

Marysville JUSD

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

MHS BREAKFAST (K-12)

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							
MHS BREAKFAST (K-12)	Total	843					
Break Sausage & Cheese Sand DL	1 Each	360	159	312	9.7	16.0	6.4
Break Scone CranOrangWG 96/3oz	Scone	192	275	180	3.9	49.2	7.6
Yogurt Bluebry UpstateFarms4oz	4 oz	192	90	52	3.0	19.0	0.0
Break Pancake WG 2ea	2 pancakes	216	154	221	3.35	27.43	4.01
Break Sausage Link-1 Jennie-O	One Link	216	60	90	6.0	0.0	4.0
Break Cereal Assort 19/20 Sug6	Bowlpack	75	107	130	2.02	22.68	1.62
Sunflower Seeds	1 PACK	75	170	88	5.0	6.5	14.75
FRUIT APPLES FRESH	1 APPLE	150	75	1	0.38	20.05	0.25
Fruit Juice A&E Var 4.23oz	4.23 oz	750	60	8	0.0	14.14	0.0
Milk 1% LF	HALF PINT	150	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	300	120	150	9.0	22.0	0.0
Weighted Daily Average			363	374	13.78	58.81	8.46
% of Calories					15.2%	64.8%	21.0%
Nutrient Guideline			450-500	540			

Tue - 03/03/2020							
MHS BREAKFAST (K-12)	Total	840					
Break Banana Bread WG	1 EACH	270	348	325	4.82	50.51	14.96
Chicken Crispito 72/1 only	Crispito	288	270	370	12.0	23.01	14.0
Veg Potato Hash Brown Patty(1)	HashBrown Patt	288	120	260	1.0	15.0	6.0
Break Bagel Mini Strawberry	pkg	288	240	180	5.99	40.93	5.99
Fruit Orange - 2 halves 1/2c	1/2 c	150	50	0	1.01	12.6	0.13
Fruit Juice A&E Var 4.23oz	4.23 oz	750	60	8	0.0	14.14	0.0
Milk 1% LF	HALF PINT	150	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	300	120	150	9.0	22.0	0.0
Weighted Daily Average			456	471	13.24	68.89	14.19
% of Calories					11.6%	60.4%	28.0%
Nutrient Guideline			450-500	540			

Wed - 03/04/2020							
MHS BREAKFAST (K-12)	Total	840					
PB&J Wafer NoHFCS 160/2.3	1 Each	50	310	210	10.0	31.0	18.0
Bread Cinnamon Roll 2.25oz 2G	Roll	288	189	229	4.98	31.89	4.48
Break Canadian Ham/EggBiscuit	SANDWICH	300	199	409	7.48	26.86	6.22
Break Buttermilk Bar WG Dave's	1 PK	216	252	205	2.8	45.0	6.7
Fruit Applesauce Cup- Variety	applesauce cup	200	54	6	0.0	14.2	0.02
Fruit Juice A&E Var 4.23oz	4.23 oz	750	60	8	0.0	14.14	0.0
Milk 1% LF	HALF PINT	150	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	300	120	150	9.0	22.0	0.0
Weighted Daily Average			352	380	10.69	60.67	7.01
% of Calories					12.2%	69.0%	17.9%
Nutrient Guideline			450-500	540			

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MHS BREAKFAST (K-12)

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 03/05/2020							
MHS BREAKFAST (K-12)	Total	1					
Break Coffee Cake WG 4.OZ	4.0Z.	1	341	351	6.02	53.19	13.05
Fruit Banana Fresh	ONE	1	108	1	1.32	27.63	0.4
Fruit Juice A&E Var 4.23oz	4.23 oz	1	60	8	0.0	14.14	0.0
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			759	670	26.34	132.96	15.94
% of Calories					13.9%	70.1%	18.9%
Nutrient Guideline			450-500	540			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 03/06/2020							
MHS BREAKFAST (K-12)	Total	1					
Break Cereal Assort 19/20 Sug6	Bowlpack	1	107	130	2.02	22.68	1.62
Cracker Graham Apple Cinn Bear	Package	1	121	101	1.01	21.26	3.54
Fruit Pear Cup National	1/2 CUP	1	70	5	0.0	19.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	1	60	8	0.0	14.14	0.0
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			609	554	22.04	115.08	7.66
% of Calories					14.5%	75.6%	11.3%
Nutrient Guideline			450-500	540			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 03/10/2020							
MHS BREAKFAST (K-12)	Total	800					
Break Sausage Pancake WrapMini	3 pcs	310	182	283	6.07	15.18	9.11
Veg Potato Hash Brown Patty(1)	HashBrown Patt	310	120	260	1.0	15.0	6.0
Break Coffee Cake WG 4.OZ	4.0Z.	216	341	351	6.02	53.19	13.05
Break Cinn Sq WG Shannon's	Square	144	280	320	7.0	41.0	10.0
PB&J Wafer NoHFCS 160/2.3	1 Each	120	310	210	10.0	31.0	18.0
Milk 1% LF	HALF PINT	250	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	350	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	675	60	8	0.0	14.14	0.0
Fruit Banana Fresh	ONE	200	108	1	1.32	27.63	0.4
Pkt Syrup, Pancake 1oz	1 Pkt	372	80	0	0.0	21.0	0.0
Weighted Daily Average			514	517	14.52	81.32	14.76
% of Calories					11.3%	63.3%	25.8%
Nutrient Guideline			450-500	540			

