

Base Menu Spreadsheet

Portion Values

January 2019

Menu Name: K-8 K-12 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)
990079 BAR,FRENCH TOAST BENEFIT	BAR	30	290	2.50	200	21	9.00	0.00	25	47.00	3.00	5.00	0
990201 VARIETY CEREAL	BOWL	40	110	0.13	144	7	1.64	0.00	0	24.32	2.26	2.00	351
990095 CEREAL BAR, CINN TOAST CRUNCH	BAR	70	150	0.00	115	9	3.50	0.00	0	30.00	3.00	2.00	0
990232 CHURROS, RASPBERRY	EACH	40	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	70	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00	0
990200 JUICE, APPLE	4 oz	65	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0
990204 MILK, CHOC FF CARTON	CARTON	25	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
990205 MILK,LOW FAT WHITE CARTON	CARTON	75	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500
Weighted Daily Average			496	2.33	383	50	9.28	0.00	16	91.83	5.70	12.90	640
% of Calories				4.23%		40.3%	16.8%	0.0%		74.1%		10.4%	
Weekly Nutrient Guideline			400 - 500	<10	540		<=0						

Tuesday

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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)
990378 TAQUITO, BREAKFAST MAPLE, EGG SAUSAGE	TAQUITO	40	180	1.50	260	4	7.00	0.00	40	24.00	2.00	7.00	2
990201 VARIETY CEREAL	BOWL	40	110	0.13	144	7	1.64	0.00	0	24.32	2.26	2.00	351
990234 BLUEBERRY MUFFIN	MUFFIN	80	190	2.00	130	16	6.00	0.00	40	30.00	2.00	3.00	0
990046 BUNNY GRAHAMS, ANNIE'S	1.25 OZ	40	160	0.50	110	9	6.00	0.00	0	25.00	3.00	3.00	0
990223 CRANBERRIES, DRIED, INDIVIDUAL	PACKAGE	25	110	0.00	0	24	0.00	0.00	0	28.00	3.00	0.00	0
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	50	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00	300
990207 UHT MILK CARTON LF	CARTON	75	100	1.50	110	12	2.50	0.00	12	12.00	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			492	3.95	426	45	13.15	0.00	60	79.58	5.75	15.20	791
% of Calories				7.23%		36.6%	24.1%	0.0%		64.7%		12.4%	
Weekly Nutrient Guideline			400 - 500	<10	540		<=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)
990190 PIZZA, BREAKFAST TURKEY SAUSAGE	SLICE	60	210	2.00	350	5	7.00	0.00	15	27.00	3.00	9.00	0
990201 VARIETY CEREAL	BOWL	10	110	0.13	144	7	1.64	0.00	0	24.32	2.26	2.00	351
990096 CEREAL BAR, COCOA PUFFS	BAR	30	151	0.00	101	9	3.02	0.00	0	30.19	3.02	3.02	101

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990100 CHEWY OATMEAL BITES	PACKAGE	40	150	1.50	125	9	6.00	0.00	0	24.00	2.00	2.00	0
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
990204 MILK, CHOC FF CARTON	CARTON	0	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	75	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
990239 JUICE, ORANGE	EACH	95	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00	0
Weighted Daily Average			443	3.31	420	44	10.17	0.00	20	75.89	4.73	15.31	565
% of Calories				6.72%		39.7%	20.7%	0.0%		68.5%		13.8%	
Weekly Nutrient Guideline			400 - 500	<10	540		<=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)
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	65	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
990100 CHEWY OATMEAL BITES	PACKAGE	55	150	1.50	125	9	6.00	0.00	0	24.00	2.00	2.00	0
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	45	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00	0
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	60	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00	0

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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	50	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
Weighted Daily Average			499	2.76	510	54	10.34	0.00	16	88.67	6.02	16.00	953
% of Calories				4.98%		43.3%	18.6%	0.0%		71.1%		12.8%	
Weekly Nutrient Guideline			400 - 500	<10	540		<=0						

Friday

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	40	280	2.00	220	25	10.00	0.00	0	44.00	2.00	5.00	100
990201 VARIETY CEREAL	BOWL	35	110	0.13	144	7	1.64	0.00	0	24.32	2.26	2.00	351
990096 CEREAL BAR, COCOA PUFFS	BAR	25	151	0.00	101	9	3.02	0.00	0	30.19	3.02	3.02	101
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
990232 CHURROS, RASPBERRY	EACH	30	160	1.00	60	9	4.00	0.00	0	28.00	1.00	3.00	0
990177 MIXED FRUIT COCKTAIL	1/2 CUP	65	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00	200
990240 VARIETY FRUIT	EACH	5	73	0.05	1	12	0.19	0.00	0	18.86	2.86	0.86	142
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
990205 MILK,LOW FAT WHITE CARTON	CARTON	70	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500

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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)
990207 UHT MILK CARTON LF	CARTON	25	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
Weighted Daily Average			498	2.67	471	53	10.11	0.00	13	84.80	4.04	17.80	1125
% 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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)
Weighted Averages	486	3	442	49	10.61	0.00	25	84.15	5.25	15.44	815
% of Calories		5.56%		40.3%	19.6%	0.0%		69.3%		12.7%	

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	486		400-500	100%				
Saturated Fat	3.00 g	5.56%	<10.000%					
Sodium	442 mg		540.000	82%				
Sugars	49 g	40.3%						
Total Fat	10.61 g	19.6%						
Trans Fat	0.00 g	0.0%						
Cholesterol	25 mg							
Carbohydrate	84.15 g	69.3%						
Fiber	5.25 g							
Protein	15.44 g	12.7%						
Vitamin A	815 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.