

Marysville JUSD

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

LHS BREAKFAST

Portion Values - Detailed

Page 1

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Tue - 05/01/2018						
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 Banana Bread WG	1 EACH	348	325	4.82	50.51	14.96
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		525	564	18.72	84.31	13.35
% of Calories				14.3%	64.3%	22.9%
Nutrient Guideline		450-600	640			

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Wed - 05/02/2018						
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			

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Base Menu Spreadsheet

LHS BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Thu - 05/03/2018						
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
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			

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Fri - 05/04/2018						
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			

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Marysville JUSD

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Base Menu Spreadsheet

LHS BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Mon - 05/07/2018						
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 - 05/08/2018						
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			

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LHS BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 05/09/2018						
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
Bread Muffin Applesauce 2oz	#12 scoop	279	191	3.46	50.22	7.98
BRKFST POPTARTS (One)	1 PASTRY	180	185	2.0	37.5	2.5
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
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		456	534	17.25	74.15	10.70
% of Calories				15.1%	65.0%	21.1%
Nutrient Guideline		450-600	640			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 05/10/2018						
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 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 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		463	611	17.74	70.83	11.95
% of Calories				15.3%	61.2%	23.2%
Nutrient Guideline		450-600	640			

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Fri - 05/11/2018						
LHS BREAKFAST	Total					
Bread English Muffin 144/2 oz.	English Muffin	120	250	5.0	24.0	1.5
Break Egg Patty (1)	patty	0	0	0.0	0.0	0.0
CHEESE AMERICAN 1-SLICED	1 SLICE	0	0	0.0	0.0	0.0
Break FrToastSticks WG Cargill	3 Each	210	320	8.0	28.0	7.0
Chicken Crispito 72/1 only	Crispito	270	370	12.0	23.01	14.0
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 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
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		474	538	18.12	77.51	11.04
% of Calories				15.3%	65.3%	20.9%
Nutrient Guideline		450-600	640			

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Mon - 05/14/2018						
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
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		430	507	19.40	69.97	7.80
% of Calories				18.1%	65.2%	16.3%
Nutrient Guideline		450-600	640			

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Tue - 05/15/2018						
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			

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Wed - 05/16/2018						
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			

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Marysville JUSD

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

LHS BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 05/17/2018						
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
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			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 05/18/2018						
LHS BREAKFAST	Total					
Break Egg Patty (1)	patty	0	0	0.0	0.0	0.0
Break Sand Pancake3"/Saus Patt	ONE SANDWIC	160	210	9.0	20.0	6.0
Break FrToastSticks WG Cargill	3 Each	210	320	8.0	28.0	7.0
Chicken Crispito 72/1 only	Crispito	270	370	12.0	23.01	14.0
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 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
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		486	527	19.23	76.40	12.29
% of Calories				15.8%	62.9%	22.8%
Nutrient Guideline		450-600	640			

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Base Menu Spreadsheet

LHS BREAKFAST

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 05/21/2018						
LHS BREAKFAST	Total					
Break Pancake Mini Maple	POUCH	230	150	4.0	40.99	7.0
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		493	512	19.31	79.16	12.51
% of Calories				15.7%	64.2%	22.8%
Nutrient Guideline		450-600	640			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 05/22/2018						
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			

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Marysville JUSD

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Base Menu Spreadsheet

LHS BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 05/23/2018						
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
Bread Muffin Applesauce 2oz	#12 scoop	279	191	3.46	50.22	7.98
BRKFST POPTARTS (One)	1 PASTRY	180	185	2.0	37.5	2.5
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
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		456	534	17.25	74.15	10.70
% of Calories				15.1%	65.0%	21.1%
Nutrient Guideline		450-600	640			

	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 05/24/2018						
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			

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Marysville JUSD

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

LHS BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 05/25/2018						
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			

Mon - 05/28/2018						
LHS BREAKFAST	Total					
PB&Strawberry Uncrustables Sma	serving	300	280	9.0	32.0	17.0
Break Bagel Mini Strawberry	pkg	230	180	5.99	40.93	5.99
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		503	523	20.24	82.05	11.73
% of Calories				16.1%	65.3%	21.0%
Nutrient Guideline		450-600	640			

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Marysville JUSD

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

LHS BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Tue - 05/29/2018						
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			

	Portion Size	Cals (kcal)	Sodm (mg)	Protrn (g)	Carb (g)	T-Fat (g)
Wed - 05/30/2018						
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			

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Marysville JUSD

May 1, 2018 thru May 31, 2018

Base Menu Spreadsheet

LHS BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 05/31/2018						
LHS BREAKFAST						
Break Pizza Saus Sq 128/3.31	Total					
Break Sausage Pancake WrapMini	ONE	210	480	9.0	26.0	7.0
Veg Potato Hash Brown Patty(1)	3 pcs	182	283	6.07	15.18	9.11
Break Yogurt Parfait 4BerryBI	HashBrown Patty	120	260	1.0	15.0	6.0
PB&J Wafer NoHFCS 160/2.3	6 OZ.	575	377	12.28	97.32	15.04
Break Benefit Bar Variety	1 Each	310	210	10.0	31.0	18.0
Break Cereal Assort. 17/18 HS	Bar	288	218	5.0	47.8	8.8
Sunflower Seeds	Bowlpak	97	123	1.94	20.72	1.29
Milk 1% LF	1 PACK	170	88	5.0	6.5	14.75
Milk Choc Non Fat	HALF PINT	130	160	10.0	16.0	2.5
Fruit Juice A&E Var 4.23oz	HALF PINT	120	150	9.0	22.0	0.0
Fruit Traditional Fresh Combo	4.23 oz	63	9	0.0	15.29	0.0
Fruit Pears Fresh	ONE	82	1	0.89	21.12	0.27
Fruit Raisins Ind Pack CDE	ONE	101	2	0.64	27.11	0.25
Weighted Daily Average	box	113	4	1.0	30.0	0.0
% of Calories		480	612	18.35	74.38	11.90
Nutrient Guideline		450-600	640	15.3%	62.0%	22.3%

Weighted Average		495	564	18.95	78.46	12.25
				15.3%	63.4%	22.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	495		450 - 600	100%				
Sodium (mg)	564		640					
Protein (g)	18.95	15.31%						
Carbohydrate (g)	78.46	63.37%						
Total Fat (g)	12.25	22.27%						

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