

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 30, 2026

Menu Name:	ECC Breakfast	Include Cost:	No
Site:	All Sites		
Use Alternate Menu Name:	Alternate Menu Name 1		

Thursday - 10/01/2026Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
003497 Yogurt	1 Container	1	15.00
000068 Banana	1 Banana	1	26.95
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			54.95
% of Calories			75.3%
Weekly Nutrient Guideline			

Friday - 10/02/2026Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990250 WG Bagel & Cream Cheese	1 Bagel	1	31.02
990232 Dried Apples Str Crisps	1 Pkg	1	10.00

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	Portion Size	Reimb Qty	Carb (g)
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			54.02
% of Calories			55.7%
Weekly Nutrient Guideline			

Monday - 10/05/2026Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990248 WG Cereal Variety	1 Bowl	1	20.00
000417 Applesauce Cup	1 Container	1	14.00
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			47.00
% of Calories			71.5%
Weekly Nutrient Guideline			

Tuesday - 10/06/2026Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990179 Egg Scrambled	2 oz	1	0.00
990078 Clementine	1 Fruit	1	11.28

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990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			24.28
% of Calories			51.9%
Weekly Nutrient Guideline			

Wednesday - 10/07/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
000797 WG Mini Maple Waffles	1 Pkg	1	37.00
000068 Banana	1 Banana	1	26.95
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			76.95
% of Calories			72.9%
Weekly Nutrient Guideline			

Thursday - 10/08/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990246 WG Pancake Stick	1 Stick	1	17.00
000390 Diced Pears	1/2 Cup	1	16.38

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	Portion Size	Reimb Qty	Carb (g)
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			46.38
% of Calories			51.8%
Weekly Nutrient Guideline			

Friday - 10/09/2026Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990147 WG Blueberry Muffin	1 Muffin	1	30.00
001007 Raisins	1 Box	1	22.00
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			65.00
% of Calories			67.2%
Weekly Nutrient Guideline			

Monday - 10/12/2026Reimbursable Meal Total 1

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

Tuesday - 10/13/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990248 WG Cereal Variety	1 Bowl	1	20.00
000417 Applesauce Cup	1 Container	1	14.00
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			47.00
% of Calories			71.5%
Weekly Nutrient Guideline			

Wednesday - 10/14/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990257 WG Maple Mini Pancake	1 Pkg	1	35.00
000068 Banana	1 Banana	1	26.95

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990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			74.95
% of Calories			72.8%
Weekly Nutrient Guideline			

Thursday - 10/15/2026Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990273 Hard Boiled Egg w/Toast	1 Egg, 1 Toast	1	16.40
000441 Hashbrown Patty	1 Patty	1	15.00
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			44.40
% of Calories			43.6%
Weekly Nutrient Guideline			

Friday - 10/16/2026Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
001042 WG Strawberry Mini Bagel	1 Pkg	1	42.00
990085 Dried Apple Crisps	1 Pkg	1	10.00

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	Portion Size	Reimb Qty	Carb (g)
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			65.00
% of Calories			69.0%
Weekly Nutrient Guideline			

Monday - 10/19/2026Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990248 WG Cereal Variety	1 Bowl	1	20.00
000417 Applesauce Cup	1 Container	1	14.00
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			47.00
% of Calories			71.5%
Weekly Nutrient Guideline			

Tuesday - 10/20/2026Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990205 Cheese Omelet	1 Omelet	1	2.00
000536 Mandarin Oranges	1/2 Cup	1	18.21

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990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			33.21
% of Calories			37.1%
Weekly Nutrient Guideline			

Wednesday - 10/21/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990240 WG Mini French Toast	1 Pkg	1	36.00
000068 Banana	1 Banana	1	26.95
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			75.95
% of Calories			72.0%
Weekly Nutrient Guideline			

Thursday - 10/22/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990148 WG Apple Cinnamon Muffin	1 Muffin	1	31.00
000437 Peaches	1/2 Cup	1	14.23

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Oct 1, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Carb (g)
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			58.23
% of Calories			66.9%
Weekly Nutrient Guideline			

Friday - 10/23/2026Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
003497 Yogurt	1 Container	1	15.00
001007 Raisins	1 Box	1	22.00
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			50.00
% of Calories			72.2%
Weekly Nutrient Guideline			

Monday - 10/26/2026Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990248 WG Cereal Variety	1 Bowl	1	20.00
000417 Applesauce Cup	1 Container	1	14.00

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Oct 1, 2026 thru Oct 30, 2026

990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			47.00
% of Calories			71.5%
Weekly Nutrient Guideline			

Tuesday - 10/27/2026Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
000762 WG Mini Blueberry Waffles	1 Pkg	1	37.00
000068 Banana	1 Banana	1	26.95
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			76.95
% of Calories			72.9%
Weekly Nutrient Guideline			

Wednesday - 10/28/2026Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
001059 Biscuit	1 Biscuit	1	26.00
000998 Sausage Links	2 Links	1	0.00
000441 Hashbrown Patty	1 Patty	1	15.00
990286 Milk Variety	1 Carton	1	13.00

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Portion Values

Oct 1, 2026 thru Oct 30, 2026

Weighted Daily Average			54.00
% of Calories			32.9%
Weekly Nutrient Guideline			

Thursday - 10/29/2026Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990246 WG Pancake Stick	1 Stick	1	17.00
990232 Dried Apples Str Crisps	1 Pkg	1	10.00
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			40.00
% of Calories			47.5%
Weekly Nutrient Guideline			

Friday - 10/30/2026Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990200 WG Mini Cinnamon Bagels	1 Pkg	1	42.00
000953 Apple Slices	1 Pkg	1	9.00

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Oct 1, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Carb (g)
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			64.00
% of Calories			69.2%
Weekly Nutrient Guideline			

		Carb (g)
Weighted Averages		52.10
% of Calories		61.3%

**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.
Per the Whole Milk for Healthy Kids Act of 2025, saturated fat from fluid milk is excluded from HHFKA menu analysis.

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.