

# Marysville JUSD

## Base Menu Spreadsheet

### Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

LHS BREAKFAST

Generated on: 12/11/2018 12:20:20 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 01/07/2019							
LHS BREAKFAST	Total	790					
PB&Strawberry Uncrustables Sma	serving	216	300	280	9.0	32.0	17.0
Break Sausage & Cheese Sandwich	1 Each	216	159	312	9.7	16.0	6.4
Break Pizza Saus Sq 128/3.31	Serving	256	210	480	9.0	26.0	7.0
Break Benefit Bar Variety	Bar	48	288	216	4.8	47.6	8.8
PB&J Wafer NoHFCS 160/2.3	1 Each	30	310	210	10.0	31.0	18.0
Break Cereal Assort. 18/19 HS	Bowlpak	24	109	140	2.04	22.99	1.49
Yogurt StrwbryBan UpstFarms4oz	4 oz	24	90	52	3.0	19.0	0.0
Milk 1% LF	HALF PINT	300	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
Milk Strawberry Non Fat	HALF PINT	100	120	135	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	350	63	9	0.0	15.29	0.0
Fruit Traditional Fresh Combo	ONE	350	82	1	0.89	21.12	0.27
Fruit Pears Fresh	ONE	25	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Weighted Daily Average			427	503	18.81	65.40	11.01
% of Calories					17.6%	61.3%	23.2%
Nutrient Guideline			450-600	640			

Tue - 01/08/2019							
LHS BREAKFAST	Total	760					
Break Scone Lemon WG 96/3oz	Scone	192	292	200	4.1	51.7	8.4
Break Burrito Eggs/Tots	1 Burrito	224	367	579	15.2	37.14	17.48
Break Coffee Cake WG 4.OZ	4.OZ.	72	401	351	6.02	53.19	13.05
Break Pancake & Saus on Stick	One	160	176	463	8.7	21.8	5.9
Break Soft Bar Variety 1.3 oz	Bar	10	150	47	2.0	24.0	5.0
Yogurt Danimal Strawberry 48/4	ONE	10	80	65	4.0	15.0	0.0
Break Benefit Bar Variety	Bar	48	288	216	4.8	47.6	8.8
PB&J Wafer NoHFCS 160/2.3	1 Each	30	310	210	10.0	31.0	18.0
Break Cereal Assort. 18/19 HS	Bowlpak	24	109	140	2.04	22.99	1.49
Cheese String Mozz 168/1oz LOL	1 oz	24	60	210	8.0	1.0	2.5
Milk 1% LF	HALF PINT	300	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	350	63	9	0.0	15.29	0.0
Fruit Traditional Fresh Combo	ONE	350	82	1	0.89	21.12	0.27
Fruit Mandarin Orange 1ea	ONE	25	37	1	0.5	9.39	0.2
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Pkt Taco Sauce	1 PKT	200	5	96	0.0	1.01	0.0
Weighted Daily Average			485	559	18.17	75.95	12.33
% of Calories					15.0%	62.6%	22.9%
Nutrient Guideline			450-600	640			

