

Base Menu Spreadsheet

Portion Values

Menu Name: K-8 K-12 BREAKFAST

Site: Report Style: Detailed

Monday

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
990104 PANCAKE, MINI IW MAPLE	PACKAGE	35	222	0.50	131	12	6.06	0.00	0	39.38	3.03	4.04	0	20.2	0.00	0.73	\$0.000
990201 VARIETY CEREAL	BOWL	40	110	0.13	144	7	1.64	0.00	0	24.32	2.26	2.00	351	100.6	4.22	5.19	\$0.000
990095 CEREAL BAR, CINN TOAST CRUNCH	BAR	30	150	0.00	115	9	3.50	0.00	0	30.00	3.00	2.00	0	200.0	0.00	1.80	\$0.000
990100 CHEWY OATMEAL BITES	PACKAGE	80	150	1.50	125	9	6.00	0.00	0	24.00	2.00	2.00	0	0.0	0.00	0.36	\$0.000
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	50	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00	0	0.0	1.20	0.36	\$0.000
990200 JUICE, APPLE	4 oz	50	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	60.00	0.00	\$0.000
990204 MILK, CHOC FF CARTON	CARTON	25	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36	\$0.000
990205 MILK,LOW FAT WHITE CARTON	CARTON	75	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
Weighted Daily Average			462	2.55	397	44	10.50	0.00	9	82.21	5.46	12.41	640	407.3	33.79	3.43	\$0.000
% of Calories				4.97%		38.1%	20.5%	0.0%		71.2%		10.7%					
Weekly Nutrient Guideline			400 - 500	<10	540		<=0										

Tuesday -

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
990103 OATMEAL, STEEL CUT	BOWL	20	186	0.30	13	20	2.00	0.00	0	39.00	3.00	4.00	0	360.0	0.00	0.36	\$0.000
990201 VARIETY CEREAL	BOWL	40	110	0.13	144	7	1.64	0.00	0	24.32	2.26	2.00	351	100.6	4.22	5.19	\$0.000
990234 BLUEBERRY MUFFIN	MUFFIN	80	190	2.00	130	16	6.00	0.00	40	30.00	2.00	3.00	0	29.0	0.00	1.00	\$0.000
990046 BUNNY GRAHAMS, ANNIE'S	1.25 OZ	40	160	0.50	110	9	6.00	0.00	0	25.00	3.00	3.00	0	25.0	0.00	6.00	\$0.000
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
990207 UHT MILK CARTON LF	CARTON	75	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000
990223 CRANBERRIES,DRIED, INDIVIDUAL	PACKAGE	50	110	0.00	0	24	0.00	0.00	0	28.00	3.00	0.00	0	0.0	0.00	0.00	\$0.000
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	50	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00	300	0.0	1.20	0.00	\$0.000
Weighted Daily Average			485	3.41	325	54	10.75	0.00	44	84.78	6.30	13.20	790	445.4	2.59	5.35	\$0.000
% of Calories				6.33%		44.5%	19.9%	0.0%		69.9%		10.9%					
Weekly Nutrient Guideline			400 - 500	<10	540		<=0										

Wednesday

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
990190 PIZZA, BREAKFAST TURKEY SAUSAGE	SLICE	60	210	2.00	350	5	7.00	0.00	15	27.00	3.00	9.00	0	146.0	0.00	1.90	\$0.000
990201 VARIETY CEREAL	BOWL	10	110	0.13	144	7	1.64	0.00	0	24.32	2.26	2.00	351	100.6	4.22	5.19	\$0.000
990096 CEREAL BAR, COCOA PUFFS	BAR	30	151	0.00	101	9	3.02	0.00	0	30.19	3.02	3.02	101	201.3	1.21	1.81	\$0.000
990100 CHEWY OATMEAL BITES	PACKAGE	40	150	1.50	125	9	6.00	0.00	0	24.00	2.00	2.00	0	0.0	0.00	0.36	\$0.000

