

Marysville JUSD

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

MHS BREAKFAST (K-12)

Portion Values - Detailed

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Generated on: 11/29/2018 9:49:37 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 12/03/2018							
MHS BREAKFAST (K-12)	Total	836					
Break Pizza Saus Gravy Schwan	3 oz.	256	210	330	10.01	25.01	7.0
Break Sausage Biscuit Sandwich	EACH	300	263	527	14.18	27.35	11.14
Break Buttermilk Bar WG Dave's	1 PK	180	252	205	2.8	45.0	6.7
Break Cereal Assort. 15/16	BOWLPACK	100	109	155	2.05	22.62	1.88
Cracker Graham 2016 VarietyMJM	Pack	100	113	107	1.67	20.67	3.33
Milk 1% LF	HALF PINT	250	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	350	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	675	63	9	0.0	15.29	0.0
FRUIT APPLES FRESH	1 APPLE	200	75	1	0.38	20.05	0.25
Weighted Daily Average			398	484	16.05	63.47	9.01
% of Calories					16.1%	63.8%	20.4%
Nutrient Guideline			450-500	540			

Tue - 12/04/2018							
MHS BREAKFAST (K-12)	Total	801					
Break Sausage Pancake WrapMini	3 pcs	248	182	283	6.07	15.18	9.11
Veg Potato Hash Brown Patty(1)	HashBrown Patt	248	120	260	1.0	15.0	6.0
Break Coffee Cake WG 4.OZ	4.OZ.	288	401	351	6.02	53.19	13.05
Break Cinn Sq WG Shannon's	Square	144	280	320	7.0	41.0	10.0
Break Yogurt Parfait 4BerryBI	6 OZ.	96	382	230	9.19	67.94	8.08
PB&J Wafer NoHFCS 160/2.3	1 Each	25	310	210	10.0	31.0	18.0
Milk 1% LF	HALF PINT	250	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	350	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	675	63	9	0.0	15.29	0.0
Fruit Banana Fresh	ONE	200	108	1	1.32	27.63	0.4
Pkt Syrup, Pancake 1oz	1 Pkt	372	80	0	0.0	21.0	0.0
Weighted Daily Average			554	510	14.41	89.09	13.58
% of Calories					10.4%	64.4%	22.1%
Nutrient Guideline			450-500	540			

Wed - 12/05/2018							
MHS BREAKFAST (K-12)	Total	807					
Chicken Crispito 72/1 only	Crispito	216	270	370	12.0	23.01	14.0
Veg Potato Hash Brown Patty(1)	HashBrown Patt	216	120	260	1.0	15.0	6.0
Break Buttermilk Bar WG Dave's	1 PK	216	252	205	2.8	45.0	6.7
Break FrToastSticks WG Cargill	3 Each	300	210	320	8.0	28.0	7.0
Break Cereal Assort. 15/16	BOWLPACK	75	109	155	2.05	22.62	1.88
Cheese String Mozz 168/1oz LOL	1 oz	75	60	210	8.0	1.0	2.5
Milk 1% LF	HALF PINT	250	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	350	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	675	63	9	0.0	15.29	0.0
Fruit Winter Fresh Combo	ONE	200	69	1	0.75	17.72	0.27
Pkt Syrup, Pancake 1oz	1 Pkt	200	80	0	0.0	21.0	0.0
Weighted Daily Average			447	499	15.33	71.70	11.00
% of Calories					13.7%	64.1%	22.1%
Nutrient Guideline			450-500	540			