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Base Menu Spreadsheet

Portion Values - Detailed

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LHS BREAKFAST

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 01/09/2019							
LHS BREAKFAST	Total	670					
Break Biscuit EggPatty/Sausage	Sandwich	200	305	475	12.99	33.94	12.49
Veg Potato Hash Brown Patty(1)	HashBrown Patt	200	120	260	1.0	15.0	6.0
Break Muff Bat WG Pumpkin 2gr	Square	144	344	200	4.89	59.78	10.67
Cheese Stuffed Breadsticks	2 pc	200	300	480	20.0	30.0	11.0
Veg Marinara Sauce 1/2c	1/2 CUP	1	73	671	1.81	9.98	3.63
Break Soft Bar Variety 2.2 oz	Bar	24	250	77	4.0	41.5	8.0
Yogurt Danimal Variety 48/4	ONE	1	80	62	4.0	15.5	0.0
Break Cereal Assort. 18/19 HS	Bowlpak	24	109	140	2.04	22.99	1.49
Yogurt Peach Upstate Farms 4oz	4 oz	24	90	52	3.0	19.0	0.0
Break Benefit Bar Variety	Bar	48	288	216	4.8	47.6	8.8
PB&J Wafer NoHFCS 160/2.3	1 Each	30	310	210	10.0	31.0	18.0
Milk 1% LF	HALF PINT	300	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	350	63	9	0.0	15.29	0.0
Fruit Traditional Fresh Combo	ONE	350	82	1	0.89	21.12	0.27
Fruit Pears Fresh	ONE	25	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Weighted Daily Average			557	608	22.72	86.36	14.15
% of Calories					16.3%	62.0%	22.9%
Nutrient Guideline			450-600	640			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 01/10/2019							
LHS BREAKFAST	Total	730					
Break Pizza Saus Sq 128/3.31	ONE	384	210	480	9.0	26.0	7.0
Break Sausage Pancake WrapMini	3 pcs	186	182	283	6.07	15.18	9.11
Veg Potato Hash Brown Patty(1)	HashBrown Patt	186	120	260	1.0	15.0	6.0
Break Yogurt Parfait 4BerryBl	6 OZ.	72	382	230	9.19	67.94	8.08
PB&J Wafer NoHFCS 160/2.3	1 Each	30	310	210	10.0	31.0	18.0
Break Benefit Bar Variety	Bar	48	288	216	4.8	47.6	8.8
Break Cereal Assort. 18/19 HS	Bowlpak	24	109	140	2.04	22.99	1.49
Sunflower Seeds	1 PACK	24	170	88	5.0	6.5	14.75
PB&Grape Cup AdvPierre	1 Each	10	410	280	15.0	25.0	31.0
BREAD PRETZEL WG Heartzel	pkg	10	80	200	2.0	16.0	1.0
Milk 1% LF	HALF PINT	300	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	350	63	9	0.0	15.29	0.0
Fruit Traditional Fresh Combo	ONE	350	82	1	0.89	21.12	0.27
Fruit Pears Fresh	ONE	25	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Weighted Daily Average			471	604	18.18	72.66	11.79
% of Calories					15.4%	61.7%	22.5%
Nutrient Guideline			450-600	640			

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Base Menu Spreadsheet

Portion Values - Detailed

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LHS BREAKFAST

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 01/11/2019							
LHS BREAKFAST	Total	718					
Bread English Muffin 144/2 oz.	English Muffin	200	120	270	6.0	21.0	1.5
Break Egg Patty (1)	patty	200	0	0	0.0	0.0	0.0
CHEESE AMERICAN 1-SLICED	1 SLICE	200	0	0	0.0	0.0	0.0
Break FrToastSticks WG Cargill	3 Each	200	210	320	8.0	28.0	7.0
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
PB&J Wafer NoHFCS 160/2.3	1 Each	30	310	210	10.0	31.0	18.0
Break Soft Bar Variety 1.3 oz	Bar	1	150	47	2.0	24.0	5.0
Yogurt Cherry Van UpstFarms8oz	8 oz	1	180	105	6.0	37.0	0.0
Break Benefit Bar Variety	Bar	48	288	216	4.8	47.6	8.8
Break Cereal Assort. 18/19 HS	Bowlpak	24	109	140	2.04	22.99	1.49
BRKFST POPTARTS (One)	1 PASTRY	24	180	185	2.0	37.5	2.5
Pkt Syrup, Pancake 1oz	1 Pkt	200	80	0	0.0	21.0	0.0
Milk 1% LF	HALF PINT	300	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	350	63	9	0.0	15.29	0.0
Fruit Traditional Fresh Combo	ONE	350	82	1	0.89	21.12	0.27
Fruit Pears Fresh	ONE	25	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Weighted Daily Average			475	544	18.40	76.82	11.05
% of Calories					15.5%	64.7%	20.9%
Nutrient Guideline			450-600	640			

