

Base Menu Spreadsheet

Portion Values

Aug 10, 2020 thru Aug 14, 2020

Menu Name: GRAB N GO BREAKFAST

Include Cost: No

Site:

Report Style: Detailed

Monday - 08/10/2020

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)
990234 BLUEBERRY MUFFIN	MUFFIN	100	190	2.00	130	16	6.00	0.00	40	30.00	2.00	3.00
990201 VARIETY CEREAL	BOWL	100	105	0.25	132	5	5.26	0.00	0	22.57	2.76	2.25
990439 MANDARIN ORANGE, SINGLE SERVE	CONTAINER	100	70	0.00	0	14	0.00	0.00	0	17.00	0.00	0.00
990200 JUICE, APPLE	4 oz	100	60	0.00	10	13	0.00	0.00	0	14.00	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	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	100	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			525	3.75	382	60	13.76	0.00	52	95.57	4.76	13.25
% of Calories				6.43%		45.7%	23.6%	0.0%		72.8%		10.1%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Tuesday - 08/11/2020

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)
990398 PANCAKE, STRAWBERRY MINI	PACKAGE	100	220	1.00	260	14	6.00	0.00	0	40.00	2.00	4.00

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990277 FRUIT BAR	EACH	100	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990177 MIXED FRUIT COCKTAIL	1/2 CUP	100	60	0.00	5	12	0.00	0.00	0	15.00	1.00	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	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	100	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			482	2.52	378	59	8.78	0.00	12	92.52	5.98	12.76
% of Calories				4.71%		49.0%	16.4%	0.0%		76.8%		10.6%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Wednesday - 08/12/2020

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	100	280	2.00	220	25	10.00	0.00	0	44.00	2.00	5.00
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	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00

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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)
990207 UHT MILK CARTON LF	CARTON	100	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			481	3.50	332	60	12.50	0.00	12	83.00	3.00	13.00
% of Calories				6.55%		49.9%	23.4%	0.0%		69.0%		10.8%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Thursday - 08/13/2020

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)
990046 BUNNY GRAHAMS, ANNIE'S	1.25 OZ	100	160	0.50	110	9	6.00	0.00	0	25.00	3.00	3.00
990201 VARIETY CEREAL	BOWL	100	105	0.25	132	5	5.26	0.00	0	22.57	2.76	2.25
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	100	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00
990277 FRUIT BAR	EACH	100	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
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	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	100	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			557	2.28	355	65	14.04	0.00	12	107.01	10.73	15.01
% of Calories				3.68%		46.7%	22.7%	0.0%		76.8%		10.8%
Weekly Nutrient Guideline			400 - 550	<10	600		<=0					

Friday - 08/14/2020

Reimbursable Meal Total 100

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Portion Values

Aug 10, 2020 thru Aug 14, 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)
990234 BLUEBERRY MUFFIN	MUFFIN	100	190	2.00	130	16	6.00	0.00	40	30.00	2.00	3.00
990201 VARIETY CEREAL	BOWL	100	105	0.25	132	5	5.26	0.00	0	22.57	2.76	2.25
990479 PINEAPPLE DRIED	PACKAGE	100	150	0.00	90	22	0.00	0.00	0	38.00	1.00	0.00
990200 JUICE, APPLE	4 oz	100	60	0.00	10	13	0.00	0.00	0	14.00	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	0	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	100	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			605	3.75	472	68	13.76	0.00	52	116.57	5.76	13.25
% of Calories				5.58%		45.0%	20.5%	0.0%		77.1%		8.8%
Weekly Nutrient Guideline			400 - 550	<10	600		<=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)
Weighted Averages	530	3	384	62	12.57	0.00	28	98.93	6.05	13.45
% of Calories		5.37%		46.8%	21.3%	0.0%		74.7%		10.2%

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	530		400-550	100%				
Saturated Fat	3.16 g	5.37%	<10.000%					
Sodium	384 mg		600.000	64%				
Sugars	62 g	46.8%						
Total Fat	12.57 g	21.3%						
Trans Fat	0.00 g	0.0%						

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Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Cholesterol	28 mg							
Carbohydrate	98.93 g	74.7%						
Fiber	6.05 g							
Protein	13.45 g	10.2%						

**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.