

Base Menu Spreadsheet

Portion Values

Menu Name: GRAB N GO 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)	
990078 BAR, COCOA CHIP BENEFIT	BAR	100	270	2.50	230	21	8.00	0.00	0	48.00	5.00	5.00	0	20.0	0.00	2.70	\$0.000
990162 APPLESAUCE CUPS, PLAIN	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
990223 CRANBERRIES, DRIED, INDIVIDUAL	PACKAGE	100	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
990204 MILK, CHOC FF CARTON	CARTON	40	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	49	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	1	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
Weighted Daily Average			538	3.25	386	71	9.25	0.00	7	105.69	9.00	12.20	450	290.0	1.55	2.84	\$0.000
% of Calories				5.44%		52.8%	15.5%	0.0%		78.6%		9.1%					
Weekly Nutrient Guideline			400 - 550	<10	600		<=0										

Tuesday

	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)	
990096 CEREAL BAR, COCOA PUFFS	BAR	40	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
990095 CEREAL BAR, CINN TOAST CRUNCH	BAR	40	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

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990046 BUNNY GRAHAMS, ANNIE'S	1.25 OZ	120	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
990240 VARIETY FRUIT	EACH	100	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
990180 ORANGE	EACH	100	60	0.00	0	12	0.00	0.00	0	15.00	3.00	1.00	300	60.0	72.00	0.00	\$0.000
990204 MILK, CHOC FF CARTON	CARTON	50	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	50	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	0	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
Weighted Daily Average			566	1.40	396	60	11.25	0.00	8	105.94	11.86	15.46	982	575.8	101.91	8.99	\$0.000
% of Calories				2.23%		42.4%	17.9%	0.0%		74.9%		10.9%					
Weekly Nutrient Guideline			400 - 550	<10	600		<=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)	
990077 BANANA BREAD, SLICE	SLICE	100	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
990163 CRANBERRIES,DRIED, INDIVIDUAL	PACKAGE	100	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
990239 JUICE, ORANGE	EACH	80	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
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

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990204 MILK, CHOC FF CARTON	CARTON	50	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
Weighted Daily Average			545	2.75	390	76	11.25	0.00	8	99.90	5.00	13.00	600	388.0	49.20	1.26	\$0.000
% of Calories				4.54%		55.8%	18.6%	0.0%		73.3%		9.5%					
Weekly Nutrient Guideline			400 - 550	<10	600		<=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	50	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	50	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
990187 BANANAS,RAW	EACH	75	121	0.15	1	17	0.45	0.00	0	31.06	3.54	1.48	87	6.8	11.83	0.35	\$0.000
990240 VARIETY FRUIT	EACH	251	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
990204 MILK, CHOC FF CARTON	CARTON	50	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	50	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	0	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
Weighted Daily Average			530	1.31	307	69	5.88	0.00	8	113.30	12.45	13.76	1097	431.4	82.11	6.45	\$0.000
% of Calories				2.22%		52.1%	10.0%	0.0%		85.5%		10.4%					
Weekly Nutrient Guideline			400 - 550	<10	600		<=0										

Friday

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Portion Values

	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)	
990079 BAR,FRENCH TOAST BENEFIT	BAR	100	290	2.50	200	21	9.00	0.00	25	47.00	3.00	5.00	0	40.0	0.00	1.80	\$0.000
990200 JUICE, APPLE	4 oz	85	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
990240 VARIETY FRUIT	EACH	85	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
990204 MILK, CHOC FF CARTON	CARTON	50	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	49	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	1	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
Weighted Daily Average			523	3.30	386	60	10.41	0.00	33	92.92	5.43	13.73	621	361.5	76.27	2.12	\$0.000
% of Calories				5.68%		45.9%	17.9%	0.0%		71.1%		10.5%					
Weekly Nutrient Guideline			400 - 550	<10	600		<=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			540	2	373	67	9.61	0.00	13	103.55	8.75	13.63	750	409	62.21	4.33	
% of Calories				4.00%		49.6%	16.0%	0.0%		76.7%		10.1%					

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	540		400-550	100%				
Saturated Fat	2.40 g	4.00%	<10.000%					
Sodium	373 mg		600.000	62%				
Sugars	67 g	49.6%						
Total Fat	9.61 g	16.0%						
Trans Fat	0.00 g	0.0%						
Cholesterol	13 mg							

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Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Carbohydrate	103.55 g	76.7%						
Fiber	8.75 g							
Protein	13.63 g	10.1%						
Vitamin A	750 IU							
Calcium	409.3 mg							
Vitamin C	62.21 mg							
Iron	4.33 mg							

**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.