

Base Menu Spreadsheet

Portion Values

Menu Name: ELEMENTARY & K-12 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 | 45 | 280 | 2.00 | 220 | 25 | 10.00 | 0.00 | 0 | 44.00 | 2.00 | 5.00 | 100 | 80.0 | 0.00 | 1.08 |
| 990500 BAR, BERRY APPLE CRISP | BAR | 25 | 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 | 45 | 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 | 45 | 160 | 0.50 | 110 | 9 | 6.00 | 0.00 | 0 | 25.00 | 3.00 | 3.00 | 0 | 25.0 | 0.00 | 6.00 |
| 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 | 0 | 0.0 | 1.20 | 0.36 |
| 990200 JUICE, APPLE | 4 oz | 95 | 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 | 75 | 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 | 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 | 5 | 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 | | | 546 | 2.24 | 445 | 64 | 12.19 | 0.00 | 6 | 100.41 | 6.14 | 13.61 | 703 | 392.5 | 62.08 | 5.83 |
| % of Calories | | | | 3.69% | | 46.9% | 20.1% | 0.0% | | 73.6% | | 10.0% | | | | |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | <=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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990524 CINNAMON SWIRL BUN | BUN | 50 | 240 | 3.00 | 300 | 14 | 8.00 | 0.00 | 5 | 39.00 | 3.00 | 5.00 | 0 | 28.0 | 0.00 | 2.00 |
| 990234 BLUEBERRY MUFFIN | MUFFIN | 20 | 190 | 2.00 | 130 | 16 | 6.00 | 0.00 | 40 | 30.00 | 2.00 | 3.00 | 0 | 29.0 | 0.00 | 1.00 |
| 990201 VARIETY CEREAL | BOWL | 40 | 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 | 40 | 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 |
| 990239 JUICE, ORANGE | EACH | 100 | 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 | 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 | 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 | 75 | 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 | | | 468 | 3.70 | 388 | 51 | 12.20 | 0.00 | 22 | 83.78 | 5.20 | 13.20 | 640 | 380.0 | 61.99 | 5.40 |
| % of Calories | | | | 7.12% | | 43.6% | 23.5% | 0.0% | | 71.6% | | 11.3% | | | | |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | <=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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990078 BAR, COCOA CHIP BENEFIT | BAR | 30 | 270 | 2.50 | 230 | 21 | 8.00 | 0.00 | 0 | 48.00 | 5.00 | 5.00 | 0 | 20.0 | 0.00 | 2.70 |
| 990519 MCMUFFIN EGG & CHEESE | SANDWICH | 30 | 187 | 1.62 | 446 | 1 | 4.50 | 0.00 | 104 | 21.39 | 1.00 | 10.72 | 0 | 140.8 | 0.00 | 3.59 |
| 990201 VARIETY CEREAL | BOWL | 40 | 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 | 40 | 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 | 35 | 90 | 0.00 | 0 | 16 | 0.00 | 0.00 | 0 | 20.00 | 2.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 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 | 300 | 0.0 | 1.20 | 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 | | | 414 | 3.04 | 413 | 38 | 10.75 | 0.00 | 43 | 67.94 | 5.45 | 14.82 | 835 | 398.5 | 2.47 | 6.09 |
| % of Calories | | | | 6.61% | | 36.7% | 23.4% | 0.0% | | 65.6% | | 14.3% | | | | |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | <=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) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990393 PANCAKE, STRAWBERRY MINI | PACKAGE | 30 | 220 | 1.00 | 260 | 14 | 6.00 | 0.00 | 0 | 40.00 | 2.00 | 4.00 | 0 | 40.0 | 0.00 | 1.08 |
| 990500 BAR, BERRY APPLE CRISP | BAR | 30 | 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 | 40 | 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 | 40 | 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 | 60 | 73 | 0.05 | 1 | 12 | 0.19 | 0.00 | 0 | 18.86 | 2.86 | 0.86 | 142 | 25.3 | 27.62 | 0.16 |
| 990439 MANDARIN ORANGE, SINGLE SERVE | CONTAINER | 100 | 70 | 0.00 | 0 | 14 | 0.00 | 0.00 | 0 | 17.00 | 0.00 | 0.00 | 0 | 0.0 | 27.00 | 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 | | | 461 | 2.88 | 309 | 48 | 11.32 | 0.00 | 12 | 83.65 | 5.52 | 13.01 | 726 | 377.4 | 45.26 | 4.63 |
| % of Calories | | | | 5.62% | | 41.6% | 22.1% | 0.0% | | 72.6% | | 11.3% | | | | |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | <=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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990190 PIZZA, BREAKFAST TURKEY SAUSAGE | SLICE | 30 | 210 | 2.00 | 350 | 5 | 7.00 | 0.00 | 15 | 27.00 | 3.00 | 9.00 | 0 | 146.0 | 0.00 | 1.90 |
| 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 |
| 990201 VARIETY CEREAL | BOWL | 40 | 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 | 40 | 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 | 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 | | | 507 | 3.35 | 417 | 50 | 13.17 | 0.00 | 22 | 88.89 | 8.42 | 15.68 | 761 | 416.8 | 60.67 | 8.18 |
| % of Calories | | | | 5.95% | | 39.4% | 23.4% | 0.0% | | 70.1% | | 12.4% | | | | |
| Weekly Nutrient Guideline | | | 400 - 500 | <10 | 540 | | <=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 | | | 479 | 3 | 394 | 50 | 11.93 | 0.00 | 21 | 84.93 | 6.15 | 14.06 | 733 | 393 | 46.49 | 6.03 |
| % of Calories | | | | 5.71% | | 41.8% | 22.4% | 0.0% | | 70.9% | | 11.7% | | | | |

| Nutrient | Menu Average | % of Cals | Weekly Target | % of Target | Shortfall | Overage | Missing Data | Error Messages (if any) |
|---------------|--------------|-----------|---------------|-------------|-----------|---------|--------------|-------------------------|
| Calories | 479 | | 400-500 | 100% | | | | |
| Saturated Fat | 3.04 g | 5.71% | <10.000% | | | | | |
| Sodium | 394 mg | | 540.000 | 73% | | | | |
| Sugars | 50 g | 41.8% | | | | | | |
| Total Fat | 11.93 g | 22.4% | | | | | | |
| Trans Fat | 0.00 g | 0.0% | | | | | | |
| Cholesterol | 21 mg | | | | | | | |
| Carbohydrate | 84.93 g | 70.9% | | | | | | |
| Fiber | 6.15 g | | | | | | | |
| Protein | 14.06 g | 11.7% | | | | | | |
| Vitamin A | 733 IU | | | | | | | |
| Calcium | 393.0 mg | | | | | | | |
| Vitamin C | 46.49 mg | | | | | | | |
| Iron | 6.03 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.