

Base Menu Spreadsheet

Weighted Values

January 2019

Menu Name: GRAB N GO BREAKFAST

Include Cost: No

Site:

Report Style: Detailed

Monday

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)
990234 BLUEBERRY MUFFIN	MUFFIN	100	190	2.00	130	16	6.00	0.00	40	30.00	2.00	3.00	0
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	CUP	100	51	0.00	2	11	0.00	0.00	0	14.00	1.00	0.00	0
990223 CRANBERRIES,DRIED, INDIVIDUAL	PACKAGE	100	110	0.00	0	24	0.00	0.00	0	28.00	3.00	0.00	0
990204 MILK, CHOC FF CARTON	CARTON	85	110	0.00	196	19	0.00	0.00	4	19.55	0.00	6.80	425
990205 MILK,LOW FAT WHITE CARTON	CARTON	10	11	0.15	12	1	0.25	0.00	1	1.30	0.00	0.80	50
990207 UHT MILK CARTON LF	CARTON	5	5	0.08	6	1	0.12	0.00	1	0.60	0.00	0.40	25
Weighted Daily Average			478	2.22	346	72	6.38	0.00	46	93.45	6.00	11.00	500
% of Calories				4.18%		60.3%	12.0%	0.0%		78.2%		9.2%	
Weekly Nutrient Guideline			400 - 550	<10	600		<=0						

Tuesday

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)
990096 CEREAL BAR, COCOA PUFFS	BAR	40	60	0.00	40	4	1.21	0.00	0	12.08	1.21	1.21	40
990095 CEREAL BAR, CINN TOAST CRUNCH	BAR	40	60	0.00	46	4	1.40	0.00	0	12.00	1.20	0.80	0

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990046 BUNNY GRAHAMS, ANNIE'S	1.25 OZ	120	192	0.60	132	11	7.20	0.00	0	30.00	3.60	3.60	0
990240 VARIETY FRUIT	EACH	100	73	0.05	1	12	0.19	0.00	0	18.86	2.86	0.86	142
990180 ORANGE	EACH	100	60	0.00	0	12	0.00	0.00	0	15.00	3.00	1.00	300
990204 MILK, CHOC FF CARTON	CARTON	50	65	0.00	115	11	0.00	0.00	2	11.50	0.00	4.00	250
990205 MILK,LOW FAT WHITE CARTON	CARTON	50	55	0.75	62	6	1.25	0.00	5	6.50	0.00	4.00	250
990207 UHT MILK CARTON LF	CARTON	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0
Weighted Daily Average			566	1.40	396	60	11.25	0.00	8	105.94	11.86	15.46	982
% of Calories				2.23%		42.4%	17.9%	0.0%		74.9%		10.9%	
Weekly Nutrient Guideline			400 - 550	<10	600		<=0						

Wednesday

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)
990077 BANANA BREAD, SLICE	SLICE	100	280	2.00	220	25	10.00	0.00	0	44.00	2.00	5.00	100
990163 CRANBERRIES,DRIED, INDIVIDUAL	PACKAGE	100	110	0.00	0	24	0.00	0.00	0	28.00	3.00	0.00	0
990239 JUICE, ORANGE	EACH	80	40	0.00	0	10	0.00	0.00	0	10.40	0.00	0.00	0
990207 UHT MILK CARTON LF	CARTON	50	50	0.75	55	6	1.25	0.00	6	6.00	0.00	4.00	250

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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)
990204 MILK, CHOC FF CARTON	CARTON	50	65	0.00	115	11	0.00	0.00	2	11.50	0.00	4.00	250
Weighted Daily Average			545	2.75	390	76	11.25	0.00	8	99.90	5.00	13.00	600
% of Calories				4.54%		55.8%	18.6%	0.0%		73.3%		9.5%	
Weekly Nutrient Guideline			400 - 550	<10	600		<=0						

Thursday

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)
990201 VARIETY CEREAL	BOWL	50	55	0.06	72	4	0.82	0.00	0	12.16	1.13	1.00	176
990046 BUNNY GRAHAMS, ANNIE'S	1.25 OZ	50	80	0.25	55	4	3.00	0.00	0	12.50	1.50	1.50	0
990187 BANANAS,RAW	EACH	75	91	0.11	1	12	0.34	0.00	0	23.30	2.65	1.11	65
990240 VARIETY FRUIT	EACH	251	184	0.14	2	31	0.48	0.00	0	47.35	7.17	2.15	356
990204 MILK, CHOC FF CARTON	CARTON	50	65	0.00	115	11	0.00	0.00	2	11.50	0.00	4.00	250
990205 MILK,LOW FAT WHITE CARTON	CARTON	50	55	0.75	62	6	1.25	0.00	5	6.50	0.00	4.00	250
990207 UHT MILK CARTON LF	CARTON	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0
Weighted Daily Average			530	1.31	307	69	5.88	0.00	8	113.30	12.45	13.76	1097
% of Calories				2.22%		52.1%	10.0%	0.0%		85.5%		10.4%	
Weekly Nutrient Guideline			400 - 550	<10	600		<=0						

Friday

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted 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)
990079 BAR,FRENCH TOAST BENEFIT	BAR	100	290	2.50	200	21	9.00	0.00	25	47.00	3.00	5.00	0
990200 JUICE, APPLE	4 oz	85	51	0.00	8	11	0.00	0.00	0	11.90	0.00	0.00	0
990240 VARIETY FRUIT	EACH	85	62	0.05	1	11	0.16	0.00	0	16.03	2.43	0.73	121
990204 MILK, CHOC FF CARTON	CARTON	50	65	0.00	115	11	0.00	0.00	2	11.50	0.00	4.00	250
990205 MILK,LOW FAT WHITE CARTON	CARTON	49	54	0.74	61	6	1.22	0.00	5	6.37	0.00	3.92	245
990207 UHT MILK CARTON LF	CARTON	1	1	0.02	1	0	0.02	0.00	0	0.12	0.00	0.08	5
Weighted Daily Average			523	3.30	386	60	10.41	0.00	33	92.92	5.43	13.73	621
% 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)
Weighted Averages	528	2	365	67	9.03	0.00	21	101.10	8.15	13.39	760
% of Calories		3.75%		50.8%	15.4%	0.0%		76.6%		10.1%	

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	528		400-550	100%				
Saturated Fat	2.20 g	3.75%	<10.000%					
Sodium	365 mg		600.000	61%				
Sugars	67 g	50.8%						
Total Fat	9.03 g	15.4%						
Trans Fat	0.00 g	0.0%						
Cholesterol	21 mg							

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Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Carbohydrate	101.10 g	76.6%						
Fiber	8.15 g							
Protein	13.39 g	10.1%						
Vitamin A	760 IU							

**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.