.0
Break Benefit Bar Variety	Bar	288	218	5.0	47.8	8.8
PB&J Wafer NoHFCS 160/2.3	1 Each	310	210	10.0	31.0	18.0
Break Cereal Assort. 17/18 HS	Bowlpak	97	123	1.94	20.72	1.29
Cheese String Mozz 168/1oz LOL	1 oz	60	210	8.0	1.0	2.5
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
Milk Strawberry Non Fat	HALF PINT	120	135	9.0	22.0	0.0
Fruit Juice Crystal Var. 4oz	4 OZ CUP	60	6	0.0	11.5	0.0
Fruit Traditional Fresh Combo	ONE	82	1	0.89	21.12	0.27
Fruit Mandarin Orange 1ea	ONE	37	1	0.5	9.39	0.2
Fruit Raisins Ind Pack CDE	box	113	4	1.0	30.0	0.0
Weighted Daily Average		491	564	21.24	76.50	11.26
% of Calories				17.3%	62.4%	20.7%
Nutrient Guideline		450-600	640			

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

Base Menu Spreadsheet

Portion Values - Detailed

Page 4

Apr 1, 2018 thru Apr 30, 2018

LHS BREAKFAST

Generated on: 3/28/2018 2:40:13 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 04/17/2018						
LHS BREAKFAST	Total					
Break Biscuit EggPatty/Sausage	Sandwich	305	475	12.99	33.94	12.49
Veg Potato Hash Brown Patty(1)	HashBrown Patty	120	260	1.0	15.0	6.0
Break Muff Bat WG Pumpkin 2gr	Square	344	200	4.89	59.78	10.67
Break Pancake & Saus on Stick	One	176	463	8.7	21.8	5.9
Break Buttermilk Bar WG Dave's	1 PK	252	205	2.8	45.0	6.7
Break Benefit Bar Variety	Bar	288	218	5.0	47.8	8.8
Break Cereal Assort. 17/18 HS	Bowlpak	97	123	1.94	20.72	1.29
Yogurt Peach Upstate Farms 4oz	4 oz	90	52	3.0	19.0	0.0
PB&J Wafer NoHFCS 160/2.3	1 Each	310	210	10.0	31.0	18.0
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
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
Fruit Pears Fresh	ONE	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	113	4	1.0	30.0	0.0
Weighted Daily Average		507	567	17.96	82.83	12.25
% of Calories				14.2%	65.3%	21.7%
Nutrient Guideline		450-600	640			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 04/18/2018						
LHS BREAKFAST	Total					
Break Coffee Cake WG 4.OZ	4.OZ.	401	361	6.02	61.21	15.05
Break Burrito w/ Egg & Chorizo	burrito	198	186	13.62	15.62	8.5
PB&Grape Uncrustables Small	serving	300	280	9.0	32.0	17.0
Bread Muffin Choc 48/4ozOtis	Muffin	360	240	6.0	60.0	11.0
Yogurt Cherry Van UpstFarms4oz	4 oz	90	52	3.0	18.5	0.0
Break Benefit Bar Variety	Bar	288	218	5.0	47.8	8.8
PB&J Wafer NoHFCS 160/2.3	1 Each	310	210	10.0	31.0	18.0
Break Cereal Assort. 17/18 HS	Bowlpak	97	123	1.94	20.72	1.29
Cheese String Mozz 168/1oz LOL	1 oz	60	210	8.0	1.0	2.5
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
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
Fruit Pears Fresh	ONE	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	113	4	1.0	30.0	0.0
Pkt Taco Sauce	1 PKT	5	96	0.0	1.01	0.0
Weighted Daily Average		573	489	19.92	92.80	14.35
% of Calories				13.9%	64.8%	22.5%
Nutrient Guideline		450-600	640			

