

Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

Elementary Breakfast (K-6)

Generated on: 12/11/2018 12:07:32 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 01/07/2019							
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	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			1085	1293	43.54	165.69	30.38
% of Calories					16.1%	61.1%	25.2%
Nutrient Guideline			400-500	540			

Tue - 01/08/2019							
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	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			1251	1076	35.52	218.80	29.33
% of Calories					11.4%	69.9%	21.1%
Nutrient Guideline			400-500	540			

Wed - 01/09/2019							
Elementary Breakfast (K-6)	Total	1					
Break Pancake WG Buttermil 2ea	2 pancakes	1	159	189	3.98	29.88	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	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			1360	1157	42.96	204.34	39.00
% of Calories					12.6%	60.1%	25.8%
Nutrient Guideline			400-500	540			

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

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Jan 7, 2019 thru Jan 31, 2019

Elementary Breakfast (K-6)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 01/10/2019							
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	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			1113	1324	46.94	169.64	28.95
% of Calories					16.9%	60.9%	23.4%
Nutrient Guideline			400-500	540			

Fri - 01/11/2019							
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	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			1132	1105	38.61	184.33	30.54
% of Calories					13.6%	65.1%	24.3%
Nutrient Guideline			400-500	540			

Mon - 01/14/2019							
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			

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Base Menu Spreadsheet

Portion Values - Detailed

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Elementary Breakfast (K-6)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 01/15/2019							
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 - 01/16/2019							
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			

Thu - 01/17/2019							
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			

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Jan 7, 2019 thru Jan 31, 2019

Elementary Breakfast (K-6)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 01/18/2019							
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			

Tue - 01/22/2019							
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 - 01/23/2019							
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			

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Elementary Breakfast (K-6)

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 01/24/2019							
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			

Fri - 01/25/2019							
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			

Mon - 01/28/2019							
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	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			1085	1293	43.54	165.69	30.38
% of Calories					16.1%	61.1%	25.2%
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 - 01/29/2019							
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	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			1251	1076	35.52	218.80	29.33
% of Calories					11.4%	69.9%	21.1%
Nutrient Guideline			400-500	540			

Wed - 01/30/2019							
Elementary Breakfast (K-6)	Total	1					
Break Pancake WG Buttermil 2ea	2 pancakes	1	159	189	3.98	29.88	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	4.0Z.	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			1360	1157	42.96	204.34	39.00
% of Calories					12.6%	60.1%	25.8%
Nutrient Guideline			400-500	540			

Thu - 01/31/2019							
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	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			1113	1324	46.94	169.64	28.95
% of Calories					16.9%	60.9%	23.4%
Nutrient Guideline			400-500	540			

Weighted Average			1159	1199	41.78	181.89	30.85
					14.4%	62.8%	24.0%

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Elementary Breakfast (K-6)

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Sodm (mg) Shortfall	Protn (g) Overage	Carb (g)	T-Fat (g) Error Messages (if any)
Calories	1159		400 - 500	232%				659	Correction Required - Calories too High Correction Required - Sodium too High
Sodium (mg)	1199		540				659		
Protein (g)	41.78	14.42%							
Carbohydrate (g)	181.89	62.76%							
Total Fat (g)	30.85	23.95%							

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** - 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.