

Base Menu Spreadsheet

Portion Values

Nov 4, 2024 thru Nov 21, 2024

Menu Name:	Breakfast	Include Cost:	No
Site:	All Sites	Report Style:	Detailed
Use Alternate Menu Name:	Alternate Menu Name 1		

Monday - 11/04/2024 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990034 SMOOTHIE/CRACKER	18 OZ	1	232	*198	27	*2.50	42.84	*2.50	14.84	*0	*0.0	*29.00	*1.26
001072 CEREAL	PIECE	1	74	88	8	0.51	17.21	0.74	0.90	523	11.5	8.22	3.57
990148 FRENCH TOAST BAR	3 EACH	1	185	*161	21	*9.50	45.93	6.59	8.83	*36	*86.2	*30.94	2.12
000245 FRUIT,FRESH ASSORTED	EACH	1	57	1	11	0.23	14.59	2.07	0.78	167	14.2	16.49	0.20
990140 MILK VARIETY	8 OZ	1	0	25	11	0.00	12.00	*N/A*	8.00	*N/A*	*N/A*	*N/A*	*N/A*
990189 CANNED FRUIT W/WHIP	4 OZ	1	100	7	*N/A*	0.08	25.96	1.25	0.44	228	6.8	2.16	0.32
Weighted Daily Average			647	*479	*77	*12.81	158.53	*13.14	33.78	*954	*118.7	*86.81	*7.46
% of Calories					*47.6%	*17.8%	98.0%		20.9%				
Weekly Nutrient Guideline			450 - 600	640		<=0							

Tuesday - 11/05/2024 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990202 PARFAIT	1 portion	1	138	*58	20	*3.25	39.75	*1.75	4.75	*500	*100.0	*14.50	*0.99
990141 POPTART	EACH	1	70	20	15	3.00	37.00	3.00	2.00	500	0.0	0.00	0.00
990118 MINI WAFFLES	E	1	110	170	12	6.00	37.01	2.00	4.00	*N/A*	300.1	*N/A*	1.44

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000245 FRUIT,FRESH ASSORTED	EACH	1	57	1	11	0.23	14.59	2.07	0.78	167	14.2	16.49	0.20
990140 MILK VARIETY	8 OZ	1	0	25	11	0.00	12.00	*N/A*	8.00	*N/A*	*N/A*	*N/A*	*N/A*
990145 JUICE VARIETY	4 OZ	1	50	5	*N/A*	*N/A*	15.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990189 CANNED FRUIT W/WHIP	4 OZ	1	100	7	*N/A*	0.08	25.96	1.25	0.44	228	6.8	2.16	0.32
Weighted Daily Average			525	*285	*69	*12.56	181.31	*10.06	*19.97	*1395	*421.1	*33.15	*2.94
% of Calories					*52.6%	*21.5%	138.1%		*15.2%				
Weekly Nutrient Guideline			450 - 600	640		<=0							

Wednesday - 11/06/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990143 CEREAL VARIETY/CRACKER	EACH	1	70	22	6	1.75	20.50	1.00	1.00	*250	50.0	*1.80	1.71
990186 MUFFIN & CHEESE STICK	EACH	1	140	120	10	4.00	23.01	0.00	2.00	0	20.0	0.00	1.08
990138 PIZZA BAGEL	BAGEL	1	182	347	*15	14.14	*77.00	*4.50	24.60	*0	*272.0	*0.00	*4.81
000245 FRUIT,FRESH ASSORTED	EACH	1	57	1	11	0.23	14.59	2.07	0.78	167	14.2	16.49	0.20
990189 CANNED FRUIT W/WHIP	4 OZ	1	100	7	*N/A*	0.08	25.96	1.25	0.44	228	6.8	2.16	0.32
990140 MILK VARIETY	8 OZ	1	0	25	11	0.00	12.00	*N/A*	8.00	*N/A*	*N/A*	*N/A*	*N/A*

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Nov 4, 2024 thru Nov 21, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990145 JUICE VARIETY	4 OZ	1	50	5	*N/A*	*N/A*	15.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			599	527	*53	*20.20	*188.06	*8.81	*36.82	*645	*363.0	*20.45	*8.12
% of Calories					*35.4%	*30.4%	*125.6%		*24.6%				
Weekly Nutrient Guideline			450 - 600	640		<=0							

Thursday - 11/07/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990196 CHEF'S CHOICE BF SANDWICH	EACH	1	161	690	3	6.81	26.47	0.91	9.22	*250	131.2	*0.00	1.30
990202 PARFAIT	1 portion	1	138	*58	20	*3.25	39.75	*1.75	4.75	*500	*100.0	*14.50	*0.99
990141 POPTART	EACH	1	70	20	15	3.00	37.00	3.00	2.00	500	0.0	0.00	0.00
000245 FRUIT,FRESH ASSORTED	EACH	1	57	1	11	0.23	14.59	2.07	0.78	167	14.2	16.49	0.20
990140 MILK VARIETY	8 OZ	1	0	25	11	0.00	12.00	*N/A*	8.00	*N/A*	*N/A*	*N/A*	*N/A*
990145 JUICE VARIETY	4 OZ	1	50	5	*N/A*	*N/A*	15.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990189 CANNED FRUIT W/WHIP	4 OZ	1	100	7	*N/A*	0.08	25.96	1.25	0.44	228	6.8	2.16	0.32
Weighted Daily Average			575	*805	*60	*13.37	170.77	*8.97	*25.19	*1645	*252.3	*33.15	*2.81
% of Calories					*41.7%	*20.9%	118.8%		*17.5%				
Weekly Nutrient Guideline			450 - 600	640		<=0							

