

Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

LHS BREAKFAST

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 03/02/2020							
LHS BREAKFAST	Total	726					
PB&Grape Uncrustables Small	serving	216	300	280	9.0	32.0	17.0
Break Scone CranOrangWG 96/3oz	Scone	96	274	186	4.0	49.0	7.7
Break Bagel Mini Strawberry	pkg	144	240	180	5.99	40.93	5.99
Break Bagel WG Western	Bagel	144	169	278	6.95	32.74	0.99
Cheese, Cream cin sugar	#30 scoops	144	111	120	2.0	11.34	6.0
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	108	136	1.95	22.81	1.64
Sunflower Seeds	1 PACK	48	170	88	5.0	6.5	14.75
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	60	8	0.0	14.14	0.0
Fruit Traditional Fresh Combo	ONE	350	73	1	0.88	18.63	0.3
Fruit Apple Slices IW 200/2oz	1 EACH	25	30	0	0.0	7.0	0.0
Fruit Pears Fresh	ONE	1	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	1	113	4	1.0	30.0	0.0
Weighted Daily Average			460	409	16.81	73.33	12.19
% of Calories					14.6%	63.7%	23.8%
Nutrient Guideline			450-600	640			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 03/03/2020							
LHS BREAKFAST	Total	703					
Break Sausage & Cheese Sand DL	1 Each	160	159	312	9.7	16.0	6.4
Break Burrito Egg/Chorizo High	1 Burrito	225	377	534	18.3	33.49	18.07
Break Banana Bread WG	1 EACH	216	348	325	4.82	50.51	14.96
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	108	136	1.95	22.81	1.64
Yogurt Danimal Strawberry 48/4	ONE	24	80	65	4.0	15.0	0.0
Break Trix Cereal Bar GM	37 GRAMS	1	150	110	2.0	30.0	3.0
Yogurt Danimal Vanilla 48/4	ONE	1	80	60	4.0	16.0	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	60	8	0.0	14.14	0.0
Fruit Traditional Fresh Combo	ONE	350	73	1	0.88	18.63	0.3
Fruit Apple Slices IW 200/2oz	1 EACH	1	30	0	0.0	7.0	0.0
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
Pkt Taco Sauce	1 PKT	200	5	96	0.0	1.01	0.0
Weighted Daily Average			505	558	20.42	74.44	14.49
% of Calories					16.2%	59.0%	25.8%
Nutrient Guideline			450-600	640			

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 03/04/2020							
LHS BREAKFAST	Total	450					
Break Biscuit EggPatty/Sausage	Sandwich	150	310	495	12.99	32.94	12.49
Veg Potato Hash Brown Patty(1)	HashBrown Patt	150	120	260	1.0	15.0	6.0
Break Muff Bat WG Ban Choc 2gr	Square	144	352	182	4.58	59.88	11.54
Bread Muffin Banana 48/4ozOtis	Muffin	72	350	240	6.0	57.0	11.0
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	1	108	136	1.95	22.81	1.64
Yogurt Danimal Strawberry 48/4	ONE	24	80	65	4.0	15.0	0.0
Milk 1% LF	HALF PINT	300	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	200	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	250	60	8	0.0	14.14	0.0
Fruit Traditional Fresh Combo	ONE	250	73	1	0.88	18.63	0.3
Fruit Apple Slices IW 200/2oz	1 EACH	20	30	0	0.0	7.0	0.0
Fruit Pears Fresh	ONE	1	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			593	568	19.73	93.95	15.59
% of Calories					13.3%	63.4%	23.7%
Nutrient Guideline			450-600	640			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 03/05/2020							
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	381	230	9.25	70.09	8.23
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	108	136	1.95	22.81	1.64
Yogurt Danimal Variety 48/4	ONE	24	80	62	4.0	15.5	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	60	8	0.0	14.14	0.0
Fruit Traditional Fresh Combo	ONE	350	73	1	0.88	18.63	0.3
Fruit Stone Variety Fresh	1 each	1	45	0	0.95	11.09	0.3
Fruit Pears Fresh	ONE	25	101	2	0.64	27.11	0.25
Fruit Grape Escape Pouch	PACK	1	45	8	0.0	11.0	0.0
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Weighted Daily Average			456	596	17.91	70.89	10.90
% of Calories					15.7%	62.2%	21.5%
Nutrient Guideline			450-600	640			

