

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Dec 19, 2024

Menu Name: Breakfast
Site:
Use Alternate Menu Name: No

Include Cost: No
Report Style: Detailed

Monday - 12/02/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990148 FRENCH TOAST BAR	3 EACH	1	1	*0.01	*1	0	*0	*0.04	*0.00	*0	0.18	0.03	0.04
990034 BASIC SMOOTHIE	18 OZ	100	109	*0.00	*113	11	*2	*1.00	*0.00	*5	17.14	*1.00	5.93
001072 CEREAL,VARIETY	PIECE	50	15	0.06	18	2	*N/A*	0.10	0.00	0	3.44	0.15	0.18
990102 APPLE ASSORTED	APPLE	150	40	0.02	1	8	*N/A*	0.13	*N/A*	*N/A*	10.73	1.90	0.21
990061 ORANGE, FRESH	1 EACH	200	1	0.00	0	0	0	0.00	0.00	0	0.35	0.04	0.00
990140 MILK VARIETY	8 OZ	200	66	0.00	82	9	*N/A*	0.00	0.00	4	9.60	*N/A*	6.40
990190 FROZEN FRUIT	4 OZ	200	80	0.01	5	*N/A*	*N/A*	0.06	0.00	0	20.77	1.00	0.35
Weighted Daily Average			312	*0.10	*219	*29	*2	*1.33	*0.00	*9	62.20	*4.12	13.11
% of Calories				*0.29%		*37.2%	*2.6%	*3.8%	*0.0%		79.7%		16.8%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0					

Tuesday - 12/03/2024

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990152 PANCAKE, CONFETTI MINI WHOLE GRAIN	3 OZ	50	120	0.46	96	5	5	2.75	0.00	0	16.53	2.75	1.84

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Dec 2, 2024 thru Dec 19, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990202 BREAKFAST PARFAIT	1 portion	50	51	*0.00	*36	5	*1	*0.81	*0.00	*1	7.19	*0.44	1.19
001072 CEREAL,VARIETY	PIECE	100	37	0.15	44	4	*N/A*	0.25	0.00	0	8.61	0.37	0.45
000245 FRUIT,FRESH ASSORTED	EACH	200	57	0.05	1	11	*N/A*	0.23	0.00	0	14.59	2.07	0.78
990190 FROZEN FRUIT	4 OZ	200	100	0.01	7	*N/A*	*N/A*	0.08	0.00	0	25.96	1.25	0.44
990140 MILK VARIETY	8 OZ	200	83	0.00	102	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00
Weighted Daily Average			447	*0.67	*285	*36	*6	*4.13	*0.00	*6	84.87	*6.87	12.69
% of Calories				*1.35%		*32.2%	*5.4%	*8.3%	*0.0%		75.9%		11.4%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0					

Wednesday - 12/04/2024

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990150 DONUT VARIETY	PACK	100	160	3.50	135	10	0	7.50	0.00	0	20.50	1.00	2.50
001072 CEREAL,VARIETY	PIECE	50	18	0.07	22	2	*N/A*	0.13	0.00	0	4.30	0.18	0.22
990151 BAGEL AND CREAM CHEESE	2 OZ	50	92	0.00	112	7	*0	0.98	*0.00	*4	16.34	1.21	8.55
000245 FRUIT,FRESH ASSORTED	EACH	200	57	0.05	1	11	*N/A*	0.23	0.00	0	14.59	2.07	0.78
990140 MILK VARIETY	8 OZ	200	83	0.00	102	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00

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Dec 2, 2024 thru Dec 19, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990190 FROZEN FRUIT	4 OZ	200	100	0.01	7	*N/A*	*N/A*	0.08	0.00	0	25.96	1.25	0.44
Weighted Daily Average			510	3.64	378	*40	*0	8.92	*0.00	*9	93.69	*5.70	20.49
% of Calories				6.42%		*31.4%	*0%	15.7%	*0.0%		73.5%		16.1%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0					

Thursday - 12/05/2024

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990196 CHEF'S CHOICE BF SANDWICH	EACH	50	63	0.00	252	1	0	2.58	0.00	26	9.74	0.23	2.30
990141 POPTART VARIETY	EACH	50	42	0.25	5	4	0	0.75	0.00	0	9.25	0.75	0.50
990203 Parfait for Breakfast	6 oz	100	158	0.88	81	*1	*N/A*	2.39	*0.00	4	29.29	2.29	6.02
000245 FRUIT,FRESH ASSORTED	EACH	200	57	0.05	1	11	*N/A*	0.23	0.00	0	14.59	2.07	0.78
990140 MILK VARIETY	8 OZ	200	83	0.00	102	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00
990190 FROZEN FRUIT	4 OZ	200	100	0.01	7	*N/A*	*N/A*	0.08	0.00	0	25.96	1.25	0.44
Weighted Daily Average			503	1.19	448	*28	*0	6.03	*0.00	35	100.83	*6.58	18.05
% of Calories				2.13%		*22.3%	*0%	10.8%	*0.0%		80.2%		14.4%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0					

