

Marysville JUSD

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary Breakfast (K-6)

Portion Values - Detailed

Page 1

Generated on: 10/22/2018 9:38:13 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 11/01/2018							
Elementary Breakfast (K-6)	Total	1					
Break Cheese Omelet Colby	Each Serving	1	110	210	8.0	1.0	8.0
Bread Biscuit Maple 100/2.5oz	Biscuit	1	200	280	3.99	32.94	4.99
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	65	1	0.7	16.78	0.25
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			1110	1323	46.89	168.70	28.93
% of Calories					16.9%	60.8%	23.5%
Nutrient Guideline			400-500	540			

Fri - 11/02/2018							
Elementary Breakfast (K-6)	Total	1					
Break Strawberry Pancake72/3.8	1 Each	1	219	339	4.99	38.9	4.99
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	65	1	0.7	16.78	0.25
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			1128	1105	38.56	183.40	30.52
% of Calories					13.7%	65.0%	24.3%
Nutrient Guideline			400-500	540			

Mon - 11/05/2018							
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	65	1	0.7	16.78	0.25
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			1095	1442	42.43	166.14	30.81
% of Calories					15.5%	60.7%	25.3%
Nutrient Guideline			400-500	540			

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

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary Breakfast (K-6)

Portion Values - Detailed

Page 2

Generated on: 10/22/2018 9:38:13 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 11/06/2018							
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	65	1	0.7	16.78	0.25
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	787	32.02	183.74	18.64
% of Calories					12.6%	72.5%	16.6%
Nutrient Guideline			400-500	540			

Wed - 11/07/2018							
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	361	6.02	61.21	15.05
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	65	1	0.7	16.78	0.25
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			1321	1517	42.41	188.90	46.97
% of Calories					12.8%	57.2%	32.0%
Nutrient Guideline			400-500	540			

Thu - 11/08/2018							
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	65	1	0.7	16.78	0.25
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			1010	1154	42.90	162.76	22.94
% of Calories					17.0%	64.5%	20.4%
Nutrient Guideline			400-500	540			

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

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary Breakfast (K-6)

Portion Values - Detailed

Page 3

Generated on: 10/22/2018 9:38:13 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 11/09/2018							
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	65	1	0.7	16.78	0.25
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			1119	1246	42.58	170.50	32.53
% of Calories					15.2%	61.0%	26.2%
Nutrient Guideline			400-500	540			

Tue - 11/13/2018							
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	65	1	0.7	16.78	0.25
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			1102	1068	38.16	189.27	24.60
% of Calories					13.9%	68.7%	20.1%
Nutrient Guideline			400-500	540			

Wed - 11/14/2018							
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	361	6.02	61.21	15.05
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	65	1	0.7	16.78	0.25
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			1292	1335	48.13	186.81	41.35
% of Calories					14.9%	57.8%	28.8%
Nutrient Guideline			400-500	540			

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

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary Breakfast (K-6)

Portion Values - Detailed

Page 4

Generated on: 10/22/2018 9:38:13 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 11/15/2018							
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	65	1	0.7	16.78	0.25
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			1010	1154	42.90	162.76	22.94
% of Calories					17.0%	64.5%	20.4%
Nutrient Guideline			400-500	540			

Fri - 11/16/2018							
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	65	1	0.7	16.78	0.25
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			1119	1096	43.58	169.51	32.53
% of Calories					15.6%	60.6%	26.2%
Nutrient Guideline			400-500	540			

Mon - 11/26/2018							
Elementary Breakfast (K-6)	Total	1					
Break Sand Pancake3"/Maple Pat	ONE SANDWIC	1	163	314	9.76	20.41	5.45
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	65	1	0.7	16.78	0.25
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			1081	1293	43.49	164.75	30.36
% of Calories					16.1%	60.9%	25.3%
Nutrient Guideline			400-500	540			

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

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary Breakfast (K-6)

Portion Values - Detailed

Page 5

Generated on: 10/22/2018 9:38:13 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 11/27/2018							
Elementary Breakfast (K-6)	Total	1					
Break Cinn Sq WG Shannon's	Square	1	280	320	7.0	41.0	10.0
Break Muff Bat WG App Cinn 2gr	Square	1	369	200	4.89	63.37	11.78
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	65	1	0.7	16.78	0.25
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			1248	1076	35.47	217.87	29.31
% of Calories					11.4%	69.8%	21.1%
Nutrient Guideline			400-500	540			

Wed - 11/28/2018							
Elementary Breakfast (K-6)	Total	1					
Break Pancake WG Buttermil 2ea	2 pancakes	1	139	199	3.98	27.89	2.99
Break Sausage Link-1 Jennie-O	One Link	1	60	80	6.0	0.0	4.0
Pkt Syrup, Pancake 1oz	1 Pkt	1	80	0	0.0	21.0	0.0
Break Coffee Cake WG 4.OZ	4.OZ.	1	401	361	6.02	61.21	15.05
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	65	1	0.7	16.78	0.25
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			1336	1177	42.91	209.43	40.99
% of Calories					12.8%	62.7%	27.6%
Nutrient Guideline			400-500	540			

Thu - 11/29/2018							
Elementary Breakfast (K-6)	Total	1					
Break Cheese Omelet Colby	Each Serving	1	110	210	8.0	1.0	8.0
Bread Biscuit Maple 100/2.5oz	Biscuit	1	200	280	3.99	32.94	4.99
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	65	1	0.7	16.78	0.25
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			1110	1323	46.89	168.70	28.93
% of Calories					16.9%	60.8%	23.5%
Nutrient Guideline			400-500	540			

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

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary Breakfast (K-6)

Portion Values - Detailed

Page 6

Generated on: 10/22/2018 9:38:13 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 11/30/2018							
Elementary Breakfast (K-6)	Total	1					
Break Strawberry Pancake	72/3.8	1	219	339	4.99	38.9	4.99
PB&J Wafer NoHFCS	160/2.3	1	310	210	10.0	31.0	18.0
Break Cereal Assort	18/19 Sug6	1	108	129	2.21	22.76	1.44
Cracker Graham 2016 Variety	MJM	1	113	107	1.67	20.67	3.33
Fruit Juice A&E Var	4.23oz	1	63	9	0.0	15.29	0.0
Fruit Winter Fresh Combo	ONE	1	65	1	0.7	16.78	0.25
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			1128	1105	38.56	183.40	30.52
% of Calories					13.7%	65.0%	24.3%
Nutrient Guideline			400-500	540			

Weighted Average			1139	1200	41.74	179.79	30.80
					14.7%	63.1%	24.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1139		400 - 500	228%			639	Correction Required - Calories too High Correction Required - Sodium too High
Sodium (mg)	1200		540				660	
Protein (g)	41.74	14.66%						
Carbohydrate (g)	179.79	63.14%						
Total Fat (g)	30.80	24.34%						

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.