

Base Menu Spreadsheet

Portion Values

Menu Name: MIDDLE / HIGH SCHOOLS
BREAKFAST

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)	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
990233 CHEESE STICK, MOZZARELLA CN 1 STICK	STICK	30	150	3.00	320	2	6.00	0.00	15	17.00	1.00	8.00	0	150.0	0.00	0.72
990210 DIPPING SAUCE - (4 OZ)	4 OZ	30	78	1.42	429	9	2.15	0.00	0	11.23	2.16	3.99	501	92.8	3.62	0.93
990201 VARIETY CEREAL	BOWL	20	105	0.25	132	5	5.26	0.00	0	22.57	2.76	2.25	351	100.6	4.22	4.51
990242 YOGURT, NF SINGLE SERVE MIXED FLAVORS	CONTAINER 4 OZ	10	90	0.00	50	5	0.00	0.00	0	19.00	0.00	3.00	0	300.0	1.20	0.00
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
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	0	0.0	0.00	0.00
990200 JUICE, APPLE	4 oz	80	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	0	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	0	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	100	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			442	3.78	486	50	11.20	0.00	17	74.69	3.90	14.95	761	460.0	50.05	3.03
% of Calories				7.70%		45.2%	22.8%	0.0%		67.6%		13.5%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Portion Values

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 ^m (mg)	Vit-C (mg)	Iron (mg)
990190 PIZZA, BREAKFAST TURKEY SAUSAGE	SLICE	35	210	2.00	350	5	7.00	0.00	15	27.00	3.00	9.00	0	146.0	0.00	1.90
990393 PANCAKE, STRAWBERRY MINI	PACKAGE	15	220	1.00	260	14	6.00	0.00	0	40.00	2.00	4.00	0	40.0	0.00	1.08
990201 VARIETY CEREAL	BOWL	50	105	0.25	132	5	5.26	0.00	0	22.57	2.76	2.25	351	100.6	4.22	4.51
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	1.00
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
990439 MANDARIN ORANGE, SINGLE SERVE	CONTAINER	95	70	0.00	0	14	0.00	0.00	0	17.00	0.00	0.00	0	0.0	27.00	0.00
990240 VARIETY FRUIT	EACH	85	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	0	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	0	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	100	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			477	3.22	399	49	11.64	0.00	29	84.92	6.36	15.10	796	442.6	51.24	4.72
% of Calories				6.08%		41.1%	22.0%	0.0%		71.2%		12.7%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Portion Values

Wednesday 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)	Iron (mg)
990377 WAFFLE, DUTCH	WAFFLE	30	300	3.00	350	12	13.00	0.00	20	43.00	3.00	4.00	0	4.0	0.00	10.00
990078 BAR, COCOA CHIP BENEFIT	BAR	20	270	2.50	230	21	8.00	0.00	0	48.00	5.00	5.00	0	20.0	0.00	2.70
990201 VARIETY CEREAL	BOWL	50	105	0.25	132	5	5.26	0.00	0	22.57	2.76	2.25	351	100.6	4.22	4.51
990242 YOGURT, NF SINGLE SERVE MIXED FLAVORS	CONTAINER 4 OZ	25	90	0.00	50	5	0.00	0.00	0	19.00	0.00	3.00	0	300.0	1.20	0.00
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
990515 MIXED BERRY CUP, FROZEN	CONTAINER	95	90	0.00	0	16	0.00	0.00	0	20.00	2.00	0.00	0	0.0	0.00	0.00
990240 VARIETY FRUIT	EACH	95	73	0.05	1	12	0.19	0.00	0	18.86	2.86	0.86	142	25.3	27.62	0.16
990207 UHT MILK CARTON LF	CARTON	70	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	20	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	10	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			516	3.20	371	53	12.31	0.00	18	93.90	8.64	13.64	810	460.8	28.89	7.45
% of Calories				5.58%		41.1%	21.5%	0.0%		72.8%		10.6%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Portion Values

Thursday 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)	Iron (mg)
990524 CINNAMON SWIRL BUN	BUN	35	240	3.00	300	14	8.00	0.00	5	39.00	3.00	5.00	0	28.0	0.00	2.00
990483 MCMUFFIN EGG, SAUSAGE & CHEESE	SANDWICH	40	307	5.42	626	1	98.50	0.00	130	22.39	1.00	16.72	55	153.8	0.00	3.59
990500 BAR, BERRY APPLE CRISP	BAR	15	250	2.50	80	14	8.00	0.00	0	41.00	3.00	4.00	0	0.0	0.00	0.00
990201 VARIETY CEREAL	BOWL	30	105	0.25	132	5	5.26	0.00	0	22.57	2.76	2.25	351	100.6	4.22	4.51
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
990240 VARIETY FRUIT	EACH	95	73	0.05	1	12	0.19	0.00	0	18.86	2.86	0.86	142	25.3	27.62	0.16
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	65	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	10	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			554	4.37	625	53	47.53	0.00	61	91.30	6.19	19.28	762	441.3	86.19	5.38
% of Calories				7.10%		38.3%	77.2%	0.0%		65.9%		13.9%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Portion Values

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)	Iron (mg)
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	0	300.1	0.00	1.44
990210 DIPPING SAUCE - (4 OZ)	4 OZ	30	78	1.42	429	9	2.15	0.00	0	11.23	2.16	3.99	501	92.8	3.62	0.93
990077 BANANA BREAD, SLICE	SLICE	30	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	25	105	0.25	132	5	5.26	0.00	0	22.57	2.76	2.25	351	100.6	4.22	4.51
990242 YOGURT, NF SINGLE SERVE MIXED FLAVORS	CONTAINER 4 OZ	25	90	0.00	50	5	0.00	0.00	0	19.00	0.00	3.00	0	300.0	1.20	0.00
990046 BUNNY GRAHAMS, ANNIE'S	1.25 OZ	10	160	0.50	110	9	6.00	0.00	0	25.00	3.00	3.00	0	25.0	0.00	6.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	95	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00	0	0.0	37.38	0.28
990240 VARIETY FRUIT	EACH	65	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	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	0	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			514	3.35	636	58	9.91	0.00	15	92.11	6.59	18.21	835	546.0	57.88	3.38
% of Calories				5.87%		45.1%	17.4%	0.0%		71.7%		14.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Portion Values

			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)	Iron (mg)
Weighted Averages			501	4	503	53	18.52	0.00	28	87.38	6.34	16.24	793	470	54.85	4.79
% of Calories				6.43%		42.3%	33.3%	0.0%		69.8%		13.0%				

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	501		450-600	100%				
Saturated Fat	3.58 g	6.43%	<10.000%					
Sodium	503 mg		640.000	79%				
Sugars	53 g	42.3%						
Total Fat	18.52 g	33.3%						
Trans Fat	0.00 g	0.0%						
Cholesterol	28 mg							
Carbohydrate	87.38 g	69.8%						
Fiber	6.34 g							
Protein	16.24 g	13.0%						
Vitamin A	793 IU							
Calcium	470.1 mg							
Vitamin C	54.85 mg							
Iron	4.79 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.