Mon - 01/14/2019							
LHS BREAKFAST	Total	718					
PB&Strawberry Uncrustables Sma	serving	216	300	280	9.0	32.0	17.0
Break Banana Bread WG	1 EACH	144	348	325	4.82	50.51	14.96
Break Pizza Saus Sq 128/3.31	Serving	256	210	480	9.0	26.0	7.0
Break Benefit Bar Variety	Bar	48	288	216	4.8	47.6	8.8
PB&J Wafer NoHFCS 160/2.3	1 Each	30	310	210	10.0	31.0	18.0
Break Cereal Assort. 18/19 HS	Bowlpak	36	109	140	2.04	22.99	1.49
Yogurt StrwbryBan UpstFarms4oz	4 oz	36	90	52	3.0	19.0	0.0
BRKFST POPTARTS (One)	1 PASTRY	1	180	185	2.0	37.5	2.5
Milk 1% LF	HALF PINT	300	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
Milk Strawberry Non Fat	HALF PINT	100	120	135	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	350	63	9	0.0	15.29	0.0
Fruit Traditional Fresh Combo	ONE	350	82	1	0.89	21.12	0.27
Fruit Pears Fresh	ONE	25	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Weighted Daily Average			495	528	18.83	78.03	13.21
% of Calories					15.2%	63.0%	24.0%
Nutrient Guideline			450-600	640			

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Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

LHS BREAKFAST

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 01/15/2019							
LHS BREAKFAST	Total	706					
Break Beef Sausag/Chz Bagel WG	1 EACH	216	235	437	15.2	26.27	7.35
Break Burrito Eggs/Tots	1 Burrito	224	367	579	15.2	37.14	17.48
Break Muff Bat WG Pumpkin 2gr	Square	144	344	200	4.89	59.78	10.67
PB&Grape Cup AdvPierre	1 Each	20	410	280	15.0	25.0	31.0
BREAD PRETZEL WG Hartzel	pkg	20	80	200	2.0	16.0	1.0
Break Benefit Bar Variety	Bar	48	288	216	4.8	47.6	8.8
PB&J Wafer NoHFCS 160/2.3	1 Each	30	310	210	10.0	31.0	18.0
Break Cereal Assort. 18/19 HS	Bowlpak	24	109	140	2.04	22.99	1.49
Cheese String Mozz 168/1oz LOL	1 oz	24	60	210	8.0	1.0	2.5
Milk 1% LF	HALF PINT	300	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	350	63	9	0.0	15.29	0.0
Fruit Traditional Fresh Combo	ONE	350	82	1	0.89	21.12	0.27
Fruit Mandarin Orange 1ea	ONE	25	37	1	0.5	9.39	0.2
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Pkt Taco Sauce	1 PKT	200	5	96	0.0	1.01	0.0
Weighted Daily Average			515	593	21.91	78.18	13.58
% of Calories					17.0%	60.7%	23.7%
Nutrient Guideline			450-600	640			

Wed - 01/16/2019							
LHS BREAKFAST	Total	670					
Break Biscuit EggPatty/Sausage	Sandwich	200	305	475	12.99	33.94	12.49
Veg Potato Hash Brown Patty(1)	HashBrown Patt	200	120	260	1.0	15.0	6.0
Break Muff Bat WG Pumpkin 2gr	Square	144	344	200	4.89	59.78	10.67
Cheese Stuffed Breadsticks	2 pc	200	300	480	20.0	30.0	11.0
Break Soft Bar Variety 2.2 oz	Bar	24	250	77	4.0	41.5	8.0
Yogurt Peach Upstate Farms 4oz	4 oz	24	90	52	3.0	19.0	0.0
Break Benefit Bar Variety	Bar	48	288	216	4.8	47.6	8.8
Break Cereal Assort. 18/19 HS	Bowlpak	24	109	140	2.04	22.99	1.49
PB&J Wafer NoHFCS 160/2.3	1 Each	30	310	210	10.0	31.0	18.0
Milk 1% LF	HALF PINT	300	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	350	63	9	0.0	15.29	0.0
Fruit Traditional Fresh Combo	ONE	350	82	1	0.89	21.12	0.27
Fruit Pears Fresh	ONE	25	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Weighted Daily Average			557	607	22.71	86.32	14.14
% of Calories					16.3%	62.0%	22.9%
Nutrient Guideline			450-600	640			

