

Marysville JUSD

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

Elementary Breakfast (K-6)

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 12/03/2018							
Elementary Breakfast (K-6)	Total	1					
Break Pancake & Saus on Stick	One	1	176	463	8.7	21.8	5.9
Break Banana Bread WG	1 EACH	1	348	325	4.82	50.51	14.96
Break Cereal Assort 18/19 Sug6	Bowlpack	1	108	129	2.21	22.76	1.44
Cheese Stix Var 1 oz	1 oz.	1	85	205	7.0	1.0	5.75
Fruit Juice A&E Var 4.23oz	4.23 oz	1	63	9	0.0	15.29	0.0
Fruit Winter Fresh Combo	ONE	1	69	1	0.75	17.72	0.27
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			1098	1442	42.48	167.08	30.82
% of Calories					15.5%	60.9%	25.3%
Nutrient Guideline			400-500	540			

Tue - 12/04/2018							
Elementary Breakfast (K-6)	Total	1					
Yogurt Danimal Strawberry 48/4	ONE	1	80	65	4.0	15.0	0.0
Break Soft Bar Variety 1.3 oz	Bar	1	150	47	2.0	24.0	5.0
Break Muff Bat WG Blueberry 2G	Square	1	185	118	2.45	31.24	6.11
Break Cereal Assort 18/19 Sug6	Bowlpack	1	108	129	2.21	22.76	1.44
Cracker Graham 2016 VarietyMJM	Pack	1	113	107	1.67	20.67	3.33
Fruit Juice A&E Var 4.23oz	4.23 oz	1	63	9	0.0	15.29	0.0
Fruit Winter Fresh Combo	ONE	1	69	1	0.75	17.72	0.27
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			1018	787	32.07	184.67	18.66
% of Calories					12.6%	72.6%	16.5%
Nutrient Guideline			400-500	540			

Wed - 12/05/2018							
Elementary Breakfast (K-6)	Total	1					
Break Egg Patty & Chz Biscuit	SANDWICH	1	264	619	9.48	28.36	12.97
Break Coffee Cake WG 4.OZ	4.OZ.	1	401	351	6.02	53.19	13.05
Break Cereal Assort 18/19 Sug6	Bowlpack	1	108	129	2.21	22.76	1.44
Sunflower Seeds	1 PACK	1	170	88	5.0	6.5	14.75
Fruit Juice A&E Var 4.23oz	4.23 oz	1	63	9	0.0	15.29	0.0
Fruit Winter Fresh Combo	ONE	1	69	1	0.75	17.72	0.27
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			1325	1507	42.46	181.81	44.98
% of Calories					12.8%	54.9%	30.6%
Nutrient Guideline			400-500	540			

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 12/06/2018							
Elementary Breakfast (K-6)	Total	1					
Break FrToast CinGl WG Cargill	Slice	1	210	320	8.0	28.0	7.0
Break Bagel Mini Strawberry	pkg	1	230	180	5.99	40.93	5.99
Break Cereal Assort 18/19 Sug6	Bowlpack	1	108	129	2.21	22.76	1.44
Cheese Stix Var 1 oz	1 oz.	1	85	205	7.0	1.0	5.75
Fruit Juice A&E Var 4.23oz	4.23 oz	1	63	9	0.0	15.29	0.0
Fruit Winter Fresh Combo	ONE	1	69	1	0.75	17.72	0.27
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			1014	1154	42.95	163.70	22.96
% of Calories					16.9%	64.6%	20.4%
Nutrient Guideline			400-500	540			

Fri - 12/07/2018							
Elementary Breakfast (K-6)	Total	1					
Break Pizza Saus Sq 128/3.31	Serving	1	210	480	9.0	26.0	7.0
PB&J Wafer NoHFCS 160/2.3	1 Each	1	310	210	10.0	31.0	18.0
Break Cereal Assort 18/19 Sug6	Bowlpack	1	108	129	2.21	22.76	1.44
Cracker Graham 2016 VarietyMJM	Pack	1	113	107	1.67	20.67	3.33
Fruit Juice A&E Var 4.23oz	4.23 oz	1	63	9	0.0	15.29	0.0
Fruit Winter Fresh Combo	ONE	1	69	1	0.75	17.72	0.27
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			1123	1246	42.63	171.43	32.55
% of Calories					15.2%	61.1%	26.1%
Nutrient Guideline			400-500	540			