Monday - 12/09/2024

Reimbursable Meal Total 200

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Dec 19, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990174 BASIC SMOOTHIE	18 OZ	50	143	*0.00	96	*7	*2	*1.31	*0.00	3	28.52	*1.83	4.26
990143 CEREAL VARIETY AND GRAHAM	EACH	50	22	0.00	16	2	2	0.44	0.00	0	5.12	0.25	0.25
990140 MILK VARIETY	8 OZ	200	83	0.00	102	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00
990190 FROZEN FRUIT	4 OZ	200	100	0.01	7	*N/A*	*N/A*	0.08	0.00	0	25.96	1.25	0.44
000245 FRUIT,FRESH ASSORTED	EACH	200	57	0.05	1	11	*N/A*	0.23	0.00	0	14.59	2.07	0.78
990199 BREAKFAST BURRITO	1 BURRITO	100	243	4.95	513	*0	*0	*12.64	*0.00	77	24.34	*3.29	11.44
Weighted Daily Average			649	*5.02	734	*31	*4	*14.70	*0.00	85	110.53	*8.68	25.17
% of Calories				*6.96%		*19.1%	*2.5%	*20.4%	*0.0%		68.1%		15.5%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0					

Tuesday - 12/10/2024

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990115 CINNAMON ROLL	EACH	1	2	*0.00	2	*0	*0	*0.00	*0.00	0	0.22	*0.01	0.01
990202 BREAKFAST PARFAIT	1 portion	1	1	*0.00	*1	0	*0	*0.02	*0.00	*0	0.14	*0.01	0.02
990141 POPTART VARIETY	EACH	1	1	0.00	0	0	0	0.02	0.00	0	0.18	0.02	0.01
000245 FRUIT,FRESH ASSORTED	EACH	150	43	0.04	0	8	*N/A*	0.17	0.00	0	10.94	1.55	0.58
990140 MILK VARIETY	8 OZ	150	62	0.00	76	8	*N/A*	0.00	0.00	4	9.00	*N/A*	6.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990190 FROZEN FRUIT	4 OZ	1	0	0.00	0	*N/A*	*N/A*	0.00	0.00	0	0.13	0.01	0.00
Weighted Daily Average			109	*0.04	*80	*17	*0	*0.21	*0.00	*4	20.62	*1.59	6.63
% of Calories				*0.33%		*62.4%	*0%	*1.7%	*0.0%		75.7%		24.3%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0					

Wednesday - 12/11/2024

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990138 BAGEL PIZZA	BAGEL	100	284	*0.00	356	*15	*0	8.17	*0.00	*13	*36.18	*3.61	21.39
990186 MUFFIN VARIETY	EACH	50	28	0.08	18	2	0	0.90	0.00	2	3.45	0.00	0.30
001072 CEREAL,VARIETY	PIECE	50	18	0.07	22	2	*N/A*	0.13	0.00	0	4.30	0.18	0.22
000245 FRUIT,FRESH ASSORTED	EACH	200	57	0.05	1	11	*N/A*	0.23	0.00	0	14.59	2.07	0.78
990140 MILK VARIETY	8 OZ	200	83	0.00	102	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00
990190 FROZEN FRUIT	4 OZ	200	100	0.01	7	*N/A*	*N/A*	0.08	0.00	0	25.96	1.25	0.44
Weighted Daily Average			571	*0.21	505	*40	*0	9.51	*0.00	*20	*96.48	*7.11	31.13
% of Calories				*0.33%		*28.0%	*0%	15.0%	*0.0%		*67.6%		21.8%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0					

Thursday - 12/12/2024

Reimbursable Meal Total 200

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Dec 19, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990202 BREAKFAST PARFAIT	1 portion	50	51	*0.00	*36	5	*1	*0.81	*0.00	*1	7.19	*0.44	1.19
990196 CHEF'S CHOICE BF SANDWICH	EACH	100	125	0.00	505	1	0	5.16	0.00	51	19.48	0.45	4.61
990141 POPTART VARIETY	EACH	50	42	0.25	5	4	0	0.75	0.00	0	9.25	0.75	0.50
000245 FRUIT,FRESH ASSORTED	EACH	200	57	0.05	1	11	*N/A*	0.23	0.00	0	14.59	2.07	0.78
990140 MILK VARIETY	8 OZ	200	83	0.00	102	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00
990190 FROZEN FRUIT	4 OZ	200	100	0.01	7	*N/A*	*N/A*	0.08	0.00	0	25.96	1.25	0.44
Weighted Daily Average			458	*0.31	*655	*32	*1	*7.03	*0.00	*57	88.47	*4.95	15.52
% of Calories				*0.61%		*27.9%	*0.9%	*13.8%	*0.0%		77.3%		13.6%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0					