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Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

LHS BREAKFAST

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 01/17/2019							
LHS BREAKFAST	Total	730					
Break Pizza Saus Sq 128/3.31	ONE	384	210	480	9.0	26.0	7.0
Break Sausage Pancake WrapMini	3 pcs	186	182	283	6.07	15.18	9.11
Veg Potato Hash Brown Patty(1)	HashBrown Patt	186	120	260	1.0	15.0	6.0
Break Yogurt Parfait 4BerryBI	6 OZ.	72	382	230	9.19	67.94	8.08
PB&J Wafer NoHFCS 160/2.3	1 Each	30	310	210	10.0	31.0	18.0
Break Benefit Bar Variety	Bar	48	288	216	4.8	47.6	8.8
Break Cereal Assort. 18/19 HS	Bowlpak	24	109	140	2.04	22.99	1.49
Sunflower Seeds	1 PACK	24	170	88	5.0	6.5	14.75
PB&Grape Cup AdvPierre	1 Each	10	410	280	15.0	25.0	31.0
BREAD PRETZEL WG Heartzel	pkg	10	80	200	2.0	16.0	1.0
Milk 1% LF	HALF PINT	300	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	350	63	9	0.0	15.29	0.0
Fruit Traditional Fresh Combo	ONE	350	82	1	0.89	21.12	0.27
Fruit Pears Fresh	ONE	25	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Weighted Daily Average			471	604	18.18	72.66	11.79
% of Calories					15.4%	61.7%	22.5%
Nutrient Guideline			450-600	640			

Fri - 01/18/2019							
LHS BREAKFAST	Total	718					
Break Biscuit Sausage & Cheese	ONE SANDWIC	200	282	570	13.12	27.08	13.4
Break FrToastSticks WG Cargill	3 Each	200	210	320	8.0	28.0	7.0
Chicken Crispito 36/2 ea	Crispito	216	540	740	24.01	46.01	28.01
Veg Potato Hash Brown Patty(1)	HashBrown Patt	216	120	260	1.0	15.0	6.0
PB&J Wafer NoHFCS 160/2.3	1 Each	30	310	210	10.0	31.0	18.0
Break Benefit Bar Variety	Bar	48	288	216	4.8	47.6	8.8
Break Cereal Assort. 18/19 HS	Bowlpak	24	109	140	2.04	22.99	1.49
BRKFST POPTARTS (One)	1 PASTRY	24	180	185	2.0	37.5	2.5
PB&J HFCS Free Cup AdvPierre	1 Each	10	400	320	13.0	28.0	29.0
BREAD PRETZEL WG Heartzel	pkg	10	80	200	2.0	16.0	1.0
Pkt Syrup, Pancake 1oz	1 Pkt	200	80	0	0.0	21.0	0.0
Milk 1% LF	HALF PINT	300	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	350	63	9	0.0	15.29	0.0
Fruit Traditional Fresh Combo	ONE	350	82	1	0.89	21.12	0.27
Fruit Pears Fresh	ONE	25	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Weighted Daily Average			608	746	24.19	85.96	18.99
% of Calories					15.9%	56.6%	28.1%
Nutrient Guideline			450-600	640			

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### Portion Values - Detailed