Tuesday - 11/12/2024

Reimbursable Meal Total 1

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990034 SMOOTHIE/CRACKER	18 OZ	1	232	*198	27	*2.50	42.84	*2.50	14.84	*0	*0.0	*29.00	*1.26
990186 MUFFIN & CHEESE STICK	EACH	1	140	120	10	4.00	23.01	0.00	2.00	0	20.0	0.00	1.08
990141 POPTART	EACH	1	70	20	15	3.00	37.00	3.00	2.00	500	0.0	0.00	0.00
990102 APPLE ASSORTED	APPLE	1	67	1	13	0.22	17.88	3.18	0.34	4	7.3	5.50	0.16
990061 ORANGE 113 CT	1 EACH	1	2	0	0	0.00	0.44	0.05	0.00	0	1.0	1.75	0.01
990140 MILK VARIETY	8 OZ	1	0	25	11	0.00	12.00	*N/A*	8.00	*N/A*	*N/A*	*N/A*	*N/A*
990208 STRAWBERRIES CUP:FRZ 21/22	EACH	1	80	1	16	0.00	21.00	2.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			591	*366	92	*9.72	154.17	*10.72	27.18	*504	*28.3	*36.25	*2.51
% of Calories					62.3%	*14.8%	104.3%		18.4%				
Weekly Nutrient Guideline			450 - 600	640		<=0							

Wednesday - 11/13/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990151 CREAM CHEESE BAGEL	2 OZ	1	51	83	12	1.70	70.00	2.10	16.01	*0	110.0	*0.00	4.68
990150 DONUTS	PACK	1	320	270	19	15.00	41.00	2.00	5.00	0	40.0	0.00	1.80
990143 CEREAL VARIETY/CRACKER	EACH	1	70	22	6	1.75	20.50	1.00	1.00	*250	50.0	*1.80	1.71
000245 FRUIT,FRESH ASSORTED	EACH	1	57	1	11	0.23	14.59	2.07	0.78	167	14.2	16.49	0.20
990168 MIXED FRUIT	4 OZ	1	65	7	*N/A*	0.11	16.79	1.70	0.54	363	7.9	2.13	0.33

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990140 MILK VARIETY	8 OZ	1	0	25	11	0.00	12.00	*N/A*	8.00	*N/A*	*N/A*	*N/A*	*N/A*
990145 JUICE VARIETY	4 OZ	1	50	5	*N/A*	*N/A*	15.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			613	413	*59	*18.80	189.89	*8.87	*31.33	*780	*222.1	*20.43	*8.72
% of Calories					*38.5%	*27.6%	123.9%		*20.4%				
Weekly Nutrient Guideline			450 - 600	640		<=0							

Thursday - 11/14/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990196 CHEF'S CHOICE BF SANDWICH	EACH	1	161	690	3	6.81	26.47	0.91	9.22	*250	131.2	*0.00	1.30
990141 POPTART	EACH	1	70	20	15	3.00	37.00	3.00	2.00	500	0.0	0.00	0.00
990202 PARFAIT	1 portion	1	138	*58	20	*3.25	39.75	*1.75	4.75	*500	*100.0	*14.50	*0.99
000245 FRUIT,FRESH ASSORTED	EACH	1	57	1	11	0.23	14.59	2.07	0.78	167	14.2	16.49	0.20
990140 MILK VARIETY	8 OZ	1	0	25	11	0.00	12.00	*N/A*	8.00	*N/A*	*N/A*	*N/A*	*N/A*
990145 JUICE VARIETY	4 OZ	1	50	5	*N/A*	*N/A*	15.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990168 MIXED FRUIT	4 OZ	1	65	7	*N/A*	0.11	16.79	1.70	0.54	363	7.9	2.13	0.33
Weighted Daily Average			540	*805	*60	*13.41	161.60	*9.42	*25.29	*1780	*253.4	*33.13	*2.82
% of Calories					*44.4%	*22.4%	119.7%		*18.7%				
Weekly Nutrient Guideline			450 - 600	640		<=0							