Monday - 12/16/2024

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990136 BREAKFAST PLATE	PLATE	50	8471	*150.81	18072	*28	*0	*430.01	*0.00	*1516	*372.31	*13.47	*335.42
990143 CEREAL VARIETY AND GRAHAM	EACH	50	22	0.00	16	2	2	0.44	0.00	0	5.12	0.25	0.25
990203 Parfait for Breakfast	6 oz	100	158	0.88	81	*1	*N/A*	2.39	*0.00	4	29.29	2.29	6.02
000245 FRUIT,FRESH ASSORTED	EACH	200	57	0.05	1	11	*N/A*	0.23	0.00	0	14.59	2.07	0.78
990190 FROZEN FRUIT	4 OZ	200	100	0.01	7	*N/A*	*N/A*	0.08	0.00	0	25.96	1.25	0.44

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Weighted Values

Dec 2, 2024 thru Dec 19, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990140 MILK VARIETY	8 OZ	200	83	0.00	102	11	*N/A*	0.00	0.00	5	12.00	*N/A*	8.00
Weighted Daily Average			8892	*151.75	18279	*53	*2	*433.16	*0.00	*1525	*459.27	*19.32	*350.91
% of Calories				*15.36%		*2.4%	*0.1%	*43.8%	*0.0%		*20.7%		*15.8%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0					

Tuesday - 12/17/2024

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990186 MUFFIN VARIETY	EACH	50	28	0.08	18	2	0	0.90	0.00	2	3.45	0.00	0.30
990202 BREAKFAST PARFAIT	1 portion	50	51	*0.00	*36	5	*1	*0.81	*0.00	*1	7.19	*0.44	1.19
990141 POPTART VARIETY	EACH	100	85	0.50	10	8	0	1.50	0.00	0	18.50	1.50	1.00
000245 FRUIT,FRESH ASSORTED	EACH	150	43	0.04	0	8	*N/A*	0.17	0.00	0	10.94	1.55	0.58
990140 MILK VARIETY	8 OZ	150	62	0.00	76	8	*N/A*	0.00	0.00	4	9.00	*N/A*	6.00
990190 FROZEN FRUIT	4 OZ	150	75	0.01	5	*N/A*	*N/A*	0.06	0.00	0	19.47	0.94	0.33
Weighted Daily Average			344	*0.62	*146	*30	*1	*3.45	*0.00	*7	68.55	*4.42	9.40
% of Calories				*1.62%		*34.9%	*1.2%	*9.0%	*0.0%		79.7%		10.9%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0					

Wednesday - 12/18/2024

Reimbursable Meal Total 200

Base Menu Spreadsheet

Weighted Values

Dec 2, 2024 thru Dec 19, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990143 CEREAL VARIETY AND GRAHAM	EACH	100	45	0.00	32	3	3	0.88	0.00	0	10.25	0.50	0.50
990151 BAGEL AND CREAM CHEESE	2 OZ	50	92	0.00	112	7	*0	0.98	*0.00	*4	16.34	1.21	8.55
990118 BLUEBERRY BASH MINI WAFFLES	E	50	28	0.25	43	3	3	1.50	*N/A*	*N/A*	9.25	0.50	1.00
000245 FRUIT,FRESH ASSORTED	EACH	150	43	0.04	0	8	*N/A*	0.17	0.00	0	10.94	1.55	0.58
990190 FROZEN FRUIT	4 OZ	150	75	0.01	5	*N/A*	*N/A*	0.06	0.00	0	19.47	0.94	0.33
990140 MILK VARIETY	8 OZ	150	62	0.00	76	8	*N/A*	0.00	0.00	4	9.00	*N/A*	6.00
Weighted Daily Average			344	0.30	269	*29	*6	3.59	*0.00	*8	75.25	*4.69	16.96
% of Calories				0.78%		*33.7%	*7.0%	9.4%	*0.0%		87.5%		19.7%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0					

Thursday - 12/19/2024

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990199 BREAKFAST BURRITO	1 BURRITO	50	121	2.48	256	*0	*0	*6.32	*0.00	39	12.17	*1.64	5.72
990113 MOCHA COFFEE COOLER SMOOTHIE	13 OZ	100	216	*0.82	171	30	*2	3.04	*0.00	6	36.35	*0.87	6.61
990141 POPTART VARIETY	EACH	50	42	0.25	5	4	0	0.75	0.00	0	9.25	0.75	0.50
990190 FROZEN FRUIT	4 OZ	200	100	0.01	7	*N/A*	*N/A*	0.08	0.00	0	25.96	1.25	0.44
000245 FRUIT,FRESH ASSORTED	EACH	200	57	0.05	1	11	*N/A*	0.23	0.00	0	14.59	2.07	0.78

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Weighted Values

Dec 2, 2024 thru Dec 19, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990140 MILK VARIETY	8 OZ	100	42	0.00	51	6	*N/A*	0.00	0.00	2	6.00	*N/A*	4.00
Weighted Daily Average			579	*3.61	491	*50	*2	*10.42	*0.00	47	104.32	*6.58	18.05
% of Calories				*5.61%		*34.5%	*1.4%	*16.2%	*0.0%		72.1%		12.5%
Weekly Nutrient Guideline			450 - 600	<10	640			<=0					

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages	1143	*13.96	*1874	*35	*2	*41.87	*0.00	*151	*113.76	*6.72	*44.84
% of Calories		*10.99%		*12.2%	*0.7%	*33.0%	*0.0%		*39.8%		*15.7%

- *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.