

# Base Menu Spreadsheet

Portion Values

Apr 12, 2022 thru Apr 29, 2022

**Menu Name:** Elementary Breakfast  
**Site:**  
**Include Cost:** No  
**Report Style:** Detailed

## Tuesday - 04/12/2022

	Portion Size	Carb (g)
000786 Bagel White Whole Grain	EACH	44.60
000816 Cheese Cream	Each	2.00
000481 Cereal Assorted 2 Grain	Each	43.27
990215 Applesauce Cups	Each	13.95
000464 Raisins	Each	30.76
990329 Craisins	Each	28.00
990326 Fruit (Half Cup)	Each	*N/A*
990268 Orange Juice	4oz	13.00
000230 Milk 1% low fat	Each	16.00
Weighted Daily Average		7874.42
% of Calories		66.2%

# Base Menu Spreadsheet

## Portion Values

Apr 12, 2022 thru Apr 29, 2022

Weekly Nutrient Guideline		
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### Wednesday - 04/13/2022

	Portion Size	Carb (g)
990311 Breakfast Bun	Each	38.00
000481 Cereal Assorted 2 Grain	Each	43.27
990215 Applesauce Cups	Each	13.95
000464 Raisins	Each	30.76
990329 Craisins	Each	28.00
990326 Fruit (Half Cup)	Each	*N/A*
990268 Orange Juice	4oz	13.00
000230 Milk 1% low fat	Each	16.00
Weighted Daily Average		7272.42
% of Calories		64.6%
Weekly Nutrient Guideline		

### Thursday - 04/14/2022

	Portion Size	Carb (g)
000769 Bread Banana	Each	47.00

# Base Menu Spreadsheet

## Portion Values

000481 Cereal Assorted 2 Grain	Each	43.27
990215 Applesauce Cups	Each	13.95
000464 Raisins	Each	30.76
990329 Craisins	Each	28.00
990326 Fruit (Half Cup)	Each	*N/A*
990268 Orange Juice	4oz	13.00
000230 Milk 1% low fat	Each	16.00
Weighted Daily Average		7902.42
% of Calories		69.2%
Weekly Nutrient Guideline		

## Friday - 04/15/2022

	Portion Size	Carb (g)
990313 Calzone Country Breakfast	Each	32.00
000481 Cereal Assorted 2 Grain	Each	43.27
990215 Applesauce Cups	Each	13.95
000464 Raisins	Each	30.76
990329 Craisins	Each	28.00
990326 Fruit (Half Cup)	Each	*N/A*
990268 Orange Juice	4oz	13.00

# Base Menu Spreadsheet

## Portion Values

000230 Milk 1% low fat	Each	16.00
Weighted Daily Average		6852.42
% of Calories		60.0%
Weekly Nutrient Guideline		

## Monday - 04/18/2022

	Portion Size	Carb (g)
990289 Gogurt & Cracker Breakfast	Each	41.00
000481 Cereal Assorted 2 Grain	Each	43.27
990215 Applesauce Cups	Each	13.95
000464 Raisins	Each	30.76
990329 Craisins	Each	28.00
990326 Fruit (Half Cup)	Each	*N/A*
990268 Orange Juice	4oz	13.00
000230 Milk 1% low fat	Each	16.00
Weighted Daily Average		7527.86
% of Calories		74.2%
Weekly Nutrient Guideline		

## Tuesday - 04/19/2022

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Carb (g)
000786 Bagel White Whole Grain	EACH	44.60
000816 Cheese Cream	Each	2.00
000481 Cereal Assorted 2 Grain	Each	43.27
990215 Applesauce Cups	Each	13.95
000464 Raisins	Each	30.76
990329 Craisins	Each	28.00
990326 Fruit (Half Cup)	Each	*N/A*
990268 Orange Juice	4oz	13.00
000230 Milk 1% low fat	Each	16.00
Weighted Daily Average		7874.42
% of Calories		66.2%
Weekly Nutrient Guideline		

## Wednesday - 04/20/2022

	Portion Size	Carb (g)
990314 Pancakes Mini Confetti	Each	36.08
000481 Cereal Assorted 2 Grain	Each	43.27
990215 Applesauce Cups	Each	13.95

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## Portion Values

000464 Raisins	Each	30.76
990329 Craisins	Each	28.00
990326 Fruit (Half Cup)	Each	*N/A*
990268 Orange Juice	4oz	13.00
000230 Milk 1% low fat	Each	16.00
Weighted Daily Average		7137.85
% of Calories		68.3%
Weekly Nutrient Guideline		