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 03/11/2020							
MHS BREAKFAST (K-12)	Total	800					
Break Sausage & Cheese Sand DL	1 Each	300	159	312	9.7	16.0	6.4
Break Buttermilk Bar WG Dave's	1 PK	180	252	205	2.8	45.0	6.7
Break FrToastSticks WG Cargill	3 Each	300	210	310	8.0	29.0	7.0
PB&J Wafer NoHFCS 160/2.3	1 Each	75	310	210	10.0	31.0	18.0
Milk 1% LF	HALF PINT	250	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	350	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	675	60	8	0.0	14.14	0.0
Fruit Orange - 2 halves 1/2c	1/2 c	200	50	0	1.01	12.6	0.13
Pkt Syrup, Pancake 1oz	1 Pkt	200	80	0	0.0	21.0	0.0

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			400	421	15.52 15.5%	64.86 64.8%	9.03 20.3%
Nutrient Guideline			450-500	540			

Thu - 03/12/2020							
MHS BREAKFAST (K-12)	Total	824					
Break Pancake & Saus on Stick	One	160	180	418	8.4	21.5	7.1
Break Coffee Cake WG 4.OZ	4.OZ.	216	341	351	6.02	53.19	13.05
Bread Muffin Banana 72/2ozOtis	Muffin	160	170	120	3.0	29.0	5.0
Yogurt Strawberry UpstFarms4oz	4 oz	160	90	50	3.0	19.0	0.0
PB&Strawberry Uncrustables Sma	serving	216	300	280	9.0	32.0	17.0
Milk 1% LF	HALF PINT	250	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	350	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	675	60	8	0.0	14.14	0.0
FRUIT APPLES FRESH	1 APPLE	200	75	1	0.38	20.05	0.25
Pkt Syrup, Pancake 1oz	1 Pkt	240	80	0	0.0	21.0	0.0
Weighted Daily Average % of Calories			435	399	13.68 12.6%	72.59 66.8%	11.04 22.9%
Nutrient Guideline			450-500	540			

Fri - 03/13/2020							
MHS BREAKFAST (K-12)	Total	799					
Break Sausage & Cheese Sand DL	1 Each	144	159	312	9.7	16.0	6.4
Break Pizza Saus Gravy Schwan	3 oz.	320	210	330	10.01	25.01	7.0
Break Buttermilk Bar WG Dave's	1 PK	144	252	205	2.8	45.0	6.7
PB&J Wafer NoHFCS 160/2.3	1 Each	100	310	210	10.0	31.0	18.0
Break Cereal Assort. 15/16	BOWLPACK	0	110	156	1.78	22.46	2.09
BRKFST POPTARTS (One)	1 PASTRY	0	180	185	2.0	37.5	2.5
Milk 1% LF	HALF PINT	250	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	350	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	675	60	8	0.0	14.14	0.0
Fruit Peach Cup National	1/2 CUP	200	70	10	1.0	18.0	0.0
Weighted Daily Average % of Calories			358	377	14.83 16.6%	55.99 62.5%	8.20 20.6%
Nutrient Guideline			450-500	540			

Tue - 03/17/2020							
MHS BREAKFAST (K-12)	Total	828					
Break Sausage Pancake WrapMini	3 pcs	372	182	283	6.07	15.18	9.11
Veg Potato Hash Brown Patty(1)	HashBrown Patt	372	120	260	1.0	15.0	6.0
Break Sand Pancake3"/Maple Pat	ONE SANDWIC	144	152	303	8.74	17.28	4.94
Break Benefit Bar Banana Choc	Bar	192	280	220	5.0	48.0	8.0
Break Bagel Mini Strawberry	pkg	144	240	180	5.99	40.93	5.99
Milk 1% LF	HALF PINT	250	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	350	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	675	60	8	0.0	14.14	0.0
Fruit Banana Fresh	ONE	250	108	1	1.32	27.63	0.4
Pkt Syrup, Pancake 1oz	1 Pkt	372	80	0	0.0	21.0	0.0