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LHS BREAKFAST

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 01/22/2019							
LHS BREAKFAST	Total	706					
Break Beef Sausag/Chz Bagel WG	1 EACH	216	235	437	15.2	26.27	7.35
Break Burrito Eggs/Tots	1 Burrito	224	367	579	15.2	37.14	17.48
Bread Cinnamon Roll 2.5oz. 2G	Roll	144	210	250	5.99	34.94	4.99
PB&Grape Cup AdvPierre	1 Each	20	410	280	15.0	25.0	31.0
BREAD PRETZEL WG Hartzel	pkg	20	80	200	2.0	16.0	1.0
Break Benefit Bar Variety	Bar	48	288	216	4.8	47.6	8.8
PB&J Wafer NoHFCS 160/2.3	1 Each	30	310	210	10.0	31.0	18.0
Break Cereal Assort. 18/19 HS	Bowlpak	24	109	140	2.04	22.99	1.49
Cheese String Mozz 168/1oz LOL	1 oz	24	60	210	8.0	1.0	2.5
Milk 1% LF	HALF PINT	300	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	350	63	9	0.0	15.29	0.0
Fruit Traditional Fresh Combo	ONE	350	82	1	0.89	21.12	0.27
Fruit Mandarin Orange 1ea	ONE	25	37	1	0.5	9.39	0.2
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Pkt Taco Sauce	1 PKT	200	5	96	0.0	1.01	0.0
Weighted Daily Average			487	603	22.13	73.11	12.42
% of Calories					18.2%	60.0%	22.9%
Nutrient Guideline			450-600	640			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 01/23/2019							
LHS BREAKFAST	Total	670					
Break Biscuit EggPatty/Sausage	Sandwich	200	305	475	12.99	33.94	12.49
Veg Potato Hash Brown Patty(1)	HashBrown Patt	200	120	260	1.0	15.0	6.0
Break Muff Bat WG Pumpkin 2gr	Square	144	344	200	4.89	59.78	10.67
Cheese Stuffed Breadsticks	2 pc	200	300	480	20.0	30.0	11.0
Break Soft Bar Variety 2.2 oz	Bar	24	250	77	4.0	41.5	8.0
Yogurt Peach Upstate Farms 4oz	4 oz	24	90	52	3.0	19.0	0.0
Break Benefit Bar Variety	Bar	48	288	216	4.8	47.6	8.8
Break Cereal Assort. 18/19 HS	Bowlpak	24	109	140	2.04	22.99	1.49
PB&J Wafer NoHFCS 160/2.3	1 Each	30	310	210	10.0	31.0	18.0
Milk 1% LF	HALF PINT	300	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	350	63	9	0.0	15.29	0.0
Fruit Traditional Fresh Combo	ONE	350	82	1	0.89	21.12	0.27
Fruit Pears Fresh	ONE	25	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Weighted Daily Average			557	607	22.71	86.32	14.14
% of Calories					16.3%	62.0%	22.9%
Nutrient Guideline			450-600	640			

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# Marysville JUSD

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 7

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LHS BREAKFAST

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 01/24/2019							
LHS BREAKFAST	Total	730					
Break Pizza Saus Sq 128/3.31	ONE	384	210	480	9.0	26.0	7.0
Break Sausage Pancake WrapMini	3 pcs	186	182	283	6.07	15.18	9.11
Veg Potato Hash Brown Patty(1)	HashBrown Patt	186	120	260	1.0	15.0	6.0
Break Yogurt Parfait 4BerryBI	6 OZ.	72	382	230	9.19	67.94	8.08
PB&J Wafer NoHFCS 160/2.3	1 Each	30	310	210	10.0	31.0	18.0
Break Benefit Bar Variety	Bar	48	288	216	4.8	47.6	8.8
Break Cereal Assort. 18/19 HS	Bowlpak	24	109	140	2.04	22.99	1.49
Sunflower Seeds	1 PACK	24	170	88	5.0	6.5	14.75
PB&Grape Cup AdvPierre	1 Each	10	410	280	15.0	25.0	31.0
BREAD PRETZEL WG Heartzel	pkg	10	80	200	2.0	16.0	1.0
Milk 1% LF	HALF PINT	300	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	350	63	9	0.0	15.29	0.0
Fruit Traditional Fresh Combo	ONE	350	82	1	0.89	21.12	0.27
Fruit Pears Fresh	ONE	25	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Weighted Daily Average			471	604	18.18	72.66	11.79
% of Calories					15.4%	61.7%	22.5%
Nutrient Guideline			450-600	640			

