

# Base Menu Spreadsheet

## Portion Values

2018

**Menu Name:** BREAKFAST/ HS & SO PREP

**Site:** **Report Style:** Detailed

### Monday

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990079 BAR,FRENCH TOAST BENEFIT	BAR	25	290	2.50	200	21	9.00	0.00	25	47.00	3.00	5.00	0	40.0	0.00	1.80
990104 PANCAKE, MINI IW MAPLE	PACKAGE	25	222	0.50	131	12	6.06	0.00	0	39.38	3.03	4.04	0	20.2	0.00	0.73
990046 BUNNY GRAHAMS, ANNIE'S	1.25 OZ	25	160	0.50	110	9	6.00	0.00	0	25.00	3.00	3.00	0	25.0	0.00	6.00
990100 CHEWY OATMEAL BITES	PACKAGE	25	150	1.50	125	9	6.00	0.00	0	24.00	2.00	2.00	0	0.0	0.00	0.36
990234 BLUEBERRY MUFFIN	MUFFIN	50	190	2.00	130	16	6.00	0.00	40	30.00	2.00	3.00	0	29.0	0.00	1.00
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	75	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00	0	0.0	1.20	0.36
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
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	24	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
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
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

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	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990216 PORK, SAUSAGE LINKS, COOKED	LINKS	25	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00	0	0.0	0.00	2.00
Weighted Daily Average			557	3.39	479	61	12.30	0.00	39	95.67	5.48	14.96	535	345.9	54.41	4.28
% of Calories				5.48%		43.8%	19.9%	0.0%		68.7%		10.7%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

## Tuesday

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990309 CHEESE STICK, MOZZARELLA CN 2 STICKS	SERVING (2)	25	300	6.00	640	4	12.00	0.00	30	34.01	2.00	16.00	0	300.1	0.00	1.44
990077 BANANA BREAD, SLICE	SLICE	25	280	2.00	220	25	10.00	0.00	0	44.00	2.00	5.00	100	80.0	0.00	1.08
990242 YOGURT, NF SINGLE SERVE MIXED FLAVORS	CONTAINER 4 OZ	25	90	0.00	50	5	0.00	0.00	0	19.00	0.00	3.00	0	300.0	1.20	0.00
990046 BUNNY GRAHAMS, ANNIE'S	1.25 OZ	25	160	0.50	110	9	6.00	0.00	0	25.00	3.00	3.00	0	25.0	0.00	6.00
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	65	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00	300	0.0	1.20	0.00
990223 CRANBERRIES, DRIED, INDIVIDUAL	PACKAGE	65	110	0.00	0	24	0.00	0.00	0	28.00	3.00	0.00	0	0.0	0.00	0.00
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
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
990201 VARIETY CEREAL	BOWL	5	110	0.13	144	7	1.64	0.00	0	24.32	2.26	2.00	351	100.6	4.22	5.19
990095 CEREAL BAR, CINN TOAST CRUNCH	BAR	25	150	0.00	115	9	3.50	0.00	0	30.00	3.00	2.00	0	200.0	0.00	1.80

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	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990096 CEREAL BAR, COCOA PUFFS	BAR	25	151	0.00	101	9	3.02	0.00	0	30.19	3.02	3.02	101	201.3	1.21	1.81
990210 DIPPING SAUCE - (4 OZ)	4 OZ	25	50	0.01	309	9	0.02	0.00	0	11.23	2.16	1.15	501	7.7	3.62	0.93
Weighted Daily Average			530	2.51	589	60	9.34	0.00	14	96.22	6.51	15.99	863	568.6	4.48	3.78
% of Calories				4.26%		45.3%	15.9%	0.0%		72.6%		12.1%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

## Wednesday

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990190 PIZZA, BREAKFAST TURKEY SAUSAGE	SLICE	25	210	2.00	350	5	7.00	0.00	15	27.00	3.00	9.00	0	146.0	0.00	1.90
990079 BAR,FRENCH TOAST BENEFIT	BAR	25	290	2.50	200	21	9.00	0.00	25	47.00	3.00	5.00	0	40.0	0.00	1.80
990201 VARIETY CEREAL	BOWL	20	110	0.13	144	7	1.64	0.00	0	24.32	2.26	2.00	351	100.6	4.22	5.19
990046 BUNNY GRAHAMS, ANNIE'S	1.25 OZ	20	160	0.50	110	9	6.00	0.00	0	25.00	3.00	3.00	0	25.0	0.00	6.00
990100 CHEWY OATMEAL BITES	PACKAGE	20	150	1.50	125	9	6.00	0.00	0	24.00	2.00	2.00	0	0.0	0.00	0.36
990095 CEREAL BAR, CINN TOAST CRUNCH	BAR	20	150	0.00	115	9	3.50	0.00	0	30.00	3.00	2.00	0	200.0	0.00	1.80
990096 CEREAL BAR, COCOA PUFFS	BAR	20	151	0.00	101	9	3.02	0.00	0	30.19	3.02	3.02	101	201.3	1.21	1.81
990159 APPLESAUCE, UNSWEETENED CANNED	1/2 CUP	95	51	0.00	2	11	0.00	0.00	0	14.00	1.00	0.00	0	0.0	0.00	0.00
990239 JUICE, ORANGE	EACH	100	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00	0	10.0	60.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36

