Base Menu Spreadsheet

Jefferson City School District

Portion Values

Dec 1, 2026 thru Dec 22, 2026

Menu Name: ECC Breakfast

Include Cost: No

Site:

Use Alternate Menu Name: Alternate Menu Name 1

Tuesday - 12/01/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990273 Hard Boiled Egg w/Toast	1 Egg, 1 Toast	1	16.40
000068 Banana	1 Banana	1	26.95
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			56.35
% of Calories			57.5%
Weekly Nutrient Guideline			

Wednesday - 12/02/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990257 WG Maple Mini Pancake	1 Pkg	1	35.00
990232 Dried Apples Str Crisps	1 Pkg	1	10.00

	Portion Size	Reimb Qty	Carb (g)
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			58.00
% of Calories			66.9%
Weekly Nutrient Guideline			

Thursday - 12/03/2026 **Reimbursable 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
Weighted Daily Average			54.00
% of Calories			32.9%
Weekly Nutrient Guideline			

Friday - 12/04/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990147 WG Blueberry Muffin	1 Muffin	1	30.00

000154 Grapes	1/2 Cup	1	7.89
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			50.89
% of Calories			62.3%
Weekly Nutrient Guideline			

Monday - 12/07/2026 **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			

Tuesday - 12/08/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990400 Yogurt w/Toast	1 Yogurt, 1 Toa	1	29.73
000068 Banana	1 Banana	1	26.95
990286 Milk Variety	1 Carton	1	13.00

Weighted Daily Average			69.68
% of Calories			70.4%
Weekly Nutrient Guideline			

Wednesday - 12/09/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990205 Cheese Omelet	1 Omelet	1	2.00
001007 Raisins	1 Box	1	22.00
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			37.00
% of Calories			39.3%
Weekly Nutrient Guideline			

Thursday - 12/10/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
000762 WG Mini Blueberry Waffles	1 Pkg	1	37.00
990085 Dried Apple Crisps	1 Pkg	1	10.00

	Portion Size	Reimb Qty	Carb (g)
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			60.00
% of Calories			67.2%
Weekly Nutrient Guideline			

Friday - 12/11/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990246 WG Pancake Stick	1 Stick	1	17.00
000441 Hashbrown Patty	1 Patty	1	15.00
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			45.00
% of Calories			43.2%
Weekly Nutrient Guideline			

Monday - 12/14/2026 **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			

Tuesday - 12/15/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990169 Croissant Sandwich	1 Sandwich	1	33.00
990078 Clementine	1 Fruit	1	11.28
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			57.28
% of Calories			51.6%
Weekly Nutrient Guideline			

Wednesday - 12/16/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990250 WG Bagel & Cream Cheese	1 Bagel	1	31.02
000068 Banana	1 Banana	1	26.95

	Portion Size	Reimb Qty	Carb (g)
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			70.98
% of Calories			62.7%
Weekly Nutrient Guideline			

Thursday - 12/17/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990148 WG Apple Cinnamon Muffin	1 Muffin	1	31.00
000154 Grapes	1/2 Cup	1	7.89
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			51.89
% of Calories			65.5%
Weekly Nutrient Guideline			

Friday - 12/18/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
000797 WG Mini Maple Waffles	1 Pkg	1	37.00
990232 Dried Apples Str Crisps	1 Pkg	1	10.00

990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			60.00
% of Calories			67.2%
Weekly Nutrient Guideline			

Monday - 12/21/2026 **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			

Tuesday - 12/22/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990105 EARLY RELEASE DAY	1/2 Day	1	*N/A*
990200 WG Mini Cinnamon Bagels	1 Pkg	1	42.00
990078 Clementine	1 Fruit	1	11.28
990286 Milk Variety	1 Carton	1	13.00

Weighted Daily Average			66.28
% of Calories			69.4%
Weekly Nutrient Guideline			

		Carb (g)
Weighted Averages		54.90
% of Calories		58.4%

***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.