Fri - 01/25/2019							
LHS BREAKFAST	Total	718					
Break Egg Patty (1)	patty	200	0	0	0.0	0.0	0.0
Break Sand Pancake3"/Saus Patt	ONE SANDWIC	200	139	194	7.98	14.88	5.49
Break FrToastSticks WG Cargill	3 Each	200	210	320	8.0	28.0	7.0
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
PB&J Wafer NoHFCS 160/2.3	1 Each	30	310	210	10.0	31.0	18.0
Break Benefit Bar Variety	Bar	48	288	216	4.8	47.6	8.8
Break Cereal Assort. 18/19 HS	Bowlpak	24	109	140	2.04	22.99	1.49
BRKFST POPTARTS (One)	1 PASTRY	24	180	185	2.0	37.5	2.5
Pkt Syrup, Pancake 1oz	1 Pkt	200	80	0	0.0	21.0	0.0
Milk 1% LF	HALF PINT	300	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	350	63	9	0.0	15.29	0.0
Fruit Traditional Fresh Combo	ONE	350	82	1	0.89	21.12	0.27
Fruit Pears Fresh	ONE	25	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Weighted Daily Average			480	523	18.94	75.03	12.16
% of Calories					15.8%	62.5%	22.8%
Nutrient Guideline			450-600	640			

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# Marysville JUSD

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 8

Jan 7, 2019 thru Jan 31, 2019

LHS BREAKFAST

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 01/28/2019							
LHS BREAKFAST	Total	718					
PB&Strawberry Uncrustables Sma	serving	216	300	280	9.0	32.0	17.0
Break Banana Bread WG	1 EACH	144	348	325	4.82	50.51	14.96
Break Pizza Saus Sq 128/3.31	Serving	256	210	480	9.0	26.0	7.0
Break Benefit Bar Variety	Bar	48	288	216	4.8	47.6	8.8
PB&J Wafer NoHFCS 160/2.3	1 Each	30	310	210	10.0	31.0	18.0
Break Cereal Assort. 18/19 HS	Bowlpak	36	109	140	2.04	22.99	1.49
Yogurt StrwbryBan UpstFarms4oz	4 oz	36	90	52	3.0	19.0	0.0
BRKFST POPTARTS (One)	1 PASTRY	1	180	185	2.0	37.5	2.5
Milk 1% LF	HALF PINT	300	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
Milk Strawberry Non Fat	HALF PINT	100	120	135	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	350	63	9	0.0	15.29	0.0
Fruit Traditional Fresh Combo	ONE	350	82	1	0.89	21.12	0.27
Fruit Pears Fresh	ONE	25	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Weighted Daily Average			495	528	18.83	78.03	13.21
% of Calories					15.2%	63.0%	24.0%
Nutrient Guideline			450-600	640			

Tue - 01/29/2019							
LHS BREAKFAST	Total	760					
Break Scone Lemon WG 96/3oz	Scone	192	292	200	4.1	51.7	8.4
Break Burrito Eggs/Tots	1 Burrito	224	367	579	15.2	37.14	17.48
Break Coffee Cake WG 4.OZ	4.OZ.	72	401	351	6.02	53.19	13.05
Break Pancake & Saus on Stick	One	160	176	463	8.7	21.8	5.9
Break Soft Bar Variety 1.3 oz	Bar	10	150	47	2.0	24.0	5.0
Yogurt Danimal Strawberry 48/4	ONE	10	80	65	4.0	15.0	0.0
Break Benefit Bar Variety	Bar	48	288	216	4.8	47.6	8.8
PB&J Wafer NoHFCS 160/2.3	1 Each	30	310	210	10.0	31.0	18.0
Break Cereal Assort. 18/19 HS	Bowlpak	24	109	140	2.04	22.99	1.49
Cheese String Mozz 168/1oz LOL	1 oz	24	60	210	8.0	1.0	2.5
Milk 1% LF	HALF PINT	300	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	350	63	9	0.0	15.29	0.0
Fruit Traditional Fresh Combo	ONE	350	82	1	0.89	21.12	0.27
Fruit Mandarin Orange 1ea	ONE	25	37	1	0.5	9.39	0.2
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Pkt Taco Sauce	1 PKT	200	5	96	0.0	1.01	0.0
Weighted Daily Average			485	559	18.17	75.95	12.33
% of Calories					15.0%	62.6%	22.9%
Nutrient Guideline			450-600	640			

