

Base Menu Spreadsheet

Portion Values

August 2019

Menu Name: BREAKFAST/ HIGH SCHOOLS

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)	Calc ^m (mg)	Vit-C (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
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
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
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
990100 CHEWY OATMEAL BITES	PACKAGE	45	150	1.50	125	9	6.00	0.00	0	24.00	2.00	2.00	0	0.0	0.00
990234 BLUEBERRY MUFFIN	MUFFIN	25	190	2.00	130	16	6.00	0.00	40	30.00	2.00	3.00	0	29.0	0.00
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	0.0	1.20
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
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
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
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
Weighted Daily Average			533	2.79	447	64	10.94	0.00	23	96.07	5.38	12.95	560	352.3	54.65
% of Calories				4.71%		48.0%	18.5%	0.0%		72.1%		9.7%			
Weekly Nutrient Guideline			450 - 600	<10	640		<=0								

Base Menu Spreadsheet

Portion Values

August 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)	Calc (mg)	Vit-C (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
990210 DIPPING SAUCE - (4 OZ)	4 OZ	25	78	1.42	429	9	2.15	0.00	0	11.23	2.16	3.99	501	92.8	3.62
990377 WAFFLE, DUTCH	WAFFLE	20	300	3.00	350	12	13.00	0.00	20	43.00	3.00	4.00	0	4.0	0.00
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
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
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
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
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	0.0	1.20
990223 CRANBERRIES, DRIED, INDIVIDUAL	PACKAGE	75	110	0.00	0	24	0.00	0.00	0	28.00	3.00	0.00	0	0.0	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
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
Weighted Daily Average			529	2.98	643	58	10.22	0.00	18	94.82	7.20	15.80	876	510.7	4.75
% of Calories				5.07%		43.9%	17.4%	0.0%		71.7%		11.9%			
Weekly Nutrient Guideline			450 - 600	<10	640		<=0								

Wednesday - Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

August 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)	Calc ^m (mg)	Vit-C (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
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
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
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
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
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
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
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	SINGLE SERVE	80	51	0.00	2	11	0.00	0.00	0	14.00	1.00	0.00	0	0.0	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
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
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
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
Weighted Daily Average			485	1.93	462	55	8.66	0.00	16	89.90	4.96	13.90	590	461.9	63.18
% of Calories				3.58%		45.4%	16.1%	0.0%		74.1%		11.5%			
Weekly Nutrient Guideline			450 - 600	<10	640		<=0								

Thursday -

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

August 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)	Calc ^m (mg)	Vit-C (mg)
990378 TAQUITO, BREAKFAST MAPLE, EGG SAUSAGE	TAQUITIO	15	180	1.50	260	4	7.00	0.00	40	24.00	2.00	7.00	2	2.0	0.00
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
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
990232 CHURROS, RASPBERRY	EACH	50	160	1.00	60	9	4.00	0.00	0	28.00	1.00	3.00	0	2.0	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
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
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
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
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
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
Weighted Daily Average			505	1.96	416	56	9.71	0.00	13	91.78	5.96	14.45	613	359.0	28.11
% of Calories				3.49%		44.4%	17.3%	0.0%		72.7%		11.4%			
Weekly Nutrient Guideline			450 - 600	<10	640		<=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)	Calc ^m (mg)	Vit-C (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
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

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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)	Calcm (mg)	Vit-C (mg)
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
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
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
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
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
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
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
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
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
Weighted Daily Average			479	1.94	436	56	7.38	0.00	23	90.72	7.19	14.06	897	468.1	31.57
% of Calories				3.65%		46.8%	13.9%	0.0%		75.8%		11.7%			
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)	Calcm (mg)	Vit-C (mg)
Weighted Averages	506	2	481	58	9.38	0.00	19	92.66	6.14	14.23	707	430	36.45
% of Calories		4.13%		45.8%	16.7%	0.0%		73.2%		11.2%			

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	506		450-600	100%				
Saturated Fat	2.32 g	4.13%	<10.000%					
Sodium	481 mg		640.000	75%				
Sugars	58 g	45.8%						

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August 2019

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Total Fat	9.38 g	16.7%						
Trans Fat	0.00 g	0.0%						
Cholesterol	19 mg							
Carbohydrate	92.66 g	73.2%						
Fiber	6.14 g							
Protein	14.23 g	11.2%						
Vitamin A	707 IU							
Calcium	430.4 mg							
Vitamin C	36.45 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.