Monday - 11/18/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 4, 2024 thru Nov 21, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990135 PANCAKE BAR	2 PANCAKES	1	213	*221	*17	*0.25	*39.93	*3.79	4.48	*18	*53.4	*15.47	*1.64
990034 SMOOTHIE/CRACKER	18 OZ	1	232	*198	27	*2.50	42.84	*2.50	14.84	*0	*0.0	*29.00	*1.26
001072 CEREAL	PIECE	1	74	88	8	0.51	17.21	0.74	0.90	523	11.5	8.22	3.57
990102 APPLE ASSORTED	APPLE	1	67	1	13	0.22	17.88	3.18	0.34	4	7.3	5.50	0.16
990061 ORANGE 113 CT	1 EACH	1	2	0	0	0.00	0.44	0.05	0.00	0	1.0	1.75	0.01
990140 MILK VARIETY	8 OZ	1	0	25	11	0.00	12.00	*N/A*	8.00	*N/A*	*N/A*	*N/A*	*N/A*
990190 FROZEN FRUIT	4 OZ	1	100	7	*N/A*	0.08	25.96	1.25	0.44	228	6.8	2.16	0.32
Weighted Daily Average			687	*540	*76	*3.55	*156.26	*11.50	28.99	*772	*80.0	*62.09	*6.96
% of Calories					*44.3%	*4.7%	*91.0%		16.9%				
Weekly Nutrient Guideline			450 - 600	640		<=0							

Tuesday - 11/19/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990115 CINNIMON ROLL	EACH	1	121	72	*12	*0.00	26.65	*2.00	2.10	*0	*0.0	*0.00	*0.72
990141 POPTART	EACH	1	70	20	15	3.00	37.00	3.00	2.00	500	0.0	0.00	0.00
990202 PARFAIT	1 portion	1	138	*58	20	*3.25	39.75	*1.75	4.75	*500	*100.0	*14.50	*0.99
000245 FRUIT,FRESH ASSORTED	EACH	1	57	1	11	0.23	14.59	2.07	0.78	167	14.2	16.49	0.20
990140 MILK VARIETY	8 OZ	1	0	25	11	0.00	12.00	*N/A*	8.00	*N/A*	*N/A*	*N/A*	*N/A*
990145 JUICE VARIETY	4 OZ	1	50	5	*N/A*	*N/A*	15.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

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990190 FROZEN FRUIT	4 OZ	1	100	7	*N/A*	0.08	25.96	1.25	0.44	228	6.8	2.16	0.32
Weighted Daily Average			536	*187	*70	*6.56	170.95	*10.06	*18.07	*1395	*121.0	*33.15	*2.22
% of Calories					*52.2%	*11.0%	127.6%		*13.5%				
Weekly Nutrient Guideline			450 - 600	640		<=0							

Wednesday - 11/20/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990138 PIZZA BAGEL	BAGEL	1	182	347	*15	14.14	*77.00	*4.50	24.60	*0	*272.0	*0.00	*4.81
990186 MUFFIN & CHEESE STICK	EACH	1	140	120	10	4.00	23.01	0.00	2.00	0	20.0	0.00	1.08
990143 CEREAL VARIETY/CRACKER	EACH	1	70	22	6	1.75	20.50	1.00	1.00	*250	50.0	*1.80	1.71
000245 FRUIT,FRESH ASSORTED	EACH	1	57	1	11	0.23	14.59	2.07	0.78	167	14.2	16.49	0.20
990190 FROZEN FRUIT	4 OZ	1	100	7	*N/A*	0.08	25.96	1.25	0.44	228	6.8	2.16	0.32
990140 MILK VARIETY	8 OZ	1	0	25	11	0.00	12.00	*N/A*	8.00	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			549	522	*53	20.20	*173.06	*8.81	36.82	*645	*363.0	*20.45	*8.12
% of Calories					*38.6%	33.1%	*126.1 %		26.8%				
Weekly Nutrient Guideline			450 - 600	640		<=0							

Thursday - 11/21/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 4, 2024 thru Nov 21, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990196 CHEF'S CHOICE BF SANDWICH	EACH	1	161	690	3	6.81	26.47	0.91	9.22	*250	131.2	*0.00	1.30
990202 PARFAIT	1 portion	1	138	*58	20	*3.25	39.75	*1.75	4.75	*500	*100.0	*14.50	*0.99
990141 POPTART	EACH	1	70	20	15	3.00	37.00	3.00	2.00	500	0.0	0.00	0.00
000245 FRUIT,FRESH ASSORTED	EACH	1	57	1	11	0.23	14.59	2.07	0.78	167	14.2	16.49	0.20
990140 MILK VARIETY	8 OZ	1	0	25	11	0.00	12.00	*N/A*	8.00	*N/A*	*N/A*	*N/A*	*N/A*
990145 JUICE VARIETY	4 OZ	1	50	5	*N/A*	*N/A*	15.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990190 FROZEN FRUIT	4 OZ	1	100	7	*N/A*	0.08	25.96	1.25	0.44	228	6.8	2.16	0.32
Weighted Daily Average			575	*805	*60	*13.37	170.77	*8.97	*25.19	*1645	*252.3	*33.15	*2.81
% of Calories					*41.7%	*20.9%	118.8%		*17.5%				
Weekly Nutrient Guideline			450 - 600	640		<=0							

	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	585	*521	*66	*13.14	*170.49	*9.94	*28.06	*1105	*225.0	*37.47	*5.04
% of Calories			*45.1%	*20.2%	*116.6%		*19.2%				

- *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.