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

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 03/06/2020							
LHS BREAKFAST	Total	718					
Break Eng Muff Egg, Ssg & Chz	ONE SANDWIC	200	286	790	18.9	21.64	12.88
Break FrToastSticks WG Cargill	3 Each	200	210	310	8.0	29.0	7.0
Chicken Crispito 72/1 only	Crispito	216	270	370	12.0	23.01	14.0
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	108	136	1.95	22.81	1.64
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	60	8	0.0	14.14	0.0
Fruit Traditional Fresh Combo	ONE	350	73	1	0.88	18.63	0.3
Fruit Apple Slices IW 200/2oz	1 EACH	1	30	0	0.0	7.0	0.0
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Weighted Daily Average			476	607	21.65	69.97	12.42
% of Calories					18.2%	58.8%	23.5%
Nutrient Guideline			450-600	640			

Mon - 03/09/2020							
LHS BREAKFAST	Total	774					
PB&Grape Uncrustables Small	serving	144	300	280	9.0	32.0	17.0
Break Scone CranOrangWG 96/3oz	Scone	96	274	186	4.0	49.0	7.7
Break Bagel Mini Strawberry	pkg	1	240	180	5.99	40.93	5.99
Break Bagel WG Western	Bagel	144	169	278	6.95	32.74	0.99
Cheese, Cream cin sugar	#30 scoops	144	111	120	2.0	11.34	6.0
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	108	136	1.95	22.81	1.64
Sunflower Seeds	1 PACK	24	170	88	5.0	6.5	14.75
Break Trix Cereal Bar GM	37 GRAMS	1	150	110	2.0	30.0	3.0
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	60	8	0.0	14.14	0.0
Fruit Traditional Fresh Combo	ONE	350	73	1	0.88	18.63	0.3
Fruit Apple Slices IW 200/2oz	1 EACH	25	30	0	0.0	7.0	0.0
Fruit Pears Fresh	ONE	1	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	1	113	4	1.0	30.0	0.0
Weighted Daily Average			355	322	13.67	58.08	8.29
% of Calories					15.4%	65.5%	21.0%
Nutrient Guideline			450-600	640			

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LHS BREAKFAST

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 03/10/2020							
LHS BREAKFAST	Total	799					
Break Sausage & Cheese Sand DL	1 Each	160	159	312	9.7	16.0	6.4
Break Banana Bread WG	1 EACH	225	348	325	4.82	50.51	14.96
Break Coffee Cake WG 4.OZ	4.OZ.	216	341	351	6.02	53.19	13.05
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	108	136	1.95	22.81	1.64
Cheese String Mozz 168/1oz LOL	1 oz	24	60	200	7.0	1.0	3.0
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	60	8	0.0	14.14	0.0
Fruit Traditional Fresh Combo	ONE	350	73	1	0.88	18.63	0.3
Fruit Apple Slices IW 200/2oz	1 EACH	1	30	0	0.0	7.0	0.0
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			432	419	14.58	70.28	11.44
% of Calories					13.5%	65.1%	23.8%
Nutrient Guideline			450-600	640			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 03/11/2020							
LHS BREAKFAST	Total	450					
Break Biscuit EggPatty/Sausage	Sandwich	100	310	495	12.99	32.94	12.49
Veg Potato Hash Brown Patty(1)	HashBrown Patt	100	120	260	1.0	15.0	6.0
Break Muff Bat WG Ban Choc 2gr	Square	144	352	182	4.58	59.88	11.54
Break Buttermilk Bar WG Dave's	1 PK	160	252	205	2.8	45.0	6.7
Break Benefit Bar Variety	Bar	12	288	216	4.8	47.6	8.8
PB&J Wafer NoHFCS 160/2.3	1 Each	10	310	210	10.0	31.0	18.0
Break Cereal Assort. 18/19 HS	Bowlpak	24	108	136	1.95	22.81	1.64
Yogurt Danimal Variety 48/4	ONE	24	80	62	4.0	15.5	0.0
Milk 1% LF	HALF PINT	300	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	200	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	250	60	8	0.0	14.14	0.0
Fruit Traditional Fresh Combo	ONE	250	73	1	0.88	18.63	0.3
Fruit Pears Fresh	ONE	25	101	2	0.64	27.11	0.25
Fruit Apple Slices IW 200/2oz	1 EACH	20	30	0	0.0	7.0	0.0
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Weighted Daily Average			553	499	17.52	92.95	12.75
% of Calories					12.7%	67.2%	20.8%
Nutrient Guideline			450-600	640			

