

Base Menu Spreadsheet

Portion Values

Mar 1, 2026 thru Mar 31, 2026

Menu Name: Middle School Breakfast **Include Cost:** No
Site:
Use Alternate Menu Name: Alternate Menu Name 1

Monday - 03/02/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
000566 Scrambled Eggs & Toast	1/2 cup, 1 Toast	1	15.40
990126 Cereal Variety & Toast	1 Cereal & Toast	1	38.15
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Carton	1	15.00
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			105.20
% of Calories			55.4%
Weekly Nutrient Guideline			

Tuesday - 03/03/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
000504 Breakfast Biscuit Sandwich	1 Sandwich	1	29.00
990126 Cereal Variety & Toast	1 Cereal & Toast	1	38.15
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Carton	1	15.00

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000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			118.80
% of Calories			50.3%
Weekly Nutrient Guideline			

Wednesday - 03/04/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
000650 Mini Pancake	1 Pkg	1	35.00
990126 Cereal Variety & Toast	1 Cereal&Toast	1	38.15
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Carton	1	15.00
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			124.80
% of Calories			72.3%
Weekly Nutrient Guideline			

Thursday - 03/05/2026

Reimbursable Meal Total 1

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	Portion Size	Reimb Qty	Carb (g)
000541 Biscuit & Gravy	1 B, 4 oz Gravy	1	37.94
990126 Cereal Variety & Toast	1 Cereal&Toast	1	38.15
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Carton	1	15.00
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			127.74
% of Calories			60.9%
Weekly Nutrient Guideline			

Friday - 03/06/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
000616 Dutch Waffle	1 Waffle	1	38.00
990126 Cereal Variety & Toast	1 Cereal&Toast	1	38.15
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Carton	1	15.00

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	Portion Size	Reimb Qty	Carb (g)
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			127.80
% of Calories			62.3%
Weekly Nutrient Guideline			

Monday - 03/09/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
001155 Breakfast Burrito	1 Burrito	1	43.77
990126 Cereal Variety & Toast	1 Cereal&Toast	1	38.15
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Carton	1	15.00
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			133.57
% of Calories			48.2%
Weekly Nutrient Guideline			

Tuesday - 03/10/2026

Reimbursable Meal Total 1

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	Portion Size	Reimb Qty	Carb (g)
990169 Breakfast Croissant Sandwich	1 Sandwich	1	32.67
990126 Cereal Variety & Toast	1 Cereal&Toast	1	38.15
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Carton	1	15.00
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			122.47
% of Calories			63.1%
Weekly Nutrient Guideline			

Wednesday - 03/11/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990191 Mini Waffle	1 Pkg	1	37.00
990126 Cereal Variety & Toast	1 Cereal&Toast	1	38.15
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Carton	1	15.00

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Mar 1, 2026 thru Mar 31, 2026

	Portion Size	Reimb Qty	Carb (g)
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			126.80
% of Calories			72.5%
Weekly Nutrient Guideline			

Thursday - 03/12/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
000541 Biscuit & Gravy	1 B, 4 oz Gravy	1	37.94
990126 Cereal Variety & Toast	1 Cereal&Toast	1	38.15
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Carton	1	15.00
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			127.74
% of Calories			60.9%
Weekly Nutrient Guideline			

Friday - 03/13/2026

Reimbursable Meal Total 1

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	Portion Size	Reimb Qty	Carb (g)
001116 Bagel & Cream Cheese	1 Bagel, 1oz CC	1	30.02
990126 Cereal Variety & Toast	1 Cereal&Toast	1	38.15
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Carton	1	15.00
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			119.83
% of Calories			65.6%
Weekly Nutrient Guideline			

Monday - 03/16/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990208 Omelet & Toast	1 Omlt, 1 Toast	1	17.40
990126 Cereal Variety & Toast	1 Cereal&Toast	1	38.15
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Carton	1	15.00

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Portion Values

	Portion Size	Reimb Qty	Carb (g)
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			107.20
% of Calories			57.5%
Weekly Nutrient Guideline			

Tuesday - 03/17/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
000504 Breakfast Biscuit Sandwich	1 Sandwich	1	29.00
990126 Cereal Variety & Toast	1 Cereal&Toast	1	38.15
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Carton	1	15.00
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			118.80
% of Calories			50.3%
Weekly Nutrient Guideline			

Wednesday - 03/18/2026

Reimbursable Meal Total 1

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	Portion Size	Reimb Qty	Carb (g)
990134 Breakfast Tornado	1 Tornado	1	21.50
990126 Cereal Variety & Toast	1 Cereal&Toast	1	38.15
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Carton	1	15.00
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			111.30
% of Calories			66.0%
Weekly Nutrient Guideline			

Thursday - 03/19/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
000541 Biscuit & Gravy	1 B, 4 oz Gravy	1	37.94
990126 Cereal Variety & Toast	1 Cereal&Toast	1	38.15
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Carton	1	15.00

Base Menu Spreadsheet

Portion Values

Mar 1, 2026 thru Mar 31, 2026

	Portion Size	Reimb Qty	Carb (g)
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			127.74
% of Calories			60.9%
Weekly Nutrient Guideline			

Friday - 03/20/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990166 Donut Variety	Varies 1-6	1	27.71
990126 Cereal Variety & Toast	1 Cereal&Toast	1	38.15
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Carton	1	15.00
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			117.51
% of Calories			66.3%
Weekly Nutrient Guideline			

Monday - 03/23/2026

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Carb (g)
990068 No School	PKG	1	*N/A*
Weighted Daily Average			0
% of Calories			0%
Weekly Nutrient Guideline			

Tuesday - 03/24/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990068 No School	PKG	1	*N/A*
Weighted Daily Average			0
% of Calories			0%
Weekly Nutrient Guideline			

Wednesday - 03/25/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990068 No School	PKG	1	*N/A*
Weighted Daily Average			0
% of Calories			0%
Weekly Nutrient Guideline			

Base Menu Spreadsheet

Portion Values

Thursday - 03/26/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990068 No School	PKG	1	*N/A*
Weighted Daily Average			0
% of Calories			0%
Weekly Nutrient Guideline			

Friday - 03/27/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990068 No School	PKG	1	*N/A*
Weighted Daily Average			0
% of Calories			0%
Weekly Nutrient Guideline			

Monday - 03/30/2026

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Carb (g)
990066 Manager's Choice	PKG	1	*N/A*
Weighted Daily Average			0
% of Calories			0%
Weekly Nutrient Guideline			

Tuesday - 03/31/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990169 Breakfast Croissant Sandwich	1 Sandwich	1	32.67
990126 Cereal Variety & Toast	1 Cereal&Toast	1	38.15
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Carton	1	15.00
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			122.47
% of Calories			63.1%
Weekly Nutrient Guideline			

	Carb (g)
Weighted Averages	88.17
% of Calories	60.2%

Base Menu Spreadsheet

Jefferson City School District

Portion Values

Mar 1, 2026 thru Mar 31, 2026

**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

Added Sugars target is informational only, with an effective date of July 1, 2027.

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.