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			476	498	14.12 11.9%	78.25 65.7%	11.42 21.6%
Nutrient Guideline			450-500	540			

Wed - 03/18/2020							
MHS BREAKFAST (K-12)	Total	803					
Break Yogurt Parfait 4BerryBI	6 OZ.	192	381	230	9.25	70.09	8.23
PB&Grape Uncrustables Small	1 serving	180	300	280	9.0	32.0	17.0
PB&J Wafer NoHFCS 160/2.3	1 Each	160	310	210	10.0	31.0	18.0
Break Buttermilk Bar WG Dave's	1 PK	216	252	205	2.8	45.0	6.7
Break Cereal Assort. 15/16	BOWLPACK	75	110	156	1.78	22.46	2.09
Cheese String Mozz 168/1oz LOL	1 oz	75	60	200	7.0	1.0	3.0
Milk 1% LF	HALF PINT	250	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	350	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	675	60	8	0.0	14.14	0.0
Fruit Mixed Berry Pop	Serving	200	83	1	0.84	20.86	0.37
Weighted Daily Average % of Calories			468	370	15.04 12.9%	76.06 65.0%	12.51 24.1%
Nutrient Guideline			450-500	540			

Thu - 03/19/2020							
MHS BREAKFAST (K-12)	Total	840					
Break Pancake WG Buttermil 2ea	2 pancakes	288	159	189	3.98	29.88	2.99
Break Sausage Link-1 Jennie-O	One Link	288	60	90	6.0	0.0	4.0
Break Burrito Egg/Chorizo High	1 Burrito	200	377	534	18.3	33.49	18.07
Bread Muffin ChocCho72/2ozOtis	Muffin	192	200	130	4.0	32.0	6.0
Yogurt Danimal Strawberry 48/4	ONE	192	80	65	4.0	15.0	0.0
PB&J Wafer NoHFCS 160/2.3	1 Each	160	310	210	10.0	31.0	18.0
Milk 1% LF	HALF PINT	250	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	350	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	675	60	8	0.0	14.14	0.0
Fruit Craisins Variety	1 EACH	200	110	0	0.0	28.0	0.0
Weighted Daily Average % of Calories			451	424	18.24 16.2%	66.83 59.3%	12.24 24.4%
Nutrient Guideline			450-500	540			

Fri - 03/20/2020							
MHS BREAKFAST (K-12)	Total	834					
Break Egg Patty & Chz Biscuit	Sandwich	200	274	629	9.98	27.86	12.97
Break Banana Bread WG	1 EACH	270	348	325	4.82	50.51	14.96
Break Beef Sausag/Chz Bagel WG	1 EACH	216	235	437	15.2	26.27	7.35
Break Cereal Assort. 15/16	BOWLPACK	100	110	156	1.78	22.46	2.09
Sunflower Seeds	1 PACK	100	170	88	5.0	6.5	14.75
Break Benefit Bar Banana Choc	Bar	48	280	220	5.0	48.0	8.0
Milk 1% LF	HALF PINT	250	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	350	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	750	60	8	0.0	14.14	0.0
FRUIT APPLES FRESH	1 APPLE	250	75	1	0.38	20.05	0.25

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			455	529	15.88 14.0%	68.83 60.5%	13.16 26.0%
Nutrient Guideline			450-500	540			

Mon - 03/23/2020							
MHS BREAKFAST (K-12)	Total	844					
Break FrToastSticks WG Cargill	3 Each	200	210	310	8.0	29.0	7.0
Break Sausage Pancake WrapMini	3 pcs	310	182	283	6.07	15.18	9.11
Veg Potato Hash Brown Patty(1)	HashBrown Patt	310	120	260	1.0	15.0	6.0
Break Pizza Saus Sq 128/3.31	Serving	256	210	480	9.0	26.0	7.0
Break Cereal Assort. 18/19 HS	Bowlpak	100	108	136	1.95	22.81	1.64
Sunflower Seeds	1 PACK	100	170	88	5.0	6.5	14.75
Fruit Juice A&E Var 4.23oz	4.23 oz	740	60	8	0.0	14.14	0.0
Milk 1% LF	HALF PINT	200	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	350	120	150	9.0	22.0	0.0
Fruit Orange - 2 halves 1/2c	1/2 c	200	50	0	1.01	12.6	0.13
Weighted Daily Average % of Calories			403	552	14.39 14.3%	57.62 57.3%	11.90 26.6%
Nutrient Guideline			450-500	540			