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990159 APPLESAUCE, UNSWEETENED CANNED	1/2 CUP	100	51	0.00	2	11	0.00	0.00	0	14.00	1.00	0.00	0	0.0	0.00	0.00	\$0.000
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36	\$0.000
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
990207 UHT MILK CARTON LF	CARTON	75	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000
990239 JUICE, ORANGE	EACH	95	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00	0	10.0	60.00	0.00	\$0.000
Weighted Daily Average			443	3.31	420	44	10.17	0.00	20	75.89	4.73	15.31	565	467.5	58.08	2.35	\$0.000
% of Calories				6.72%		39.7%	20.7%	0.0%		68.5%		13.8%					
Weekly Nutrient Guideline			400 - 500	<10	540		<=0										

Thursday

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
990201 VARIETY CEREAL	BOWL	30	110	0.13	144	7	1.64	0.00	0	24.32	2.26	2.00	351	100.6	4.22	5.19	\$0.000
990046 BUNNY GRAHAMS, ANNIE'S	1.25 OZ	30	160	0.50	110	9	6.00	0.00	0	25.00	3.00	3.00	0	25.0	0.00	6.00	\$0.000
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36	\$0.000
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
990207 UHT MILK CARTON LF	CARTON	50	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	65	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00	0	0.0	37.38	0.28	\$0.000
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	65	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00	0	0.0	1.20	0.36	\$0.000

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990100 CHEWY OATMEAL BITES	PACKAGE	60	150	1.50	125	9	6.00	0.00	0	24.00	2.00	2.00	0	0.0	0.00	0.36	\$0.000
990312 OMELET COLBY CHEESE SKILLET	EACH	40	110	3.00	210	0	8.00	0.00	195	1.00	0.00	8.00	374	84.0	0.00	0.66	\$0.000
Weighted Daily Average			481	3.41	486	54	10.97	0.00	90	79.60	5.37	18.15	980	506.3	28.32	4.50	\$0.000
% of Calories				6.38%		44.9%	20.5%	0.0%		66.2%		15.1%					
Weekly Nutrient Guideline			400 - 500	<10	540		<=0										

Friday

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990077 BANANA BREAD, SLICE	SLICE	45	280	2.00	220	25	10.00	0.00	0	44.00	2.00	5.00	100	80.0	0.00	1.08	\$0.000
990201 VARIETY CEREAL	BOWL	35	110	0.13	144	7	1.64	0.00	0	24.32	2.26	2.00	351	100.6	4.22	5.19	\$0.000
990095 CEREAL BAR, CINN TOAST CRUNCH	BAR	50	150	0.00	115	9	3.50	0.00	0	30.00	3.00	2.00	0	200.0	0.00	1.80	\$0.000
990074 GOLDFISH WG CRACKER	PACKAGE	25	90	0.00	200	0	1.50	0.00	0	16.00	1.00	2.00	0	0.0	0.00	0.72	\$0.000
990177 MIXED FRUIT COCKTAIL	1/2 CUP	65	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00	200	0.0	1.20	0.00	\$0.000
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36	\$0.000
990205 MILK,LOW FAT WHITE CARTON	CARTON	70	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
990207 UHT MILK CARTON LF	CARTON	25	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00	\$0.000

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990240 VARIETY FRUIT	EACH	5	73	0.05	1	12	0.19	0.00	0	18.86	2.86	0.86	142	25.3	27.62	0.16	\$0.000
Weighted Daily Average			491	2.37	525	52	9.58	0.00	13	85.05	4.23	17.29	1105	652.5	6.04	3.62	\$0.000
% of Calories				4.34%		42.4%	17.6%	0.0%		69.3%		14.1%					
Weekly Nutrient Guideline			400 - 500	<10	540		<=0										

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	472	3	431	50	10.39	0.00	35	81.51	5.22	15.27	816	496	25.76	3.85
% of Calories		5.74%		42.4%	19.8%	0.0%		69.1%		12.9%				

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	472		400-500	100%				
Saturated Fat	3.01 g	5.74%	<10.000%					
Sodium	431 mg		540.000	80%				
Sugars	50 g	42.4%						
Total Fat	10.39 g	19.8%						
Trans Fat	0.00 g	0.0%						
Cholesterol	35 mg							
Carbohydrate	81.51 g	69.1%						
Fiber	5.22 g							
Protein	15.27 g	12.9%						
Vitamin A	816 IU							
Calcium	495.8 mg							
Vitamin C	25.76 mg							
Iron	3.85 mg							

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Portion Values

**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 - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: *The data contained within this report and the Mosaic® 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.*