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# Marysville JUSD

## Base Menu Spreadsheet

### Portion Values - Detailed

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LHS BREAKFAST

Generated on: 12/11/2018 12:20:20 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 01/30/2019							
LHS BREAKFAST	Total	670					
Break Biscuit EggPatty/Sausage	Sandwich	200	305	475	12.99	33.94	12.49
Veg Potato Hash Brown Patty(1)	HashBrown Patt	200	120	260	1.0	15.0	6.0
Break Muff Bat WG Pumpkin 2gr	Square	144	344	200	4.89	59.78	10.67
Cheese Stuffed Breadsticks	2 pc	200	300	480	20.0	30.0	11.0
Break Soft Bar Variety 2.2 oz	Bar	24	250	77	4.0	41.5	8.0
Yogurt Peach Upstate Farms 4oz	4 oz	24	90	52	3.0	19.0	0.0
Break Benefit Bar Variety	Bar	48	288	216	4.8	47.6	8.8
Break Cereal Assort. 18/19 HS	Bowlpak	24	109	140	2.04	22.99	1.49
PB&J Wafer NoHFCS 160/2.3	1 Each	30	310	210	10.0	31.0	18.0
Milk 1% LF	HALF PINT	300	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	350	63	9	0.0	15.29	0.0
Fruit Traditional Fresh Combo	ONE	350	82	1	0.89	21.12	0.27
Fruit Pears Fresh	ONE	25	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Weighted Daily Average			557	607	22.71	86.32	14.14
% of Calories					16.3%	62.0%	22.9%
Nutrient Guideline			450-600	640			

Thu - 01/31/2019							
LHS BREAKFAST	Total	730					
Break Pizza Saus Sq 128/3.31	ONE	384	210	480	9.0	26.0	7.0
Break Sausage Pancake WrapMini	3 pcs	186	182	283	6.07	15.18	9.11
Veg Potato Hash Brown Patty(1)	HashBrown Patt	186	120	260	1.0	15.0	6.0
Break Yogurt Parfait 4BerryBI	6 OZ.	72	382	230	9.19	67.94	8.08
PB&J Wafer NoHFCS 160/2.3	1 Each	30	310	210	10.0	31.0	18.0
Break Benefit Bar Variety	Bar	48	288	216	4.8	47.6	8.8
Break Cereal Assort. 18/19 HS	Bowlpak	24	109	140	2.04	22.99	1.49
Yogurt Cherry Van UpstFarms4oz	4 oz	24	90	52	3.0	18.5	0.0
PB&Grape Cup AdvPierre	1 Each	10	410	280	15.0	25.0	31.0
BREAD PRETZEL WG Heartzel	pkg	10	80	200	2.0	16.0	1.0
Milk 1% LF	HALF PINT	300	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	400	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	350	63	9	0.0	15.29	0.0
Fruit Traditional Fresh Combo	ONE	350	82	1	0.89	21.12	0.27
Fruit Pears Fresh	ONE	25	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Weighted Daily Average			468	603	18.11	73.06	11.30
% of Calories					15.5%	62.4%	21.7%
Nutrient Guideline			450-600	640			

Weighted Average			503	585	20.10 16.0%	77.71 61.7%	12.97 23.2%
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# Marysville JUSD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

LHS BREAKFAST

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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	503		450 - 600	100%					
Sodium (mg)	585		640						
Protein (g)	20.10	15.97%							
Carbohydrate (g)	77.71	61.75%							
Total Fat (g)	12.97	23.19%							

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