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

Base Menu Spreadsheet

Portion Values - Detailed

Page 5

Apr 1, 2018 thru Apr 30, 2018

LHS BREAKFAST

Generated on: 3/28/2018 2:40:13 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 04/19/2018						
LHS BREAKFAST	Total					
Break Pizza Saus Sq 128/3.31	ONE	210	480	9.0	26.0	7.0
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 Yogurt Parfait Peach	6 OZ.	574	373	14.43	97.75	15.04
PB&J Wafer NoHFCS 160/2.3	1 Each	310	210	10.0	31.0	18.0
Break Benefit Bar Variety	Bar	288	218	5.0	47.8	8.8
Break Cereal Assort. 17/18 HS	Bowlpak	97	123	1.94	20.72	1.29
Sunflower Seeds	1 PACK	170	88	5.0	6.5	14.75
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
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
Fruit Pears Fresh	ONE	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	113	4	1.0	30.0	0.0
Weighted Daily Average		480	612	18.56	74.43	11.90
% of Calories				15.5%	62.1%	22.3%
Nutrient Guideline		450-600	640			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 04/20/2018						
LHS BREAKFAST	Total					
Break Biscuit Sausage & Cheese	ONE SANDWIC	282	570	13.12	27.08	13.4
Break FrToastSticks WG Cargill	3 Each	210	320	8.0	28.0	7.0
Chicken Crispito 36/2 ea	Crispito	540	740	24.01	46.01	28.01
Veg Potato Hash Brown Patty(1)	HashBrown Patty	120	260	1.0	15.0	6.0
PB&J Wafer NoHFCS 160/2.3	1 Each	310	210	10.0	31.0	18.0
Break Coffee Cake WG 4.OZ	4.OZ.	401	361	6.02	61.21	15.05
Break Benefit Bar Variety	Bar	288	218	5.0	47.8	8.8
Break Cereal Assort. 17/18 HS	Bowlpak	97	123	1.94	20.72	1.29
BRKFST POPTARTS (One)	1 PASTRY	180	185	2.0	37.5	2.5
PB&J HFCS Free Cup AdvPierre	1 Each	400	320	13.0	28.0	29.0
BREAD PRETZEL WG Heartzel	pkg	80	200	2.0	16.0	1.0
Pkt Syrup, Pancake 1oz	1 Pkt	80	0	0.0	21.0	0.0
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
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
Fruit Pears Fresh	ONE	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	113	4	1.0	30.0	0.0
Weighted Daily Average		566	661	23.72	80.94	16.83
% of Calories				16.8%	57.2%	26.8%
Nutrient Guideline		450-600	640			

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

Base Menu Spreadsheet

Portion Values - Detailed

Page 6

Apr 1, 2018 thru Apr 30, 2018

LHS BREAKFAST

Generated on: 3/28/2018 2:40:13 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 04/23/2018						
LHS BREAKFAST	Total					
Break Scone Lemon WG 96/3oz	Scone	292	228	4.1	51.6	8.3
Yogurt Bluebry UpstateFarms4oz	4 oz	90	52	3.0	19.5	0.0
Break Coffee Cake WG 4.OZ	4.OZ.	401	361	6.02	61.21	15.05
PB&Strawberry Uncrustables Sma	serving	300	280	9.0	32.0	17.0
Break Pizza Saus Sq 128/3.31	Serving	210	480	9.0	26.0	7.0
Break Benefit Bar Variety	Bar	288	218	5.0	47.8	8.8
PB&J Wafer NoHFCS 160/2.3	1 Each	310	210	10.0	31.0	18.0
Break Cereal Assort. 17/18 HS	Bowlpak	97	123	1.94	20.72	1.29
Cheese String Mozz 168/1oz LOL	1 oz	60	210	8.0	1.0	2.5
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
Milk Strawberry Non Fat	HALF PINT	120	135	9.0	22.0	0.0
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
Fruit Mandarin Orange 1ea	ONE	37	1	0.5	9.39	0.2
Fruit Raisins Ind Pack CDE	box	113	4	1.0	30.0	0.0
Weighted Daily Average		526	550	19.36	85.51	12.84
% of Calories				14.7%	65.0%	22.0%
Nutrient Guideline		450-600	640			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 04/24/2018						
LHS BREAKFAST	Total					
Break Buttermilk Bar WG Dave's	1 PK	252	205	2.8	45.0	6.7
Break Burrito Eggs/Tots	1 Burrito	367	579	15.2	37.14	17.48
Break Cinn Roll WG Great Earth	Roll	270	135	6.0	43.0	9.0
Break Smoothie Berry Patch	8 oz.	159	60	3.62	35.0	0.78
Break Pancake & Saus on Stick	One	176	463	8.7	21.8	5.9
PB&Grape Cup AdvPierre	1 Each	410	280	15.0	25.0	31.0
BREAD PRETZEL WG Heartzel	pkg	80	200	2.0	16.0	1.0
Break Benefit Bar Variety	Bar	288	218	5.0	47.8	8.8
PB&J Wafer NoHFCS 160/2.3	1 Each	310	210	10.0	31.0	18.0
Break Cereal Assort. 17/18 HS	Bowlpak	97	123	1.94	20.72	1.29
Cheese String Mozz 168/1oz LOL	1 oz	60	210	8.0	1.0	2.5
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
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
Fruit Mandarin Orange 1ea	ONE	37	1	0.5	9.39	0.2
Fruit Raisins Ind Pack CDE	box	113	4	1.0	30.0	0.0
Pkt Taco Sauce	1 PKT	5	96	0.0	1.01	0.0
Weighted Daily Average		514	538	18.88	83.29	12.54
% of Calories				14.7%	64.8%	21.9%
Nutrient Guideline		450-600	640			

