

Base Menu Spreadsheet

Portion Values

Oct 14, 2019

Menu Name: BREAKFAST/ HIGH SCHOOLS

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)	Carb (g)
990077 BANANA BREAD, SLICE	SLICE	30	280	2.00	220	25	44.00
990401 SOFT FILLED CINNAMON CRUNCH BAR	PACKAGE	40	250	3.00	280	14	40.00
990201 VARIETY CEREAL	BOWL	60	110	0.13	144	7	24.32
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	70	60	0.00	5	12	16.00
990200 JUICE, APPLE	4 oz	85	60	0.00	10	13	14.00
990204 MILK, CHOC FF CARTON	CARTON	25	130	0.00	230	22	23.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	75	110	1.50	125	12	13.00
Weighted Daily Average			458	3.00	428	51	82.39
% of Calories				5.90%		44.5%	72.0%
Weekly Nutrient Guideline			450 - 600	<10	640		

Tuesday - 10/15/2019 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
990400 CRESCENT, GRAPE FILLED	PACKAGE	15	210	1.00	260	9	35.00

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990190 PIZZA, BREAKFAST TURKEY SAUSAGE	SLICE	35	210	2.00	350	5	27.00
990201 VARIETY CEREAL	BOWL	50	110	0.13	144	7	24.32
990399 HONEY BUN GRAHAMS	PACKAGE	50	130	1.00	130	8	21.00
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	SINGLE SERVE	100	51	0.00	2	11	14.00
990239 JUICE, ORANGE	EACH	100	50	0.00	0	12	13.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	23.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	13.00
990207 UHT MILK CARTON LF	CARTON	75	100	1.50	110	12	12.00
Weighted Daily Average			429	2.91	414	46	76.61
% of Calories				6.10%		42.9%	71.4%
Weekly Nutrient Guideline			450 - 600	<10	640		

Wednesday -

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
990309 CHEESE STICK, MOZZARELLA CN 2 STICKS	SERVING (2)	30	300	6.00	640	4	34.01
990210 DIPPING SAUCE - (4 OZ)	4 OZ	30	78	1.42	429	9	11.23
990377 WAFFLE, DUTCH	WAFFLE	20	300	3.00	350	12	43.00

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990201 VARIETY CEREAL	BOWL	50	110	0.13	144	7	24.32
990234 BLUEBERRY MUFFIN	MUFFIN	50	190	2.00	130	16	30.00
990223 CRANBERRIES,DRIED, INDIVIDUAL	PACKAGE	25	110	0.00	0	24	28.00
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	75	60	0.00	5	13	14.00
990207 UHT MILK CARTON LF	CARTON	75	100	1.50	110	12	12.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	13.00
Weighted Daily Average			499	5.39	645	46	79.08
% of Calories				9.72%		36.9%	63.4%
Weekly Nutrient Guideline			450 - 600	<10	640		

Thursday

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
990077 BANANA BREAD, SLICE	SLICE	25	280	2.00	220	25	44.00
990441 CHEESE BITES, WILD MIKES	SERVING (4)	40	280	4.00	540	0	28.00
990210 DIPPING SAUCE - (4 OZ)	4 OZ	20	78	1.42	429	9	11.23
990201 VARIETY CEREAL	BOWL	35	110	0.13	144	7	24.32
990232 CHURROS, RASPBERRY	EACH	35	160	1.00	60	9	28.00
990177 MIXED FRUIT COCKTAIL	1/2 CUP	70	60	0.00	5	12	15.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
990240 VARIETY FRUIT	EACH	65	73	0.05	1	12	18.86
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	23.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	70	110	1.50	125	12	13.00
990207 UHT MILK CARTON LF	CARTON	25	100	1.50	110	12	12.00
Weighted Daily Average			568	4.24	697	56	92.57
% of Calories				6.72%		39.4%	65.2%
Weekly Nutrient Guideline			450 - 600	<10	640		

Friday - Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
990438 PIZZA, COUNTRY GRAVY BK	SLICE	20	190	3.50	220	1	18.00
990398 PANCAKE, STRAWBERRY MINI	PACKAGE	40	220	1.00	260	14	40.00
990201 VARIETY CEREAL	BOWL	40	110	0.13	144	7	24.32
990234 BLUEBERRY MUFFIN	MUFFIN	40	190	2.00	130	16	30.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	95	90	0.00	0	18	21.93
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	95	60	0.00	5	12	16.00
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	23.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	13.00

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990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	12.00
Weighted Daily Average			507	2.33	455	62	96.71
% of Calories				4.14%		48.9%	76.3%
Weekly Nutrient Guideline			450 - 600	<10	640		

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
Weighted Averages	492	4	528	52	85.47
% of Calories		6.53%		42.3%	69.5%

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	492		450-600	100%				
Saturated Fat	3.57 g	6.53%	<10.000%					
Sodium	528 mg		640.000	82%				
Sugars	52 g	42.3%						
Carbohydrate	85.47 g	69.5%						

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.