

# Base Menu Spreadsheet

## Portion Values

August 2019

**Menu Name:** K-12 / MIDDLE SCHOOL BREAKFAST

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Monday - Reimbursable Meal Total 100

	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)
990077 BANANA BREAD, SLICE	SLICE	50	280	2.00	220	25	10.00	0.00	0	44.00	2.00	5.00	100	80.0	0.00	1.08
990201 VARIETY CEREAL	BOWL	40	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	70	150	0.00	115	9	3.50	0.00	0	30.00	3.00	2.00	0	200.0	0.00	1.80
990232 CHURROS, RASPBERRY	EACH	40	160	1.00	60	9	4.00	0.00	0	28.00	1.00	3.00	0	2.0	0.00	4.00
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	0.0	1.20	0.36
990200 JUICE, APPLE	4 oz	65	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	24	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	75	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
Weighted Daily Average			549	2.59	432	57	11.60	0.00	9	99.62	5.80	13.90	690	521.0	43.00	5.81
% of Calories				4.25%		41.5%	19.0%	0.0%		72.6%		10.1%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

### Tuesday - Reimbursable Meal Total 100

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August 2019

	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)
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	2.0	0.00	8.00
990201 VARIETY CEREAL	BOWL	40	110	0.13	144	7	1.64	0.00	0	24.32	2.26	2.00	351	100.6	4.22	5.19
990234 BLUEBERRY MUFFIN	MUFFIN	80	190	2.00	130	16	6.00	0.00	40	30.00	2.00	3.00	0	29.0	0.00	1.00
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	25.0	0.00	6.00
990223 CRANBERRIES, DRIED, INDIVIDUAL	PACKAGE	25	110	0.00	0	24	0.00	0.00	0	28.00	3.00	0.00	0	0.0	0.00	0.00
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	0.0	1.20	0.00
990207 UHT MILK CARTON LF	CARTON	75	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500	300.0	0.00	0.00
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
Weighted Daily Average			492	3.95	426	45	13.15	0.00	60	79.57	5.75	15.20	791	374.2	2.57	8.47
% 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 <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)
990190 PIZZA, BREAKFAST TURKEY SAUSAGE	SLICE	60	210	2.00	350	5	7.00	0.00	15	27.00	3.00	9.00	0	146.0	0.00	1.90
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)
990100 CHEWY OATMEAL BITES	PACKAGE	40	150	1.50	125	9	6.00	0.00	0	24.00	2.00	2.00	0	0.0	0.00	0.36
990096 CEREAL BAR, COCOA PUFFS	BAR	30	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	100	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	95	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	50	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
990207 UHT MILK CARTON LF	CARTON	25	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			458	2.56	480	49	8.92	0.00	17	81.39	4.73	15.31	565	467.5	59.28	2.53
% of Calories				5.03%		42.8%	17.5%	0.0%		71.1%		13.4%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

### Thursday -

### Reimbursable Meal Total 100

	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)
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	10.00
990201 VARIETY CEREAL	BOWL	65	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	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	55	150	1.50	125	9	6.00	0.00	0	24.00	2.00	2.00	0	0.0	0.00	0.36
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	45	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00	0	0.0	37.38	0.28

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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	0.0	1.20	0.36
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
990207 UHT MILK CARTON LF	CARTON	50	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			499	2.76	510	54	10.34	0.00	16	88.67	6.02	16.00	953	507.5	22.26	7.66
% 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 <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)
990077 BANANA BREAD, SLICE	SLICE	40	280	2.00	220	25	10.00	0.00	0	44.00	2.00	5.00	100	80.0	0.00	1.08
990201 VARIETY CEREAL	BOWL	35	110	0.13	144	7	1.64	0.00	0	24.32	2.26	2.00	351	100.6	4.22	5.19
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
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
990232 CHURROS, RASPBERRY	EACH	30	160	1.00	60	9	4.00	0.00	0	28.00	1.00	3.00	0	2.0	0.00	4.00
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	0.0	1.20	0.00
990240 VARIETY FRUIT	EACH	5	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	65	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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August 2019

	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	70	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	25	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			498	2.67	471	53	10.11	0.00	13	84.80	4.04	17.80	1125	604.4	6.34	5.34
% of Calories				4.83%		42.6%	18.3%	0.0%		68.1%		14.3%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=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	499	3	464	52	10.82	0.00	23	86.81	5.27	15.64	825	495	26.69	5.96
% of Calories		5.25%		41.7%	19.5%	0.0%		69.6%		12.5%				

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	499		400-500	100%				
Saturated Fat	2.91 g	5.25%	<10.000%					
Sodium	464 mg		540.000	86%				
Sugars	52 g	41.7%						
Total Fat	10.82 g	19.5%						
Trans Fat	0.00 g	0.0%						
Cholesterol	23 mg							
Carbohydrate	86.81 g	69.6%						
Fiber	5.27 g							
Protein	15.64 g	12.5%						
Vitamin A	825 IU							
Calcium	494.9 mg							
Vitamin C	26.69 mg							
Iron	5.96 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*

*<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.*