Mon - 12/10/2018							
Elementary Breakfast (K-6)	Total	1					
Break Smoothie Berry Patch	8 oz.	1	159	60	3.62	35.0	0.78
Bread Muffin Variety72/2ozOtis	Muffin	1	177	123	3.0	29.67	5.33
Break Banana Bread WG	1 EACH	1	348	325	4.82	50.51	14.96
Break Cereal Assort 18/19 Sug6	Bowlpack	1	108	129	2.21	22.76	1.44
Cheese Stix Var 1 oz	1 oz.	1	85	205	7.0	1.0	5.75
Fruit Juice A&E Var 4.23oz	4.23 oz	1	63	9	0.0	15.29	0.0
Fruit Winter Fresh Combo	ONE	1	69	1	0.75	17.72	0.27
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			1258	1162	40.40	209.94	31.04
% of Calories					12.8%	66.8%	22.2%
Nutrient Guideline			400-500	540			

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 12/11/2018							
Elementary Breakfast (K-6)	Total	1					
Break Sausage & Cheese Sandwich	1 Each	1	159	312	9.7	16.0	6.4
Break Muff Bat WG Pumpkin 2gr	Square	1	344	200	4.89	59.78	10.67
Break Cereal Assort 18/19 Sug6	Bowlpack	1	108	129	2.21	22.76	1.44
Cracker Graham 2016 VarietyMJM	Pack	1	113	107	1.67	20.67	3.33
Fruit Juice A&E Var 4.23oz	4.23 oz	1	63	9	0.0	15.29	0.0
Fruit Winter Fresh Combo	ONE	1	69	1	0.75	17.72	0.27
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			1106	1068	38.21	190.21	24.61
% of Calories					13.8%	68.8%	20.0%
Nutrient Guideline			400-500	540			

Wed - 12/12/2018							
Elementary Breakfast (K-6)	Total	1					
Break Beef Sausag/Chz Bagel WG	1 EACH	1	235	437	15.2	26.27	7.35
Break Coffee Cake WG 4.OZ	4.OZ.	1	401	351	6.02	53.19	13.05
Break Cereal Assort 18/19 Sug6	Bowlpack	1	108	129	2.21	22.76	1.44
Sunflower Seeds	1 PACK	1	170	88	5.0	6.5	14.75
Fruit Juice A&E Var 4.23oz	4.23 oz	1	63	9	0.0	15.29	0.0
Fruit Winter Fresh Combo	ONE	1	69	1	0.75	17.72	0.27
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			1296	1325	48.18	179.72	39.36
% of Calories					14.9%	55.5%	27.3%
Nutrient Guideline			400-500	540			

Thu - 12/13/2018							
Elementary Breakfast (K-6)	Total	1					
Break FrToastSticks WG Cargill	3 Each	1	210	320	8.0	28.0	7.0
Break Bagel Mini Strawberry	pkg	1	230	180	5.99	40.93	5.99
Break Cereal Assort 18/19 Sug6	Bowlpack	1	108	129	2.21	22.76	1.44
Cheese Stix Var 1 oz	1 oz.	1	85	205	7.0	1.0	5.75
Fruit Juice A&E Var 4.23oz	4.23 oz	1	63	9	0.0	15.29	0.0
Fruit Winter Fresh Combo	ONE	1	69	1	0.75	17.72	0.27
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			1014	1154	42.95	163.70	22.96
% of Calories					16.9%	64.6%	20.4%
Nutrient Guideline			400-500	540			

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 12/14/2018							
Elementary Breakfast (K-6)	Total	1					
Break Pizza Saus Gravy Schwan	3 oz.	1	210	330	10.01	25.01	7.0
PB&J Wafer NoHFCS 160/2.3	1 Each	1	310	210	10.0	31.0	18.0
Break Cereal Assort 18/19 Sug6	Bowlpack	1	108	129	2.21	22.76	1.44
Cracker Graham 2016 VarietyMJM	Pack	1	113	107	1.67	20.67	3.33
Fruit Juice A&E Var 4.23oz	4.23 oz	1	63	9	0.0	15.29	0.0
Fruit Winter Fresh Combo	ONE	1	69	1	0.75	17.72	0.27
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			1123	1096	43.63	170.45	32.55
% of Calories					15.5%	60.7%	26.1%
Nutrient Guideline			400-500	540			

Weighted Average			1137	1194	41.60	178.27	30.05
					14.6%	62.7%	23.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1137		400 - 500	227%			637	Correction Required - Calories too High Correction Required - Sodium too High
Sodium (mg)	1194		540				654	
Protein (g)	41.60	14.63%						
Carbohydrate (g)	178.27	62.70%						
Total Fat (g)	30.05	23.78%						

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