

Base Menu Spreadsheet

Portion Values

Aug 17, 2020 thru Aug 21, 2020

Menu Name: BREAKFAST/ HIGH SCHOOLS

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	40	280	2.00	220	25	10.00	0.00	0	44.00	2.00	5.00
990233 CHEESE STICK, MOZZARELLA CN 1 STICK	STICK	40	150	3.00	320	2	6.00	0.00	15	17.00	1.00	8.00
990210 DIPPING SAUCE - (4 OZ)	4 OZ	40	78	1.42	429	9	2.15	0.00	0	11.23	2.16	3.99
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
990201 VARIETY CEREAL	BOWL	20	105	0.25	132	5	5.26	0.00	0	22.57	2.76	2.25
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
990200 JUICE, APPLE	4 oz	85	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	25	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	75	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			464	3.85	599	51	11.39	0.00	15	77.01	4.62	15.85
% of Calories				7.47%		44.0%	22.1%	0.0%		66.4%		13.7%
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	35	210	2.00	350	5	7.00	0.00	15	27.00	3.00	9.00
990393 PANCAKE, STRAWBERRY MINI	PACKAGE	15	220	1.00	260	14	6.00	0.00	0	40.00	2.00	4.00
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
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	70	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	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			479	2.43	492	56	9.73	0.00	32	88.68	4.73	14.38
% of Calories				4.57%		46.8%	18.3%	0.0%		74.1%		12.0%
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	40	300	3.00	350	12	13.00	0.00	20	43.00	3.00	4.00
990078 BAR, COCOA CHIP BENEFIT	BAR	10	270	2.50	230	21	8.00	0.00	0	48.00	5.00	5.00
990201 VARIETY CEREAL	BOWL	50	105	0.25	132	5	5.26	0.00	0	22.57	2.76	2.25

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)
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
990479 PINEAPPLE DRIED	PACKAGE	10	150	0.00	90	22	0.00	0.00	0	38.00	1.00	0.00
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	75	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00
990207 UHT MILK CARTON LF	CARTON	70	100	1.50	110	12	2.50	0.00	12	12.00	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	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			442	3.33	410	38	14.13	0.00	20	72.28	5.43	12.73
% of Calories				6.78%		34.4%	28.8%	0.0%		65.4%		11.5%
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	10	220	1.00	260	14	6.00	0.00	0	40.00	2.00	4.00
990483 BREAKFAST MUFFIN EGG,SAUSAGE & CHEESE	SANDWICH	60	307	5.44	623	1	99.53	0.00	131	23.40	1.00	16.76
990201 VARIETY CEREAL	BOWL	30	105	0.25	132	5	5.26	0.00	0	22.57	2.76	2.25
990234 BLUEBERRY MUFFIN	MUFFIN	30	190	2.00	130	16	6.00	0.00	40	30.00	2.00	3.00
990177 MIXED FRUIT COCKTAIL	1/2 CUP	70	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00
990439 MANDARIN ORANGE,SINGLE SERVE	CONTAINER	70	70	0.00	0	14	0.00	0.00	0	17.00	0.00	0.00

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)
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
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			507	4.56	671	45	64.57	0.00	98	75.46	2.92	20.03
% of Calories				8.09%		35.5%	114.6%	0.0%		59.5%		15.8%
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)
990309 CHEESE STICK, MOZZARELLA CN 2 STICKS	SERVING (2)	30	300	6.00	640	4	12.00	0.00	30	34.01	2.00	16.00
990210 DIPPING SAUCE - (4 OZ)	4 OZ	30	78	1.42	429	9	2.15	0.00	0	11.23	2.16	3.99
990077 BANANA BREAD, SLICE	SLICE	30	280	2.00	220	25	10.00	0.00	0	44.00	2.00	5.00
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
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	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00

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)
990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			564	3.50	681	64	12.37	0.00	15	101.18	7.95	18.15
% of Calories				5.59%		45.4%	19.7%	0.0%		71.8%		12.9%
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)
Weighted Averages	491	4	571	51	22.44	0.00	36	82.92	5.13	16.23
% of Calories		6.47%		41.5%	41.1%	0.0%		67.6%		13.2%

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	491		450-600	100%				
Saturated Fat	3.53 g	6.47%	<10.000%					
Sodium	571 mg		640.000	89%				
Sugars	51 g	41.5%						
Total Fat	22.44 g	41.1%						
Trans Fat	0.00 g	0.0%						
Cholesterol	36 mg							
Carbohydrate	82.92 g	67.6%						
Fiber	5.13 g							
Protein	16.23 g	13.2%						

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.