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 03/12/2020							
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	381	230	9.25	70.09	8.23
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	108	136	1.95	22.81	1.64
Yogurt Danimal Variety 48/4	ONE	24	80	62	4.0	15.5	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	60	8	0.0	14.14	0.0
Fruit Traditional Fresh Combo	ONE	350	73	1	0.88	18.63	0.3
Fruit Stone Variety Fresh	1 each	1	45	0	0.95	11.09	0.3
Fruit Pears Fresh	ONE	25	101	2	0.64	27.11	0.25
Fruit Grape Escape Pouch	PACK	1	45	8	0.0	11.0	0.0
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Weighted Daily Average			456	596	17.91	70.89	10.90
% of Calories					15.7%	62.2%	21.5%
Nutrient Guideline			450-600	640			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 03/13/2020							
LHS BREAKFAST	Total	718					
Break Ciabatta Egg, Ssg & Chz	ONE SANDWIC	200	336	670	18.9	29.65	14.38
Break FrToastSticks WG Cargill	3 Each	200	210	310	8.0	29.0	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	108	136	1.95	22.81	1.64
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	60	8	0.0	14.14	0.0
Fruit Traditional Fresh Combo	ONE	350	73	1	0.88	18.63	0.3
FRUIT PEACHES,FRESH	1 EACH	1	59	0	1.37	14.31	0.38
FRUIT PLUMS,FRESH	ONE	25	30	0	0.46	7.54	0.18
FRUIT PLUOTS,FRESH	ONE	1	30	0	0.46	7.54	0.18
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Weighted Daily Average			608	763	25.58	83.92	18.86
% of Calories					16.8%	55.2%	27.9%
Nutrient Guideline			450-600	640			

