

Base Menu Spreadsheet

Portion Values

Menu Name:	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990077 BANANA BREAD, SLICE	SLICE	65	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	45	108	0.20	143	6	4.31	0.00	0	23.45	2.41	2.20	381	100.5	4.57	5.77
990401 SOFT FILLED CINNAMON CRUNCH BAR	PACKAGE	35	250	3.00	280	14	8.00	0.00	5	40.00	2.00	6.00	2	2.0	0.00	8.00
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	25	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	75	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
Weighted Daily Average			547	3.57	471	62	13.11	0.00	10	97.15	4.98	14.34	737	397.9	61.70	6.53
% of Calories				5.87%		45.3%	21.6%	0.0%		71.0%		10.5%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990190 PIZZA, BREAKFAST TURKEY SAUSAGE	SLICE	60	210	2.00	350	5	7.00	0.00	15	27.00	3.00	9.00	0	146.0	0.00	1.90

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990201 VARIETY CEREAL	BOWL	40	108	0.20	143	6	4.31	0.00	0	23.45	2.41	2.20	381	100.5	4.57	5.77
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			437	2.98	427	44	10.82	0.00	20	74.83	4.96	15.48	652	447.8	62.13	5.85
% of Calories				6.14%		40.3%	22.3%	0.0%		68.5%		14.2%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990377 WAFFLE, DUTCH	WAFFLE	50	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	20	108	0.20	143	6	4.31	0.00	0	23.45	2.41	2.20	381	100.5	4.57	5.77
990232 CHURROS, RASPBERRY	EACH	30	160	1.00	60	9	4.00	0.00	0	28.00	1.00	3.00	0	2.0	0.00	4.00
990223 CRANBERRIES,DRIED, INDIVIDUAL	PACKAGE	65	110	0.00	0	24	0.00	0.00	0	28.00	3.00	0.00	0	0.0	0.00	0.00
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	95	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00	300	0.0	1.20	0.00

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	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
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
Weighted Daily Average			451	3.34	340	50	11.06	0.00	22	78.34	5.18	11.34	861	322.7	2.35	7.35
% of Calories				6.67%		44.3%	22.1%	0.0%		69.5%		10.1%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990400 CRESCENT, GRAPE FILLED	PACKAGE	50	210	1.00	260	9	6.00	0.00	0	35.00	2.00	5.00	0	2.0	0.00	6.00
990201 VARIETY CEREAL	BOWL	50	108	0.20	143	6	4.31	0.00	0	23.45	2.41	2.20	381	100.5	4.57	5.77
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	0	25.0	0.00	6.00
990177 MIXED FRUIT COCKTAIL	1/2 CUP	65	60	0.00	5	12	0.00	0.00	0	15.00	1.00	0.00	200	0.0	1.20	0.00
990439 MANDARIN ORANGE,SINGLE SERVE	CONTAINER	65	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	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	70	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00

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	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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			510	2.28	524	55	10.53	0.00	13	89.58	4.35	17.90	1120	543.7	23.02	9.12
% of Calories				4.02%		43.1%	18.6%	0.0%		70.3%		14.0%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990398 PANCAKE, STRAWBERRY MINI	PACKAGE	60	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	40	108	0.20	143	6	4.31	0.00	0	23.45	2.41	2.20	381	100.5	4.57	5.77
990234 BLUEBERRY MUFFIN	MUFFIN	40	190	2.00	130	16	6.00	0.00	40	30.00	2.00	3.00	0	29.0	0.00	1.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	55	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00	0	0.0	37.38	0.28
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	60	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00	0	0.0	1.20	0.36
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			455	1.86	461	53	8.35	0.00	22	86.39	5.26	12.63	627	360.8	25.09	3.98
% of Calories				3.68%		46.6%	16.5%	0.0%		75.9%		11.1%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

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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			480	3	445	53	10.77	0.00	17	85.26	4.95	14.34	799	415	34.86	6.57
% of Calories				5.27%		44.2%	20.2%	0.0%		71.0%		12.0%				

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	480		400-500	100%				
Saturated Fat	2.81 g	5.27%	<10.000%					
Sodium	445 mg		540.000	82%				
Sugars	53 g	44.2%						
Total Fat	10.77 g	20.2%						
Trans Fat	0.00 g	0.0%						
Cholesterol	17 mg							
Carbohydrate	85.26 g	71.0%						
Fiber	4.95 g							
Protein	14.34 g	12.0%						
Vitamin A	799 IU							
Calcium	414.6 mg							
Vitamin C	34.86 mg							
Iron	6.57 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.