Base Menu Spreadsheet

Jefferson City School District

Portion Values

Dec 1, 2026 thru Dec 22, 2026

Menu Name: Elementary 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)
990134 Breakfast Tornado	1 Tornado	1	21.50
000662 Cereal Variety & Toast	1 Bowl, 1 Toast	1	37.36
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			110.33
% of Calories			66.4%
Weekly Nutrient Guideline			

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

	Portion Size	Reimb Qty	Carb (g)
990191 Mini Waffle	1 Pkg	1	37.00
000662 Cereal Variety & Toast	1 Bowl, 1 Toast	1	37.36
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			125.83
% of Calories			72.9%
Weekly Nutrient Guideline			

Thursday - 12/03/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
001116 Bagel & Cream Cheese	1 Bagel, 1oz CC	1	31.02
000662 Cereal Variety & Toast	1 Bowl, 1 Toast	1	37.36
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			119.86
% of Calories			66.5%
Weekly Nutrient Guideline			

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

	Portion Size	Reimb Qty	Carb (g)
001101 Mini Donuts	4 Donuts	1	25.00
000662 Cereal Variety & Toast	1 Bowl, 1 Toast	1	37.36
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			113.83
% of Calories			67.0%
Weekly Nutrient Guideline			

Monday - 12/07/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
000690 Mini Cinnis	1 Pkg	1	41.00
000662 Cereal Variety & Toast	1 Bowl, 1 Toast	1	37.36
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			129.83
% of Calories			73.1%
Weekly Nutrient Guideline			

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

	Portion Size	Reimb Qty	Carb (g)
990208 Omelet & Toast	1 Omlt, 1 Toast	1	17.40
000662 Cereal Variety & Toast	1 Bowl, 1 Toast	1	37.36
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			106.23
% of Calories			57.7%
Weekly Nutrient Guideline			

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

	Portion Size	Reimb Qty	Carb (g)
000891 Pancake Stick	1 Stick	1	17.00
000662 Cereal Variety & Toast	1 Bowl, 1 Toast	1	37.36
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			105.83
% of Calories			63.2%
Weekly Nutrient Guideline			

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

	Portion Size	Reimb Qty	Carb (g)
990201 Mini Bagels	1 Pkg	1	42.00
000662 Cereal Variety & Toast	1 Bowl, 1 Toast	1	37.36
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			130.83
% of Calories			73.7%
Weekly Nutrient Guideline			

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

	Portion Size	Reimb Qty	Carb (g)
000616 Dutch Waffle	1 Waffle	1	40.49
000662 Cereal Variety & Toast	1 Bowl, 1 Toast	1	37.36
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			129.32
% of Calories			63.1%
Weekly Nutrient Guideline			

Monday - 12/14/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
000566 Scrambled Eggs & Toast	4oz Egg, 1Toast	1	15.40
000662 Cereal Variety & Toast	1 Bowl, 1 Toast	1	37.36
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			104.23
% of Calories			63.7%
Weekly Nutrient Guideline			

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

	Portion Size	Reimb Qty	Carb (g)
000541 Biscuit & Gravy	1 B, 4 oz Gravy	1	37.94
000662 Cereal Variety & Toast	1 Bowl, 1 Toast	1	37.36
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			126.77
% of Calories			61.2%
Weekly Nutrient Guideline			

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

	Portion Size	Reimb Qty	Carb (g)
990239 Breakfast Pizza Bagel	1 Bagel	1	31.00
000662 Cereal Variety & Toast	1 Bowl, 1 Toast	1	37.36
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			119.83
% of Calories			66.6%
Weekly Nutrient Guideline			

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

	Portion Size	Reimb Qty	Carb (g)
990367 Mini Pancakes	1 Pkg	1	33.67
000662 Cereal Variety & Toast	1 Bowl, 1 Toast	1	37.36
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			122.50
% of Calories			72.8%
Weekly Nutrient Guideline			

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

	Portion Size	Reimb Qty	Carb (g)
990215 Donut Holes	4 Holes	1	21.41
000662 Cereal Variety & Toast	1 Bowl, 1 Toast	1	37.36
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			110.24
% of Calories			69.9%
Weekly Nutrient Guideline			

Monday - 12/21/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990066 Manager's Choice	PKG	1	*N/A*
000662 Cereal Variety & Toast	1 Bowl, 1 Toast	1	37.36
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			88.83
% of Calories			74.0%
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*
990178 Muffin	1 Muffin	1	30.75
000662 Cereal Variety & Toast	1 Bowl, 1 Toast	1	37.36
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			119.58
% of Calories			69.8%
Weekly Nutrient Guideline			

		Carb (g)
Weighted Averages		116.49
% of Calories		67.3%

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.