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Mon - 03/16/2020							
LHS BREAKFAST	Total	726					
PB&Grape Uncrustables Small	serving	216	300	280	9.0	32.0	17.0
Break Scone CranOrangWG 96/3oz	Scone	96	274	186	4.0	49.0	7.7
Break Bagel Mini Strawberry	pkg	144	240	180	5.99	40.93	5.99
Break Bagel WG Western	Bagel	144	169	278	6.95	32.74	0.99
Cheese, Cream cin sugar	#30 scoops	144	111	120	2.0	11.34	6.0
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	108	136	1.95	22.81	1.64
Sunflower Seeds	1 PACK	48	170	88	5.0	6.5	14.75
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	60	8	0.0	14.14	0.0
Fruit Traditional Fresh Combo	ONE	350	73	1	0.88	18.63	0.3
Fruit Apple Slices IW 200/2oz	1 EACH	25	30	0	0.0	7.0	0.0
Fruit Pears Fresh	ONE	1	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	1	113	4	1.0	30.0	0.0
Weighted Daily Average			460	409	16.81	73.33	12.19
% of Calories					14.6%	63.7%	23.8%
Nutrient Guideline			450-600	640			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 03/17/2020							
LHS BREAKFAST	Total	799					
Break Sausage & Cheese Sand DL	1 Each	160	159	312	9.7	16.0	6.4
PBJ Uncrustables Small Variety	serving	225	300	280	9.0	32.0	17.0
Break Banana Bread WG	1 EACH	216	348	325	4.82	50.51	14.96
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	108	136	1.95	22.81	1.64
Yogurt Danimal Strawberry 48/4	ONE	24	80	65	4.0	15.0	0.0
Break Trix Cereal Bar GM	37 GRAMS	1	150	110	2.0	30.0	3.0
Yogurt Danimal Vanilla 48/4	ONE	1	80	60	4.0	16.0	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	60	8	0.0	14.14	0.0
Fruit Traditional Fresh Combo	ONE	350	73	1	0.88	18.63	0.3
Fruit Apple Slices IW 200/2oz	1 EACH	1	30	0	0.0	7.0	0.0
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
Pkt Taco Sauce	1 PKT	200	5	96	0.0	1.01	0.0
Weighted Daily Average			422	420	15.35	65.07	12.45
% of Calories					14.5%	61.6%	26.5%
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	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 03/18/2020							
LHS BREAKFAST	Total	450					
Break Biscuit EggPatty/Sausage	Sandwich	150	310	495	12.99	32.94	12.49
Veg Potato Hash Brown Patty(1)	HashBrown Patt	150	120	260	1.0	15.0	6.0
Break Muff Bat WG Ban Choc 2gr	Square	144	352	182	4.58	59.88	11.54
Break Buttermilk Bar WG Dave's	1 PK	72	252	205	2.8	45.0	6.7
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	108	136	1.95	22.81	1.64
Yogurt Danimal Strawberry 48/4	ONE	24	80	65	4.0	15.0	0.0
Milk 1% LF	HALF PINT	300	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	200	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	250	60	8	0.0	14.14	0.0
Fruit Traditional Fresh Combo	ONE	250	73	1	0.88	18.63	0.3
Fruit Apple Slices IW 200/2oz	1 EACH	20	30	0	0.0	7.0	0.0
Fruit Pears Fresh	ONE	1	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			583	569	19.32	93.19	14.99
% of Calories					13.3%	63.9%	23.1%
Nutrient Guideline			450-600	640			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 03/19/2020							
LHS BREAKFAST	Total	750					
Break Pizza Saus Sq 128/3.31	ONE	384	210	480	9.0	26.0	7.0
Break Sausage Pancake WrapMini	3 pcs	192	182	283	6.07	15.18	9.11
Veg Potato Hash Brown Patty(1)	HashBrown Patt	192	120	260	1.0	15.0	6.0
Break Yogurt Parfait 4BerryBI	6 OZ.	72	381	230	9.25	70.09	8.23
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	108	136	1.95	22.81	1.64
Yogurt Danimal Variety 48/4	ONE	24	80	62	4.0	15.5	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	60	8	0.0	14.14	0.0
Fruit Traditional Fresh Combo	ONE	350	73	1	0.88	18.63	0.3
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			446	584	17.49	69.21	10.73
% of Calories					15.7%	62.1%	21.7%
Nutrient Guideline			450-600	640			

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Base Menu Spreadsheet

LHS BREAKFAST

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 03/20/2020							
LHS BREAKFAST	Total	718					
Break Biscuit Sausage & Cheese	ONE SANDWIC	200	282	580	13.12	27.08	13.4
Break FrToastSticks WG Cargill	3 Each	200	210	310	8.0	29.0	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	1	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	108	136	1.95	22.81	1.64
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	60	8	0.0	14.14	0.0
Fruit Traditional Fresh Combo	ONE	350	73	1	0.88	18.63	0.3
Fruit Stone Variety Fresh	1 each	1	45	0	0.95	11.09	0.3
Fruit Apple Slices IW 200/2oz	1 EACH	1	30	0	0.0	7.0	0.0
Fruit Grape Escape Pouch	PACK	1	45	8	0.0	11.0	0.0
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Weighted Daily Average			475	549	20.04	71.53	12.58
% of Calories					16.9%	60.2%	23.8%
Nutrient Guideline			450-600	640			

