

# Base Menu Spreadsheet

## Portion Values

**Menu Name:** Breakfast K-12 /Middle

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Monday - Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
990077 BANANA BREAD, SLICE	SLICE	65	280	2.00	220	25	10.00	0.00	44.00
990201 VARIETY CEREAL	BOWL	45	110	0.13	144	7	1.64	0.00	24.32
990401 SOFT FILLED CINNAMON CRUNCH BAR	PACKAGE	35	250	3.00	280	14	8.00	0.00	40.00
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	95	60	0.00	5	12	0.00	0.00	16.00
990200 JUICE, APPLE	4 oz	95	60	0.00	10	13	0.00	0.00	14.00
990204 MILK, CHOC FF CARTON	CARTON	25	130	0.00	230	22	0.00	0.00	23.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	75	110	1.50	125	12	2.50	0.00	13.00
Weighted Daily Average			548	3.53	471	63	11.91	0.00	97.54
% of Calories				5.80%		46.0%	19.6%	0.0%	71.2%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0		

### Tuesday Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
990190 PIZZA, BREAKFAST TURKEY SAUSAGE	SLICE	60	210	2.00	350	5	7.00	0.00	27.00

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990201 VARIETY CEREAL	BOWL	40	110	0.13	144	7	1.64	0.00	24.32
990399 HONEY BUN GRAHAMS	PACKAGE	40	130	1.00	130	8	4.50	0.00	21.00
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	SINGLE SERVE	100	51	0.00	2	11	0.00	0.00	14.00
990239 JUICE, ORANGE	EACH	100	50	0.00	0	12	0.00	0.00	13.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	0.00	0.00	23.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	13.00
990207 UHT MILK CARTON LF	CARTON	75	100	1.50	110	12	2.50	0.00	12.00
Weighted Daily Average			426	3.15	435	44	9.15	0.00	73.58
% of Calories				6.65%		41.3%	19.3%	0.0%	69.1%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0		

### Wednesday -

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
990377 WAFFLE, DUTCH	WAFFLE	50	300	3.00	350	12	13.00	0.00	43.00
990201 VARIETY CEREAL	BOWL	20	110	0.13	144	7	1.64	0.00	24.32
990232 CHURROS, RASPBERRY	EACH	30	160	1.00	60	9	4.00	0.00	28.00
990223 CRANBERRIES,DRIED, INDIVIDUAL	PACKAGE	65	110	0.00	0	24	0.00	0.00	28.00
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	95	60	0.00	5	13	0.00	0.00	14.00

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	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
990207 UHT MILK CARTON LF	CARTON	75	100	1.50	110	12	2.50	0.00	12.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	13.00
Weighted Daily Average			451	3.33	340	50	10.53	0.00	78.51
% of Calories				6.65%		44.3%	21.0%	0.0%	69.6%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0		

## Thursday -

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
990400 CRESCENT, GRAPE FILLED	PACKAGE	45	210	1.00	260	9	6.00	0.00	35.00
990438 PIZZA, COUNTRY GRAVY BK	SLICE	20	190	3.50	220	1	7.00	0.00	18.00
990201 VARIETY CEREAL	BOWL	35	110	0.13	144	7	1.64	0.00	24.32
990399 HONEY BUN GRAHAMS	PACKAGE	35	130	1.00	130	8	4.50	0.00	21.00
990177 MIXED FRUIT COCKTAIL	1/2 CUP	65	60	0.00	5	12	0.00	0.00	15.00
990240 VARIETY FRUIT	EACH	75	73	0.05	1	12	0.19	0.00	18.86
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	23.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	70	110	1.50	125	12	2.50	0.00	13.00

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	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
990207 UHT MILK CARTON LF	CARTON	25	100	1.50	110	12	2.50	0.00	12.00
Weighted Daily Average			497	3.01	525	52	8.76	0.00	86.16
% of Calories				5.45%		41.9%	15.9%	0.0%	69.3%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0		

## Friday - Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
990398 PANCAKE, STRAWBERRY MINI	PACKAGE	60	220	1.00	260	14	6.00	0.00	40.00
990201 VARIETY CEREAL	BOWL	40	110	0.13	144	7	1.64	0.00	24.32
990234 BLUEBERRY MUFFIN	MUFFIN	40	190	2.00	130	16	6.00	0.00	30.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	55	90	0.00	0	18	0.00	0.00	21.93
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	60	60	0.00	5	12	0.00	0.00	16.00
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	23.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	13.00
990207 UHT MILK CARTON LF	CARTON	0	100	1.50	110	12	2.50	0.00	12.00
Weighted Daily Average			456	1.83	461	53	7.28	0.00	86.74
% of Calories				3.61%		46.5%	14.4%	0.0%	76.1%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0		

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			Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
Weighted Averages			476	3	446	52	9.53	0.00	84.51
% of Calories				5.62%		43.7%	18.0%	0.0%	71.0%

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	476		400-500	100%				
Saturated Fat	2.97 g	5.62%	<10.000%					
Sodium	446 mg		540.000	83%				
Sugars	52 g	43.7%						
Total Fat	9.53 g	18.0%						
Trans Fat	0.00 g	0.0%						
Carbohydrate	84.51 g	71.0%						

\*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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - 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.