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Thu - 12/06/2018							
MHS BREAKFAST (K-12)	Total	800					
Break Pancake & Saus on Stick	One	160	176	463	8.7	21.8	5.9
Break Coffee Cake WG 4.OZ	4.OZ.	288	401	351	6.02	53.19	13.05
Bread Muffin Lemon 1G	Muffin	160	160	160	3.0	25.0	4.5
Yogurt Strawberry UpstFarms4oz	4 oz	160	90	52	3.0	19.0	0.0
Break Yogurt Parfait 4BerryBl	6 OZ.	192	382	230	9.19	67.94	8.08
Milk 1% LF	HALF PINT	250	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	350	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	675	63	9	0.0	15.29	0.0
FRUIT APPLES FRESH	1 APPLE	200	75	1	0.38	20.05	0.25
Pkt Syrup, Pancake 1oz	1 Pkt	240	80	0	0.0	21.0	0.0
Weighted Daily Average			510	441	14.47	87.45	9.56
% of Calories					11.3%	68.5%	16.9%
Nutrient Guideline			450-500	540			

Fri - 12/07/2018							
MHS BREAKFAST (K-12)	Total	799					
Break Sausage Biscuit Sandwich	1 EACH	200	263	527	14.18	27.35	11.14
Break Pizza Saus Gravy Schwan	3 oz.	320	210	330	10.01	25.01	7.0
Break Buttermilk Bar WG Dave's	1 PK	144	252	205	2.8	45.0	6.7
PB&J Wafer NoHFCS 160/2.3	1 Each	75	310	210	10.0	31.0	18.0
Break Cereal Assort. 15/16	BOWLPACK	60	109	155	2.05	22.62	1.88
BRKFST POPTARTS (One)	1 PASTRY	60	180	185	2.0	37.5	2.5
Milk 1% LF	HALF PINT	250	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	350	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	675	63	9	0.0	15.29	0.0
FRUIT APPLES FRESH	1 APPLE	200	75	1	0.38	20.05	0.25
Weighted Daily Average			412	470	16.47	64.97	9.66
% of Calories					16.0%	63.1%	21.1%
Nutrient Guideline			450-500	540			

Mon - 12/10/2018							
MHS BREAKFAST (K-12)	Total	810					
Break Canadian Ham/EggBiscuit	SANDWICH	150	199	409	7.98	26.86	6.22
Break Pizza Saus Sq 128/3.31	Serving	320	210	480	9.0	26.0	7.0
Break Buttermilk Bar WG Dave's	1 PK	144	252	205	2.8	45.0	6.7
Break Smoothie Berry Patch	8 oz.	96	159	60	3.62	35.0	0.78
Bread Muffin Banana 72/2ozOtis	Muffin	96	170	120	3.0	29.0	5.0
Break Cereal Assort. 15/16	BOWLPACK	100	109	155	2.05	22.62	1.88
BRKFST POPTARTS (One)	1 PASTRY	100	180	185	2.0	37.5	2.5
Milk 1% LF	HALF PINT	250	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	350	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	675	63	9	0.0	15.29	0.0
FRUIT APPLES FRESH	1 APPLE	200	75	1	0.38	20.05	0.25
Weighted Daily Average			402	487	13.88	70.38	7.17
% of Calories					13.8%	70.0%	16.0%
Nutrient Guideline			450-500	540			

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Tue - 12/11/2018							
MHS BREAKFAST (K-12)	Total	830					
Break Sausage Pancake WrapMini	3 pcs	372	182	283	6.07	15.18	9.11
Veg Potato Hash Brown Patty(1)	HashBrown Patt	372	120	260	1.0	15.0	6.0
Break Dutch Waffle w/ Berries	Tray	120	313	345	4.34	46.75	12.72
Break Pita Sausage & Cheese	Pita	144	150	500	9.0	15.0	7.0
Break Strawberry Pancake72/3.8	1 Each	144	219	339	4.99	38.9	4.99
Break Cinn Sq WG Shannon's	Square	50	280	320	7.0	41.0	10.0
Milk 1% LF	HALF PINT	250	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	350	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	675	63	9	0.0	15.29	0.0
Fruit Banana Fresh	ONE	250	108	1	1.32	27.63	0.4
Pkt Syrup, Pancake 1oz	1 Pkt	372	80	0	0.0	21.0	0.0
Weighted Daily Average			471	578	13.85	76.37	12.17
% of Calories					11.8%	64.9%	23.3%
Nutrient Guideline			450-500	540			