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	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
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
Weighted Daily Average			493	1.93	462	57	8.66	0.00	16	92.00	5.11	13.90	590	461.9	63.18	4.23
% of Calories				3.52%		46.2%	15.8%	0.0%		74.6%		11.3%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

## Thursday

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990077 BANANA BREAD, SLICE	SLICE	25	280	2.00	220	25	10.00	0.00	0	44.00	2.00	5.00	100	80.0	0.00	1.08
990244 OMELET W/ BACON & BISCUIT	EACH	25	180	3.00	385	3	9.00	0.00	102	16.50	1.00	8.00	187	142.0	1.20	1.05
990201 VARIETY CEREAL	BOWL	25	110	0.13	144	7	1.64	0.00	0	24.32	2.26	2.00	351	100.6	4.22	5.19
990242 YOGURT, NF SINGLE SERVE MIXED FLAVORS	CONTAINER 4 OZ	25	90	0.00	50	5	0.00	0.00	0	19.00	0.00	3.00	0	300.0	1.20	0.00
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
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
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
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
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

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## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			466	1.98	456	53	8.91	0.00	32	83.06	5.41	14.65	660	468.2	28.71	5.50
% of Calories				3.82%		45.5%	17.2%	0.0%		71.3%		12.6%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

## Friday

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990190 PIZZA, BREAKFAST TURKEY SAUSAGE	SLICE	30	210	2.00	350	5	7.00	0.00	15	27.00	3.00	9.00	0	146.0	0.00	1.90
990050 FRENCH TOAST STICKS	3 STICKS	20	211	2.01	291	11	9.02	0.00	105	26.07	2.00	8.02	2	59.2	0.60	1.00
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
990100 CHEWY OATMEAL BITES	PACKAGE	20	150	1.50	125	9	6.00	0.00	0	24.00	2.00	2.00	0	0.0	0.00	0.36
990095 CEREAL BAR, CINN TOAST CRUNCH	BAR	20	150	0.00	115	9	3.50	0.00	0	30.00	3.00	2.00	0	200.0	0.00	1.80
990096 CEREAL BAR, COCOA PUFFS	BAR	20	151	0.00	101	9	3.02	0.00	0	30.19	3.02	3.02	101	201.3	1.21	1.81
990234 BLUEBERRY MUFFIN	MUFFIN	30	190	2.00	130	16	6.00	0.00	40	30.00	2.00	3.00	0	29.0	0.00	1.00
990177 MIXED FRUIT COCKTAIL	1/2 CUP	100	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00	200	0.0	1.20	0.00
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
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	24	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00

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## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
990133 PORK, SAUSAGE LINKS, COOKED	LINKS	20	50	1.50	85	0	3.50	0.00	12	0.00	0.00	3.50	0	0.0	0.00	1.00
Weighted Daily Average			532	2.64	511	59	9.89	0.00	46	95.94	7.59	16.36	897	479.9	31.69	3.02
% of Calories				4.47%		44.4%	16.7%	0.0%		72.1%		12.3%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	516	2	499	58	9.82	0.00	29	92.58	6.02	15.17	709	465	36.49	4.16
% of Calories		4.34%		45.0%	17.1%	0.0%		71.8%		11.8%				

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	516		450-600	100%				
Saturated Fat	2.49 g	4.34%	<10.000%					
Sodium	499 mg		640.000	78%				
Sugars	58 g	45.0%						
Total Fat	9.82 g	17.1%						
Trans Fat	0.00 g	0.0%						
Cholesterol	29 mg							
Carbohydrate	92.58 g	71.8%						
Fiber	6.02 g							
Protein	15.17 g	11.8%						
Vitamin A	709 IU							
Calcium	464.9 mg							
Vitamin C	36.49 mg							
Iron	4.16 mg							

# Base Menu Spreadsheet

## Portion Values

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*\*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*

*<sup>1</sup> - denotes required nutrient values*

*<sup>2</sup> - 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.*