Mon - 03/23/2020							
LHS BREAKFAST	Total	774					
PB&Grape Uncrustables Small	serving	144	300	280	9.0	32.0	17.0
Break Scone CranOrangWG 96/3oz	Scone	96	274	186	4.0	49.0	7.7
Break Bagel Mini Strawberry	pkg	1	240	180	5.99	40.93	5.99
Break Bagel WG Western	Bagel	144	169	278	6.95	32.74	0.99
Cheese, Cream cin sugar	#30 scoops	144	111	120	2.0	11.34	6.0
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	108	136	1.95	22.81	1.64
Sunflower Seeds	1 PACK	24	170	88	5.0	6.5	14.75
Break Trix Cereal Bar GM	37 GRAMS	1	150	110	2.0	30.0	3.0
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	60	8	0.0	14.14	0.0
Fruit Traditional Fresh Combo	ONE	350	73	1	0.88	18.63	0.3
Fruit Apple Slices IW 200/2oz	1 EACH	25	30	0	0.0	7.0	0.0
Fruit Pears Fresh	ONE	1	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	1	113	4	1.0	30.0	0.0
Weighted Daily Average			355	322	13.67	58.08	8.29
% of Calories					15.4%	65.5%	21.0%
Nutrient Guideline			450-600	640			

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Base Menu Spreadsheet

LHS BREAKFAST

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 03/24/2020							
LHS BREAKFAST	Total	799					
Break Pancake & Saus on Stick	One	160	180	418	8.4	21.5	7.1
Break Burrito Egg/Chorizo High	1 Burrito	225	377	534	18.3	33.49	18.07
Break Coffee Cake WG 4.OZ	4.OZ.	216	341	351	6.02	53.19	13.05
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	108	136	1.95	22.81	1.64
Yogurt Danimal Strawberry 48/4	ONE	24	80	65	4.0	15.0	0.0
Break Trix Cereal Bar GM	37 GRAMS	1	150	110	2.0	30.0	3.0
Yogurt Danimal Vanilla 48/4	ONE	1	80	60	4.0	16.0	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	60	8	0.0	14.14	0.0
Fruit Traditional Fresh Combo	ONE	350	73	1	0.88	18.63	0.3
Fruit Apple Slices IW 200/2oz	1 EACH	1	30	0	0.0	7.0	0.0
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
Pkt Taco Sauce	1 PKT	200	5	96	0.0	1.01	0.0
Weighted Daily Average			446	520	18.03	67.32	12.37
% of Calories					16.2%	60.3%	24.9%
Nutrient Guideline			450-600	640			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 03/25/2020							
LHS BREAKFAST	Total	450					
Break Biscuit EggPatty/Sausage	Sandwich	150	310	495	12.99	32.94	12.49
Veg Potato Hash Brown Patty(1)	HashBrown Patt	150	120	260	1.0	15.0	6.0
Break Muff Bat WG Ban Choc 2gr	Square	144	352	182	4.58	59.88	11.54
Bread Muffin Banana 48/4ozOtis	Muffin	72	350	240	6.0	57.0	11.0
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 Trix Cereal Bar GM	37 GRAMS	24	150	110	2.0	30.0	3.0
Yogurt Danimal Strawberry 48/4	ONE	24	80	65	4.0	15.0	0.0
Milk 1% LF	HALF PINT	300	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	200	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	250	60	8	0.0	14.14	0.0
Fruit Traditional Fresh Combo	ONE	250	73	1	0.88	18.63	0.3
Fruit Apple Slices IW 200/2oz	1 EACH	20	30	0	0.0	7.0	0.0
Fruit Pears Fresh	ONE	1	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			601	573	19.83	95.49	15.75
% of Calories					13.2%	63.6%	23.6%
Nutrient Guideline			450-600	640			

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Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