Wed - 12/12/2018							
MHS BREAKFAST (K-12)	Total	804					
Bread Biscuit HnyWheat100/2.25	Biscuit	200	189	319	3.99	29.89	5.98
Break Cheese Omelet Colby	Each Serving	200	110	210	8.0	1.0	8.0
Break Cinnamon Swirl Rich's	1 each	280	207	154	5.49	43.14	1.1
Break Scone Lemon WG 96/3oz	Scone	130	292	200	4.1	51.7	8.4
Yogurt Bluebry UpstateFarms4oz	4 oz	130	90	52	3.0	19.5	0.0
Break Buttermilk Bar WG Dave's	1 PK	144	252	205	2.8	45.0	6.7
Break Cereal Assort. 15/16	BOWLPACK	50	109	155	2.05	22.62	1.88
Cheese String Mozz 168/1oz LOL	1 oz	50	60	210	8.0	1.0	2.5
Milk 1% LF	HALF PINT	250	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	350	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	675	63	9	0.0	15.29	0.0
Fruit Stone Variety Fresh	1 each	200	45	0	0.95	11.09	0.3
Weighted Daily Average			421	408	14.43	73.89	7.54
% of Calories					13.7%	70.2%	16.1%
Nutrient Guideline			450-500	540			

Thu - 12/13/2018							
MHS BREAKFAST (K-12)	Total	816					
Break Pancake WG Buttermil 2ea	2 pancakes	240	159	189	3.98	29.88	2.99
Break Sausage Link-1 Jennie-O	One Link	240	60	80	6.0	0.0	4.0
Break Coffee Cake WG 4.OZ	4.OZ.	288	401	351	6.02	53.19	13.05
Bread Muffin Lemon 1G	Muffin	192	160	160	3.0	25.0	4.5
Yogurt Strawberry UpstFarms4oz	4 oz	192	90	52	3.0	19.0	0.0
PB&J Wafer NoHFCS 160/2.3	1 Each	96	310	210	10.0	31.0	18.0
Milk 1% LF	HALF PINT	250	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	350	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	675	63	9	0.0	15.29	0.0
FRUIT APPLES FRESH	1 APPLE	200	75	1	0.38	20.05	0.25
Weighted Daily Average			463	399	14.67	73.46	10.66
% of Calories					12.7%	63.4%	20.7%
Nutrient Guideline			450-500	540			

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 12/14/2018							
MHS BREAKFAST (K-12)	Total	812					
Bread Biscuit HnyWheat100/2.25	Biscuit	250	189	319	3.99	29.89	5.98
GRAVY, COUNTRY WHITE	1/4 CUP	250	45	314	0.0	5.04	2.52
Break Sausage Link-1 Jennie-O	One Link	250	60	80	6.0	0.0	4.0
Break Banana Bread WG	1 EACH	270	348	325	4.82	50.51	14.96
Break Beef Sausag/Chz Bagel WG	1 EACH	144	235	437	15.2	26.27	7.35
Break Cereal Assort. 15/16	BOWLPACK	100	109	155	2.05	22.62	1.88
Sunflower Seeds	1 PACK	100	170	88	5.0	6.5	14.75
Break Benefit Bar Banana Choc	Bar	48	280	220	5.0	48.0	8.0
Milk 1% LF	HALF PINT	250	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	350	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	750	63	9	0.0	15.29	0.0
Fruit Orange - 2 halves 1/2c	1/2 c	250	50	0	1.01	12.6	0.13
Weighted Daily Average			464	570	15.81	71.04	13.46
% of Calories					13.6%	61.2%	26.1%
Nutrient Guideline			450-500	540			

Weighted Average			454	485	14.94 13.2%	74.18 65.3%	10.38 20.6%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	454		450 - 500	100%				
Sodium (mg)	485		540					
Protein (g)	14.94	13.15%						
Carbohydrate (g)	74.18	65.33%						
Total Fat (g)	10.38	20.57%						

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