Tue - 03/24/2020							
MHS BREAKFAST (K-12)	Total	816					
Break Muff Bat WG App Cinn 1gr	Square	192	182	97	2.39	29.44	6.66
Yogurt Danimal Strawberry 48/4	ONE	192	80	65	4.0	15.0	0.0
Break Coffee Cake WG 4.OZ	4.OZ.	288	341	351	6.02	53.19	13.05
Break Sausage & Cheese Sand DL	1 Each	144	159	312	9.7	16.0	6.4
Break Benefit Bar Banana Choc	Bar	192	280	220	5.0	48.0	8.0
Milk 1% LF	HALF PINT	250	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	350	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	675	60	8	0.0	14.14	0.0
Fruit Kiwi 2 fruit	2 ea	200	93	5	1.73	22.28	0.79
Weighted Daily Average % of Calories			440	390	13.86 12.6%	74.85 68.1%	10.14 20.8%
Nutrient Guideline			450-500	540			

Wed - 03/25/2020							
MHS BREAKFAST (K-12)	Total	825					
Break Pizza Saus Gravy Schwan	3 oz.	320	210	330	10.01	25.01	7.0
Break Cinn Roll WG Shannon's	Roll	288	280	300	6.0	43.0	9.0
Break Buttermilk Bar WG Dave's	1 PK	180	252	205	2.8	45.0	6.7
Break Cereal Assort. 15/16	BOWLPAK	60	110	156	1.78	22.46	2.09
Sunflower Seeds	1 PACK	60	170	88	5.0	6.5	14.75
Milk 1% LF	HALF PINT	250	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	350	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	675	60	8	0.0	14.14	0.0
Fruit Apple Slices IW 200/2oz	1 EACH	250	30	0	0.0	7.0	0.0
Pkt Syrup, Pancake 1oz	1 Pkt	300	80	0	0.0	21.0	0.0
Weighted Daily Average % of Calories			432	414	13.93 12.9%	72.15 66.8%	9.30 19.4%
Nutrient Guideline			450-500	540			

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Thu - 03/26/2020							
MHS BREAKFAST (K-12)	Total	826					
Break Biscuit EggPatty/Sausage	Sandwich	300	310	495	12.99	32.94	12.49
Break Cinn Sq WG Shannon's	Square	108	280	320	7.0	41.0	10.0
Break Soft Bar Variety 1.3 oz	Bar	288	150	49	2.0	24.0	5.0
Yogurt Peach Upstate Farms 4oz	4 oz	288	90	52	3.0	19.0	0.0
PB&J Wafer NoHFCS 160/2.3	1 Each	130	310	210	10.0	31.0	18.0
Milk 1% LF	HALF PINT	250	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	350	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	675	60	8	0.0	14.14	0.0
Fruit Applesauce Cup- Variety	applesauce cup	200	54	6	0.0	14.2	0.02
Pkt Taco Sauce	1 PKT	250	5	96	0.0	1.01	0.0
Weighted Daily Average			435	439	15.79	66.66	11.18
% of Calories					14.5%	61.2%	23.1%
Nutrient Guideline			450-500	540			

Fri - 03/27/2020							
MHS BREAKFAST (K-12)	Total	829					
Break Cheese Omelet Colby	Each Serving	300	110	230	8.0	1.0	8.0
Bread Biscuit Maple 100/2.5oz	Biscuit	300	200	280	3.99	32.94	4.99
Break Bagel Mini Strawberry	pkg	288	240	180	5.99	40.93	5.99
Break Coffee Cake WG 4.OZ	4.OZ.	216	341	351	6.02	53.19	13.05
Break Cereal Assort. 15/16	BOWLPACK	25	110	156	1.78	22.46	2.09
Cheese String Mozz 168/1oz LOL	1 oz	25	60	200	7.0	1.0	3.0
Milk 1% LF	HALF PINT	250	130	160	10.0	16.0	2.5
Milk Choc Non Fat	HALF PINT	350	120	150	9.0	22.0	0.0
Fruit Juice A&E Var 4.23oz	4.23 oz	750	60	8	0.0	14.14	0.0
Fruit Strawberry Fruit Pop	Serving	200	80	0	1.0	18.94	0.0
Weighted Daily Average			453	468	15.31	72.55	11.09
% of Calories					13.5%	64.1%	22.0%
Nutrient Guideline			450-500	540			

Weighted Average			459	458	15.62	74.72	11.07
					13.6%	65.1%	21.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	459		450 - 500	100%				
Sodium (mg)	458		540					
Protein (g)	15.62	13.62%						
Carbohydrate (g)	74.72	65.14%						
Total Fat (g)	11.07	21.71%						

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.