Base Menu Spreadsheet

Jefferson City School District

Portion Values

Nov 1, 2026 thru Nov 30, 2026

Menu Name: High School Breakfast

Include Cost: No

Site:

Use Alternate Menu Name: Alternate Menu Name 1

Monday - 11/02/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990042 Breakfast Egg Casserole & Toast	4oz Egg, 1Toast	1	16.58
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			113.77
% of Calories			53.9%
Weekly Nutrient Guideline			

Tuesday - 11/03/2026 **Reimbursable Meal Total 1**

	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 - 11/04/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990134 Breakfast Tornado	1 Tornado	1	21.50
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			118.69
% of Calories			71.0%
Weekly Nutrient Guideline			

Thursday - 11/05/2026 **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
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			232.31
% of Calories			70.5%
Weekly Nutrient Guideline			

Friday - 11/06/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
000616 Dutch Waffle	1 Waffle	1	40.49
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			137.68
% of Calories			66.8%
Weekly Nutrient Guideline			

Monday - 11/09/2026 **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 - 11/10/2026 **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 - 11/11/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
001116 Bagel & Cream Cheese	1 Bagel, 1oz CC	1	31.02
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			128.21
% of Calories			70.6%
Weekly Nutrient Guideline			

Thursday - 11/12/2026 **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
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			232.31
% of Calories			70.5%
Weekly Nutrient Guideline			

Friday - 11/13/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
001113 Donut Holes	6 Holes	1	32.12
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

	Portion Size	Reimb Qty	Carb (g)
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			129.31
% of Calories			72.7%
Weekly Nutrient Guideline			

Monday - 11/16/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
001155 Breakfast Taco	4oz egg, 1 Tort	1	30.50
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			127.69
% of Calories			65.9%
Weekly Nutrient Guideline			

Tuesday - 11/17/2026 **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
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			130.19
% of Calories			67.1%
Weekly Nutrient Guideline			

Wednesday - 11/18/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
000796 Mini French Toast	1 Pkg	1	36.00
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

	Portion Size	Reimb Qty	Carb (g)
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			133.19
% of Calories			76.8%
Weekly Nutrient Guideline			

Thursday - 11/19/2026 **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
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

	Portion Size	Reimb Qty	Carb (g)
000489 Milk Variety	1 Carton	1	16.20
Weighted Daily Average			232.31
% of Calories			70.5%
Weekly Nutrient Guideline			

Friday - 11/20/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
000690 Mini Cinnis	1 Pkg	1	41.00
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			138.19
% of Calories			77.4%
Weekly Nutrient Guideline			

Monday - 11/23/2026 **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 - 11/24/2026 **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 - 11/25/2026 **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			

Thursday - 11/26/2026 **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 - 11/27/2026 **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 - 11/30/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990066 Manager's Choice	PKG	1	*N/A*
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			97.19
% of Calories			80.3%
Weekly Nutrient Guideline			

		Carb (g)
Weighted Averages		104.78
% of Calories		67.8%

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.