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

Base Menu Spreadsheet

Portion Values - Detailed

Page 7

Apr 1, 2018 thru Apr 30, 2018

LHS BREAKFAST

Generated on: 3/28/2018 2:40:13 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 04/25/2018						
LHS BREAKFAST						
	Total					
Break Biscuit EggPatty/Sausage	Sandwich	305	475	12.99	33.94	12.49
Veg Potato Hash Brown Patty(1)	HashBrown Patty	120	260	1.0	15.0	6.0
Break Muff Bat WG Pumpkin 2gr	Square	344	200	4.89	59.78	10.67
Break Pancake & Saus on Stick	One	176	463	8.7	21.8	5.9
Break Buttermilk Bar WG Dave's	1 PK	252	205	2.8	45.0	6.7
Break Benefit Bar Variety	Bar	288	218	5.0	47.8	8.8
Break Cereal Assort. 17/18 HS	Bowlpak	97	123	1.94	20.72	1.29
Yogurt Peach Upstate Farms 4oz	4 oz	90	52	3.0	19.0	0.0
PB&J Wafer NoHFCS 160/2.3	1 Each	310	210	10.0	31.0	18.0
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
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
Fruit Pears Fresh	ONE	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	113	4	1.0	30.0	0.0
Weighted Daily Average		507	567	17.96	82.83	12.25
% of Calories				14.2%	65.3%	21.7%
Nutrient Guideline		450-600	640			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 04/26/2018						
LHS BREAKFAST						
	Total					
Break Pizza Saus Sq 128/3.31	ONE	210	480	9.0	26.0	7.0
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 Yogurt Parfait 4BerryBl	6 OZ.	575	377	12.28	97.32	15.04
PB&J Wafer NoHFCS 160/2.3	1 Each	310	210	10.0	31.0	18.0
Break Benefit Bar Variety	Bar	288	218	5.0	47.8	8.8
Break Cereal Assort. 17/18 HS	Bowlpak	97	123	1.94	20.72	1.29
Sunflower Seeds	1 PACK	170	88	5.0	6.5	14.75
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
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
Fruit Pears Fresh	ONE	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	113	4	1.0	30.0	0.0
Weighted Daily Average		480	612	18.35	74.38	11.90
% of Calories				15.3%	62.0%	22.3%
Nutrient Guideline		450-600	640			

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

Base Menu Spreadsheet

Portion Values - Detailed

Page 8

Apr 1, 2018 thru Apr 30, 2018

LHS BREAKFAST

Generated on: 3/28/2018 2:40:13 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 04/27/2018						
LHS BREAKFAST	Total					
Break Biscuit Sausage & Cheese	ONE SANDWIC	282	570	13.12	27.08	13.4
Break FrToastSticks WG Cargill	3 Each	210	320	8.0	28.0	7.0
Chicken Crispito 36/2 ea	Crispito	540	740	24.01	46.01	28.01
PB&J Wafer NoHFCS 160/2.3	1 Each	310	210	10.0	31.0	18.0
Break Benefit Bar Variety	Bar	288	218	5.0	47.8	8.8
Break Cereal Assort. 17/18 HS	Bowlpak	97	123	1.94	20.72	1.29
BRKFST POPTARTS (One)	1 PASTRY	180	185	2.0	37.5	2.5
PB&J HFCS Free Cup AdvPierre	1 Each	400	320	13.0	28.0	29.0
BREAD PRETZEL WG Heartzel	pkg	80	200	2.0	16.0	1.0
Pkt Syrup, Pancake 1oz	1 Pkt	80	0	0.0	21.0	0.0
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
Fruit Juice Crystal Var. 4oz	4 OZ CUP	60	6	0.0	11.5	0.0
Fruit Traditional Fresh Combo	ONE	82	1	0.89	21.12	0.27
Fruit Pears Fresh	ONE	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	113	4	1.0	30.0	0.0
Weighted Daily Average		564	659	23.71	78.99	16.80
% of Calories				16.8%	56.0%	26.8%
Nutrient Guideline		450-600	640			

Mon - 04/30/2018						
LHS BREAKFAST	Total					
PB&Strawberry Uncrustables Sma	serving	300	280	9.0	32.0	17.0
Break Scone Pumpkin WG 96/3oz	Scone	271	182	4.1	48.6	7.6
Yogurt Peach Upstate Farms 4oz	4 oz	90	52	3.0	19.0	0.0
Break Pizza Saus Sq 128/3.31	Serving	210	480	9.0	26.0	7.0
Break Benefit Bar Variety	Bar	288	218	5.0	47.8	8.8
PB&J Wafer NoHFCS 160/2.3	1 Each	310	210	10.0	31.0	18.0
Break Cereal Assort. 17/18 HS	Bowlpak	97	123	1.94	20.72	1.29
Yogurt StrwbryBan UpstFarms4oz	4 oz	90	52	3.0	19.0	0.0
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
Milk Strawberry Non Fat	HALF PINT	120	135	9.0	22.0	0.0
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
Fruit Pears Fresh	ONE	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	113	4	1.0	30.0	0.0
Weighted Daily Average		512	524	19.85	83.63	12.06
% of Calories				15.5%	65.4%	21.2%
Nutrient Guideline		450-600	640			

Weighted Average		515	576	19.81	80.42	13.09
				15.4%	62.5%	22.9%

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

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

Apr 1, 2018 thru Apr 30, 2018

LHS BREAKFAST

Generated on: 3/28/2018 2:40:13 PM

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	515		450 - 600	100%				
Sodium (mg)	576		640					
Protein (g)	19.81	15.40%						
Carbohydrate (g)	80.42	62.52%						
Total Fat (g)	13.09	22.90%						

**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.