

Base Menu Spreadsheet

Portion Values

January 2019

Menu Name: BREAKFAST/ HS & SO PREP

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)
990079 BAR,FRENCH TOAST BENEFIT	BAR	25	290	2.50	200	21	9.00	0.00	25	47.00	3.00	5.00	0
990077 BANANA BREAD, SLICE	SLICE	25	280	2.00	220	25	10.00	0.00	0	44.00	2.00	5.00	100
990201 VARIETY CEREAL	BOWL	10	110	0.13	144	7	1.64	0.00	0	24.32	2.26	2.00	351
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
990100 CHEWY OATMEAL BITES	PACKAGE	45	150	1.50	125	9	6.00	0.00	0	24.00	2.00	2.00	0
990234 BLUEBERRY MUFFIN	MUFFIN	25	190	2.00	130	16	6.00	0.00	40	30.00	2.00	3.00	0
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	95	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00	0
990200 JUICE, APPLE	4 oz	85	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
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
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
Weighted Daily Average			533	2.79	447	64	10.94	0.00	23	96.07	5.38	12.95	560
% of Calories				4.71%		48.0%	18.5%	0.0%		72.1%		9.7%	
Weekly Nutrient Guideline			450 - 600	<10	640		<=0						

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Portion Values

January 2019

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)
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
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
990377 WAFFLE, DUTCH	WAFFLE	20	300	3.00	350	12	13.00	0.00	20	43.00	3.00	4.00	0
990201 VARIETY CEREAL	BOWL	20	110	0.13	144	7	1.64	0.00	0	24.32	2.26	2.00	351
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
990242 YOGURT, NF SINGLE SERVE MIXED FLAVORS	CONTAINER 4 OZ	30	90	0.00	50	5	0.00	0.00	0	19.00	0.00	3.00	0
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
990096 CEREAL BAR, COCOA PUFFS	BAR	25	151	0.00	101	9	3.02	0.00	0	30.19	3.02	3.02	101
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	60	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00	300
990223 CRANBERRIES, DRIED, INDIVIDUAL	PACKAGE	75	110	0.00	0	24	0.00	0.00	0	28.00	3.00	0.00	0
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
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
Weighted Daily Average			549	2.63	628	59	9.69	0.00	18	100.52	7.20	15.99	876
% of Calories				4.31%		43.0%	15.9%	0.0%		73.2%		11.7%	
Weekly Nutrient Guideline			450 - 600	<10	640		<=0						

Wednesday Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

January 2019

	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)
990190 PIZZA, BREAKFAST TURKEY SAUSAGE	SLICE	25	210	2.00	350	5	7.00	0.00	15	27.00	3.00	9.00	0
990079 BAR,FRENCH TOAST BENEFIT	BAR	25	290	2.50	200	21	9.00	0.00	25	47.00	3.00	5.00	0
990201 VARIETY CEREAL	BOWL	20	110	0.13	144	7	1.64	0.00	0	24.32	2.26	2.00	351
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
990100 CHEWY OATMEAL BITES	PACKAGE	20	150	1.50	125	9	6.00	0.00	0	24.00	2.00	2.00	0
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
990096 CEREAL BAR, COCOA PUFFS	BAR	20	151	0.00	101	9	3.02	0.00	0	30.19	3.02	3.02	101
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
990239 JUICE, ORANGE	EACH	100	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00	0
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
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
990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
Weighted Daily Average			495	1.93	462	58	8.66	0.00	16	92.70	5.16	13.90	590
% of Calories				3.51%		46.9%	15.7%	0.0%		74.9%		11.2%	
Weekly Nutrient Guideline			450 - 600	<10	640		<=0						

Thursday

Reimbursable Meal Total 100

Base Menu Spreadsheet

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)
990244 OMELET W/ BACON & BISCUIT	EACH	15	180	3.00	385	3	9.00	0.00	102	16.50	1.00	8.00	187
990378 TAQUITO, BREAKFAST MAPLE, EGG SAUSAGE	TAQUITO	15	180	1.50	260	4	7.00	0.00	40	24.00	2.00	7.00	2
990077 BANANA BREAD, SLICE	SLICE	25	280	2.00	220	25	10.00	0.00	0	44.00	2.00	5.00	100
990201 VARIETY CEREAL	BOWL	25	110	0.13	144	7	1.64	0.00	0	24.32	2.26	2.00	351
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
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
990232 CHURROS, RASPBERRY	EACH	50	160	1.00	60	9	4.00	0.00	0	28.00	1.00	3.00	0
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
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	65	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00	0
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
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
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
Weighted Daily Average			555	2.41	486	58	11.06	0.00	28	99.01	6.11	16.40	641
% of Calories				3.91%		41.8%	17.9%	0.0%		71.4%		11.8%	
Weekly Nutrient Guideline			450 - 600	<10	640		<=0						

Friday

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

January 2019

	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)
990190 PIZZA, BREAKFAST TURKEY SAUSAGE	SLICE	30	210	2.00	350	5	7.00	0.00	15	27.00	3.00	9.00	0
990050 FRENCH TOAST STICKS	3 STICKS	20	211	2.01	291	11	9.02	0.00	105	26.07	2.00	8.02	2
990133 PORK, SAUSAGE LINKS, COOKED	LINKS	20	50	1.50	85	0	3.50	0.00	12	0.00	0.00	3.50	0
990201 VARIETY CEREAL	BOWL	10	110	0.13	144	7	1.64	0.00	0	24.32	2.26	2.00	351
990100 CHEWY OATMEAL BITES	PACKAGE	20	150	1.50	125	9	6.00	0.00	0	24.00	2.00	2.00	0
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
990096 CEREAL BAR, COCOA PUFFS	BAR	20	151	0.00	101	9	3.02	0.00	0	30.19	3.02	3.02	101
990234 BLUEBERRY MUFFIN	MUFFIN	30	190	2.00	130	16	6.00	0.00	40	30.00	2.00	3.00	0
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
990240 VARIETY FRUIT	EACH	100	73	0.05	1	12	0.19	0.00	0	18.86	2.86	0.86	142
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
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
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
Weighted Daily Average			532	2.64	511	59	9.89	0.00	46	95.94	7.59	16.36	897
% of Calories				4.47%		44.4%	16.7%	0.0%		72.1%		12.3%	
Weekly Nutrient Guideline			450 - 600	<10	640		<=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			533	2	507	60	10.05	0.00	26	96.85	6.29	15.12	713

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% of Calories				4.19%		45.0%	17.0%	0.0%		72.7%		11.3%	
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Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	533		450-600	100%				
Saturated Fat	2.48 g	4.19%	<10.000%					
Sodium	507 mg		640.000	79%				
Sugars	60 g	45.0%						
Total Fat	10.05 g	17.0%						
Trans Fat	0.00 g	0.0%						
Cholesterol	26 mg							
Carbohydrate	96.85 g	72.7%						
Fiber	6.29 g							
Protein	15.12 g	11.3%						
Vitamin A	713 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.