

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

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

Thursday - 10/01/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
000541 Biscuit & Gravy	1 B, 4 oz Gravy	1	37.94
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Container	1	14.82
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			135.12
% of Calories			64.8%
Weekly Nutrient Guideline			

Friday - 10/02/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
001001 Breakfast Bun	1 Bun	1	40.00
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45

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000983 Juice Cup	1 Container	1	14.82
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			137.19
% of Calories			71.8%
Weekly Nutrient Guideline			

Monday - 10/05/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990208 Omelet & Toast	1 Omlt, 1 Toast	1	17.40
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Container	1	14.82
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			114.59
% of Calories			61.9%
Weekly Nutrient Guideline			

Tuesday - 10/06/2026 Reimbursable Meal Total 1

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Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Carb (g)
990169 Croissant Sandwich	1 Sandwich	1	33.00
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Container	1	14.82
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			130.19
% of Calories			67.1%
Weekly Nutrient Guideline			

Wednesday - 10/07/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990201 Mini Bagels	1 Pkg	1	42.00
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Container	1	14.82

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Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Carb (g)
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			139.19
% of Calories			78.0%
Weekly Nutrient Guideline			

Thursday - 10/08/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
000541 Biscuit & Gravy	1 B, 4 oz Gravy	1	37.94
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Container	1	14.82
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			135.12
% of Calories			64.8%
Weekly Nutrient Guideline			

Friday - 10/09/2026 Reimbursable Meal Total 1

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Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Carb (g)
000955 Cinnamon Roll	1 Roll	1	37.00
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Container	1	14.82
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			134.19
% of Calories			71.2%
Weekly Nutrient Guideline			

Monday - 10/12/2026 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			

Tuesday - 10/13/2026 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Carb (g)
000504 Biscuit Sandwich	1 Sandwich	1	29.00
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Container	1	14.82
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			126.19
% of Calories			53.8%
Weekly Nutrient Guideline			

Wednesday - 10/14/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
000891 Pancake Stick	1 Stick	1	17.00
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Container	1	14.82

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Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Carb (g)
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			114.19
% of Calories			67.8%
Weekly Nutrient Guideline			

Thursday - 10/15/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
000541 Biscuit & Gravy	1 B, 4 oz Gravy	1	37.94
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Container	1	14.82
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			135.12
% of Calories			64.8%
Weekly Nutrient Guideline			

Friday - 10/16/2026 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Carb (g)
990387 Mini Donuts	6 Donuts	1	37.50
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Container	1	14.82
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			134.69
% of Calories			68.7%
Weekly Nutrient Guideline			

Monday - 10/19/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990239 Breakfast Pizza Bagel	1 Bagel	1	31.00
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Container	1	14.82

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Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Carb (g)
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			128.19
% of Calories			70.8%
Weekly Nutrient Guideline			

Tuesday - 10/20/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990350 English Muffin Sandwich	1 Sandwich	1	26.00
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Container	1	14.82
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			123.19
% of Calories			56.7%
Weekly Nutrient Guideline			

Wednesday - 10/21/2026 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Carb (g)
990191 Mini Waffle	1 Pkg	1	37.00
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Container	1	14.82
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			134.19
% of Calories			77.3%
Weekly Nutrient Guideline			

Thursday - 10/22/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
000541 Biscuit & Gravy	1 B, 4 oz Gravy	1	37.94
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Container	1	14.82

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Carb (g)
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			135.12
% of Calories			64.8%
Weekly Nutrient Guideline			

Friday - 10/23/2026Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
000664 Long John Donut	1 Donut	1	52.17
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Container	1	14.82
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			149.36
% of Calories			72.9%
Weekly Nutrient Guideline			

Monday - 10/26/2026Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Carb (g)
990231 Scrambled Eggs in Flatbread	1 Flatbread	1	29.43
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Container	1	14.82
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			126.62
% of Calories			59.5%
Weekly Nutrient Guideline			

Tuesday - 10/27/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990169 Croissant Sandwich	1 Sandwich	1	33.00
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Container	1	14.82

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Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Carb (g)
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			130.19
% of Calories			67.1%
Weekly Nutrient Guideline			

Wednesday - 10/28/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990356 Muffin	2 Muffin Pucks	1	37.00
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Container	1	14.82
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			134.19
% of Calories			66.8%
Weekly Nutrient Guideline			

Thursday - 10/29/2026 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Carb (g)
000541 Biscuit & Gravy	1 B, 4 oz Gravy	1	37.94
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Container	1	14.82
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			135.12
% of Calories			64.8%
Weekly Nutrient Guideline			

Friday - 10/30/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990367 Mini Pancakes	1 Pkg	1	33.67
990368 Cereal Variety	1 Bowl	1	45.71
990061 Fruit Variety	1/2 Cup	1	20.45
000983 Juice Cup	1 Container	1	14.82

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Carb (g)
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			130.85
% of Calories			77.2%
Weekly Nutrient Guideline			

		Carb (g)
Weighted Averages		125.58
% of Calories		66.9%

**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.