## Thursday - 04/21/2022

	Portion Size	Carb (g)
000769 Bread Banana	Each	47.00
000481 Cereal Assorted 2 Grain	Each	43.27
990215 Applesauce Cups	Each	13.95
000464 Raisins	Each	30.76
990329 Craisins	Each	28.00
990326 Fruit (Half Cup)	Each	*N/A*
990268 Orange Juice	4oz	13.00
000230 Milk 1% low fat	Each	16.00
Weighted Daily Average		7902.42

# Base Menu Spreadsheet

## Portion Values

Apr 12, 2022 thru Apr 29, 2022

% of Calories		69.2%
Weekly Nutrient Guideline		

### Friday - 04/22/2022

	Portion Size	Carb (g)
990312 Burrito Breakfast Chorizo	Each	21.07
000481 Cereal Assorted 2 Grain	Each	43.27
990215 Applesauce Cups	Each	13.95
000464 Raisins	Each	30.76
990329 Craisins	Each	28.00
990326 Fruit (Half Cup)	Each	*N/A*
990268 Orange Juice	4oz	13.00
000230 Milk 1% low fat	Each	16.00
Weighted Daily Average		6087.39
% of Calories		60.6%
Weekly Nutrient Guideline		

### Monday - 04/25/2022

	Portion Size	Carb (g)
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# Base Menu Spreadsheet

## Portion Values

990289 Gogurt & Cracker Breakfast	Each	41.00
000481 Cereal Assorted 2 Grain	Each	43.27
990215 Applesauce Cups	Each	13.95
000464 Raisins	Each	30.76
990329 Craisins	Each	28.00
990326 Fruit (Half Cup)	Each	*N/A*
990268 Orange Juice	4oz	13.00
000230 Milk 1% low fat	Each	16.00
Weighted Daily Average		7527.86
% of Calories		74.2%
Weekly Nutrient Guideline		

## Tuesday - 04/26/2022

	Portion Size	Carb (g)
000786 Bagel White Whole Grain	EACH	44.60
000816 Cheese Cream	Each	2.00
000481 Cereal Assorted 2 Grain	Each	43.27
990215 Applesauce Cups	Each	13.95
000464 Raisins	Each	30.76
990329 Craisins	Each	28.00



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## Portion Values

990326 Fruit (Half Cup)	Each	*N/A*
990268 Orange Juice	4oz	13.00
000230 Milk 1% low fat	Each	16.00
Weighted Daily Average		7874.42
% of Calories		66.2%
Weekly Nutrient Guideline		

## Wednesday - 04/27/2022

	Portion Size	Carb (g)
990315 Waffle Vanilla IW	Each	38.00
000481 Cereal Assorted 2 Grain	Each	43.27
990215 Applesauce Cups	Each	13.95
000464 Raisins	Each	30.76
990329 Craisins	Each	28.00
990326 Fruit (Half Cup)	Each	*N/A*
990268 Orange Juice	4oz	13.00
000230 Milk 1% low fat	Each	16.00
Weighted Daily Average		7272.42
% of Calories		67.8%
Weekly Nutrient Guideline		

# Base Menu Spreadsheet

## Portion Values

Apr 12, 2022 thru Apr 29, 2022

### Thursday - 04/28/2022

	Portion Size	Carb (g)
000769 Bread Banana	Each	47.00
000481 Cereal Assorted 2 Grain	Each	43.27
990215 Applesauce Cups	Each	13.95
000464 Raisins	Each	30.76
990329 Craisins	Each	28.00
990326 Fruit (Half Cup)	Each	*N/A*
990268 Orange Juice	4oz	13.00
000230 Milk 1% low fat	Each	16.00
Weighted Daily Average		7902.42
% of Calories		69.2%
Weekly Nutrient Guideline		

### Friday - 04/29/2022

	Portion Size	Carb (g)
000739 Pan Dulce/Concha	Each	34.00
000481 Cereal Assorted 2 Grain	Each	43.27

# Base Menu Spreadsheet

## Portion Values

990215 Applesauce Cups	Each	13.95
000464 Raisins	Each	30.76
990329 Craisins	Each	28.00
990326 Fruit (Half Cup)	Each	*N/A*
990268 Orange Juice	4oz	13.00
000230 Milk 1% low fat	Each	16.00
Weighted Daily Average		6992.42
% of Calories		69.7%
Weekly Nutrient Guideline		

Weighted Averages		
% of Calories		

*\*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 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.























*or food*