

Base Menu Spreadsheet

Portion Values

Aug 17, 2020 thru Aug 21, 2020

Menu Name: 9-12 K-12 Breakfast

Include Cost: No

Site:

Report Style: Detailed

Monday - 08/17/2020

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)
990077 BANANA BREAD, SLICE	SLICE	65	280	2.00	220	25	10.00	0.00	0	44.00	2.00	5.00
990201 VARIETY CEREAL	BOWL	45	105	0.25	132	5	5.26	0.00	0	22.57	2.76	2.25
990046 BUNNY GRAHAMS, ANNIE'S	1.25 OZ	45	160	0.50	110	9	6.00	0.00	0	25.00	3.00	3.00
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
990200 JUICE, APPLE	4 oz	95	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			540	2.01	469	66	12.19	0.00	6	98.96	5.79	13.61
% of Calories				3.35%		48.9%	20.3%	0.0%		73.3%		10.1%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Tuesday - 08/18/2020

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 17, 2020 thru Aug 21, 2020

	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)
990190 PIZZA, BREAKFAST TURKEY SAUSAGE	SLICE	60	210	2.00	350	5	7.00	0.00	15	27.00	3.00	9.00
990201 VARIETY CEREAL	BOWL	40	105	0.25	132	5	5.26	0.00	0	22.57	2.76	2.25
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
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	SINGLE SERVE	100	51	0.00	2	11	0.00	0.00	0	14.00	1.00	0.00
990239 JUICE, ORANGE	EACH	100	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	75	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			436	3.00	422	44	11.20	0.00	20	74.48	5.10	15.50
% of Calories				6.19%		40.4%	23.1%	0.0%		68.3%		14.2%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Wednesday - 08/19/2020

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)
990377 WAFFLE, DUTCH	WAFFLE	50	300	3.00	350	12	13.00	0.00	20	43.00	3.00	4.00
990201 VARIETY CEREAL	BOWL	60	105	0.25	132	5	5.26	0.00	0	22.57	2.76	2.25
990234 BLUEBERRY MUFFIN	MUFFIN	40	190	2.00	130	16	6.00	0.00	40	30.00	2.00	3.00
990479 PINEAPPLE DRIED	PACKAGE	25	150	0.00	90	22	0.00	0.00	0	38.00	1.00	0.00

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990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	65	60	0.00	5	13	0.00	0.00	0	14.00	1.00	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
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			484	2.83	523	48	12.68	0.00	32	84.94	4.86	12.15
% of Calories				5.26%		39.7%	23.6%	0.0%		70.2%		10.0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Thursday - 08/20/2020

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)
990393 PANCAKE, STRAWBERRY MINI	PACKAGE	60	220	1.00	260	14	6.00	0.00	0	40.00	2.00	4.00
990201 VARIETY CEREAL	BOWL	40	105	0.25	132	5	5.26	0.00	0	22.57	2.76	2.25
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
990177 MIXED FRUIT COCKTAIL	1/2 CUP	65	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00
990439 MANDARIN ORANGE, SINGLE SERVE	CONTAINER	60	70	0.00	0	14	0.00	0.00	0	17.00	0.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	10	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00

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Aug 17, 2020 thru Aug 21, 2020

	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)
990207 UHT MILK CARTON LF	CARTON	25	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			440	1.43	445	49	8.98	0.00	7	82.23	4.15	12.50
% of Calories				2.92%		44.5%	18.4%	0.0%		74.8%		11.4%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

Friday - 08/21/2020

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)
990233 CHEESE STICK, MOZZARELLA CN 1 STICK	STICK	50	150	3.00	320	2	6.00	0.00	15	17.00	1.00	8.00
990201 VARIETY CEREAL	BOWL	50	105	0.25	132	5	5.26	0.00	0	22.57	2.76	2.25
990234 BLUEBERRY MUFFIN	MUFFIN	50	190	2.00	130	16	6.00	0.00	40	30.00	2.00	3.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	95	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00
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
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK, LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			483	3.00	487	58	9.26	0.00	34	90.12	6.67	15.17
% of Calories				5.59%		48.0%	17.3%	0.0%		74.6%		12.6%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0					

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	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)
Weighted Averages	477	2	469	53	10.86	0.00	20	86.15	5.31	13.79
% of Calories		4.62%		44.4%	20.5%	0.0%		72.2%		11.6%

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	477		450-600	100%				
Saturated Fat	2.45 g	4.62%	<10.000%					
Sodium	469 mg		640.000	73%				
Sugars	53 g	44.4%						
Total Fat	10.86 g	20.5%						
Trans Fat	0.00 g	0.0%						
Cholesterol	20 mg							
Carbohydrate	86.15 g	72.2%						
Fiber	5.31 g							
Protein	13.79 g	11.6%						

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.