LHS BREAKFAST

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 03/26/2020							
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	381	230	9.25	70.09	8.23
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	108	136	1.95	22.81	1.64
Yogurt Danimal Variety 48/4	ONE	24	80	62	4.0	15.5	0.0
Break Trix Cereal Bar GM	37 GRAMS	1	150	110	2.0	30.0	3.0
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	60	8	0.0	14.14	0.0
Fruit Traditional Fresh Combo	ONE	350	73	1	0.88	18.63	0.3
Fruit Apple Slices IW 200/2oz	1 EACH	1	30	0	0.0	7.0	0.0
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			456	596	17.91	70.91	10.90
% of Calories					15.7%	62.2%	21.5%
Nutrient Guideline			450-600	640			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 03/27/2020							
LHS BREAKFAST	Total	718					
Break Biscuit Sausage & Cheese	ONE SANDWIC	200	282	580	13.12	27.08	13.4
Break FrToastSticks WG Cargill	3 Each	200	210	310	8.0	29.0	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	1	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	108	136	1.95	22.81	1.64
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	60	8	0.0	14.14	0.0
Fruit Traditional Fresh Combo	ONE	350	73	1	0.88	18.63	0.3
Fruit Stone Variety Fresh	1 each	1	45	0	0.95	11.09	0.3
Fruit Apple Slices IW 200/2oz	1 EACH	1	30	0	0.0	7.0	0.0
Fruit Grape Escape Pouch	PACK	1	45	8	0.0	11.0	0.0
Fruit Raisins Ind Pack CDE	box	40	113	4	1.0	30.0	0.0
Weighted Daily Average			475	549	20.04	71.53	12.58
% of Calories					16.9%	60.2%	23.8%
Nutrient Guideline			450-600	640			

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Marysville JUSD

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Base Menu Spreadsheet

LHS BREAKFAST

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 03/30/2020							
LHS BREAKFAST	Total	726					
PB&Grape Uncrustables Small	serving	216	300	280	9.0	32.0	17.0
Break Scone CranOrangWG 96/3oz	Scone	96	274	186	4.0	49.0	7.7
Break Bagel Mini Strawberry	pkg	144	240	180	5.99	40.93	5.99
Break Bagel WG Western	Bagel	144	169	278	6.95	32.74	0.99
Cheese, Cream cin sugar	#30 scoops	144	111	120	2.0	11.34	6.0
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	108	136	1.95	22.81	1.64
Sunflower Seeds	1 PACK	48	170	88	5.0	6.5	14.75
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	60	8	0.0	14.14	0.0
Fruit Traditional Fresh Combo	ONE	350	73	1	0.88	18.63	0.3
Fruit Apple Slices IW 200/2oz	1 EACH	25	30	0	0.0	7.0	0.0
Fruit Pears Fresh	ONE	1	101	2	0.64	27.11	0.25
Fruit Raisins Ind Pack CDE	box	1	113	4	1.0	30.0	0.0
Weighted Daily Average			460	409	16.81	73.33	12.19
% of Calories					14.6%	63.7%	23.8%
Nutrient Guideline			450-600	640			

Tue - 03/31/2020							
LHS BREAKFAST	Total	703					
Break Sausage & Cheese Sand DL	1 Each	160	159	312	9.7	16.0	6.4
Break Burrito Egg/Chorizo High	1 Burrito	225	377	534	18.3	33.49	18.07
Break Banana Bread WG	1 EACH	216	348	325	4.82	50.51	14.96
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	108	136	1.95	22.81	1.64
Yogurt Danimal Strawberry 48/4	ONE	24	80	65	4.0	15.0	0.0
Break Trix Cereal Bar GM	37 GRAMS	1	150	110	2.0	30.0	3.0
Yogurt Danimal Vanilla 48/4	ONE	1	80	60	4.0	16.0	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	60	8	0.0	14.14	0.0
Fruit Traditional Fresh Combo	ONE	350	73	1	0.88	18.63	0.3
Fruit Apple Slices IW 200/2oz	1 EACH	1	30	0	0.0	7.0	0.0
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
Pkt Taco Sauce	1 PKT	200	5	96	0.0	1.01	0.0
Weighted Daily Average			505	558	20.42	74.44	14.49
% of Calories					16.2%	59.0%	25.8%
Nutrient Guideline			450-600	640			

Weighted Average			481	518	18.25	74.64	12.61
					15.2%	62.1%	23.6%

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Marysville JUSD

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Base Menu Spreadsheet

LHS BREAKFAST

Portion Values - Detailed

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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	481		450 - 600	100%					
Sodium (mg)	518		640						
Protein (g)	18.25	15.19%							
Carbohydrate (g)	74.64	62.10%							
Total Fat (g)	12.61	23.60%							

**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.