

Base Menu Spreadsheet

Portion Values

Beginning Oct 15, 2018

Menu Name: K-12 BREAKFAST

Include Cost: No

Site:

Report Style: Detailed

Monday - 10/15/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990079 BAR,FRENCH TOAST BENEFIT	BAR	30	290	2.50	200	21	9.00	0.00	47.00	3.00	5.00
990201 VARIETY CEREAL	BOWL	40	110	0.13	144	7	1.64	0.00	24.32	2.26	2.00
990095 CEREAL BAR, CINN TOAST CRUNCH	BAR	70	150	0.00	115	9	3.50	0.00	30.00	3.00	2.00
990232 CHURROS, RASPBERRY	EACH	40	160	1.00	60	9	4.00	0.00	28.00	1.00	3.00
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	70	60	0.00	5	12	0.00	0.00	16.00	2.00	0.00
990200 JUICE, APPLE	4 oz	65	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	25	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	75	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00
Weighted Daily Average			496	2.33	383	50	9.28	0.00	91.83	5.70	12.90
% of Calories				4.23%		40.3%	16.8%	0.0%	74.1%		10.4%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0				

Tuesday - 10/16/2018

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Beginning Oct 15, 2018

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

Wednesday - 10/17/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990190 PIZZA, BREAKFAST TURKEY SAUSAGE	SLICE	60	210	2.00	350	5	7.00	0.00	27.00	3.00	9.00
990201 VARIETY CEREAL	BOWL	10	110	0.13	144	7	1.64	0.00	24.32	2.26	2.00
990096 CEREAL BAR, COCOA PUFFS	BAR	30	151	0.00	101	9	3.02	0.00	30.19	3.02	3.02
990100 CHEWY OATMEAL BITES	PACKAGE	40	150	1.50	125	9	6.00	0.00	24.00	2.00	2.00

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

Thursday - 10/18/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990241 OMELET AND HAM ON BISCUIT	EACH	40	185	2.75	450	4	7.75	0.00	17.00	1.00	11.00
990201 VARIETY CEREAL	BOWL	25	110	0.13	144	7	1.64	0.00	24.32	2.26	2.00
990046 BUNNY GRAHAMS, ANNIE'S	1.25 OZ	30	160	0.50	110	9	6.00	0.00	25.00	3.00	3.00
990100 CHEWY OATMEAL BITES	PACKAGE	55	150	1.50	125	9	6.00	0.00	24.00	2.00	2.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	65	90	0.00	0	18	0.00	0.00	21.93	1.99	1.00
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	65	60	0.00	5	12	0.00	0.00	16.00	2.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00

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Beginning Oct 15, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	50	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00
Weighted Daily Average			498	3.23	568	55	10.48	0.00	83.58	5.56	19.15
% of Calories				5.84%		44.2%	18.9%	0.0%	67.1%		15.4%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0				

Friday - 10/19/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)
990077 BANANA BREAD, SLICE	SLICE	40	280	2.00	220	25	10.00	0.00	44.00	2.00	5.00
990201 VARIETY CEREAL	BOWL	35	110	0.13	144	7	1.64	0.00	24.32	2.26	2.00
990096 CEREAL BAR, COCOA PUFFS	BAR	25	151	0.00	101	9	3.02	0.00	30.19	3.02	3.02
990046 BUNNY GRAHAMS, ANNIE'S	1.25 OZ	20	160	0.50	110	9	6.00	0.00	25.00	3.00	3.00
990232 CHURROS, RASPBERRY	EACH	30	160	1.00	60	9	4.00	0.00	28.00	1.00	3.00
990177 MIXED FRUIT COCKTAIL	1/2 CUP	65	60	0.00	5	12	0.00	0.00	15.00	1.00	0.00
990240 VARIETY FRUIT	EACH	5	73	0.05	1	12	0.19	0.00	18.86	2.86	0.86
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	70	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00

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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)	Carb (g)	Fiber (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	25	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00
Weighted Daily Average			498	2.67	471	53	10.11	0.00	84.80	4.04	17.80
% of Calories				4.83%		42.6%	18.3%	0.0%	68.1%		14.3%
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)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages	484	3	433	51	10.16	0.00	84.18	5.27	15.67
% of Calories		5.56%		42.1%	18.9%	0.0%	69.6%		13.0%

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	484		400-500	100%				
Saturated Fat	2.99 g	5.56%	<10.000%					
Sodium	433 mg		540.000	80%				
Sugars	51 g	42.1%						
Total Fat	10.16 g	18.9%						
Trans Fat	0.00 g	0.0%						
Carbohydrate	84.18 g	69.6%						
Fiber	5.27 g							
Protein	15.67 g	13.0%						

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.