

Base Menu Spreadsheet

Portion Values

Menu Name: BREAKFAST MENU

Include Cost: No

Site:

Report Style: Detailed

Thursday - 11/01/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002352 Chicken Patty, Breakfast TYSON	Each	75	90	220	6.00
001945 Roll, White Wheat: Galasso	Each	75	80	125	17.00
001830 Cereal: Corn Flakes, Frosted	Each	95	100	190	24.00
000437 Peaches, 1/2c USDA	1/2 Cup	50	44	4	10.27
000068 Bananas	Each	50	170	2	43.71
000905 Milk - 1% White	Half Pint	80	130	160	16.00
001579 Milk, Fat Free White	Half Pint	18	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			452	596	82.43
% of Calories					72.9%
Weekly Nutrient Guideline			400 - 500	540	

Friday - 11/02/2018

Reimbursable Meal Total 100

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002458 Banana Bread, SkyBlue Pinco	Each	70	280	220	44.00
000984 Cereal Assortment	Each	95	108	182	23.00
900085 Mixed Fruit, 1/2c USDA	1/2 Cup	50	62	10	17.67
001221 Applesauce Cup, USDA 1/2c	4.5 oz.	50	51	2	14.00
000905 Milk - 1% White	Half Pint	80	130	160	16.00
001579 Milk, Fat Free White	Half Pint	18	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			477	488	83.88
% of Calories					70.3%
Weekly Nutrient Guideline			400 - 500	540	

Monday - 11/05/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001965 Peanut Butter Jelly Graham Bar	Each	99	310	210	31.00
000522 Cereal:Cinna Toast Crunch Red Sug	Each	99	110	160	22.00
002180 Juice,Cran-Rasp 1/2c	Each	50	60	10	13.00
001857 Apricots, 1/2c Halves Purchased	1/2 cup	50	35	2	8.99
000905 Milk - 1% White	Half Pint	80	130	160	16.00

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001579 Milk, Fat Free White	Half Pint	18	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			586	526	78.86
% of Calories					53.8%
Weekly Nutrient Guideline			400 - 500	540	

Tuesday - 11/06/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002006 Egg, Tac-Go, SF	Each	80	190	410	15.00
000505 Cereal: Cheerios, Honey Nut	Each	75	110	160	22.00
001773 Blueberries, W/Topping 1/2c	1/2 cup, 2 tbsp	50	65	1	11.40
900042 Apple in a Bag Fuji	Each	50	29	0	8.00
000905 Milk - 1% White	Half Pint	80	130	160	16.00
001579 Milk, Fat Free White	Half Pint	18	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			404	603	53.59
% of Calories					53.1%
Weekly Nutrient Guideline			400 - 500	540	

Wednesday - 11/07/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002166 Waffles, Mini Maple, Pillsbury	Each	85	210	170	38.00
001095 Syrup, Maple	Each	85	120	0	31.00
000481 Cereal:Golden Grahams	Each	100	110	220	24.00
000437 Peaches, 1/2c USDA	1/2 Cup	50	44	4	10.27
900086 GRAPES, Red Bagged	Bag	50	52	2	13.37
000905 Milk - 1% White	Half Pint	80	130	160	16.00
001579 Milk, Fat Free White	Half Pint	18	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			561	521	109.86
% of Calories					78.3%
Weekly Nutrient Guideline			400 - 500	540	

Thursday - 11/08/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900060 Pizza, 3x5 Breakfast Trky Sausage Schwn	Each	99	240	340	31.00
001830 Cereal: Corn Flakes, Frosted	Each	99	100	190	24.00
001812 Applesauce, canned 1/2 c	1/2 Cup	50	54	2	14.86
002195 Kiwi Fruit 1 1/2	Each	50	46	2	11.14
000905 Milk - 1% White	Half Pint	80	130	160	16.00
001579 Milk, Fat Free White	Half Pint	18	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			509	681	82.84
% of Calories					65.1%
Weekly Nutrient Guideline			400 - 500	540	

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Portion Values

Friday - 11/09/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002285 Crumb Cake, Cinnamon, 3oz	Each	70	290	270	48.00
000984 Cereal Assortment	Each	95	108	182	23.00
900085 Mixed Fruit, 1/2c USDA	1/2 Cup	50	62	10	17.67
000068 Bananas	Each	50	170	2	43.71
000905 Milk - 1% White	Half Pint	80	130	160	16.00
001579 Milk, Fat Free White	Half Pint	18	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			544	523	101.53
% of Calories					74.7%
Weekly Nutrient Guideline			400 - 500	540	

Monday - 11/12/2018

Reimbursable Meal Total 1

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000141 HOLIDAY					
Weighted Daily Average			0	0	0.00
% of Calories					0%
Weekly Nutrient Guideline			400 - 500	540	

Tuesday - 11/13/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000583 Yogurt, Trix Strawberry Banana	Each	75	100	50	20.00
000505 Cereal: Cheerios, Honey Nut	Each	80	110	160	22.00
001857 Apricots, 1/2c Halves Purchased	1/2 cup	50	35	2	8.99
002181 Juice, Fruit Punch 1/2c,	Each	50	60	15	15.00
000905 Milk - 1% White	Half Pint	80	130	160	16.00
001579 Milk, Fat Free White	Half Pint	18	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			333	328	59.99
% of Calories					72.1%
Weekly Nutrient Guideline			400 - 500	540	

Base Menu Spreadsheet

Portion Values

Wednesday - 11/14/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900065 PANCAKE ON A STICK *New	Each	99	180	418	21.50
000481 Cereal:Golden Grahams	Each	80	110	220	24.00
900085 Mixed Fruit, 1/2c USDA	1/2 Cup	50	62	10	17.67
000068 Bananas	Each	50	170	2	43.71
000905 Milk - 1% White	Half Pint	80	130	160	16.00
001579 Milk, Fat Free White	Half Pint	18	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			505	750	86.56
% of Calories					68.6%
Weekly Nutrient Guideline			400 - 500	540	

Thursday - 11/15/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001431 Cinni Mini (Pillsbury)	each	80	240	300	40.00
001830 Cereal:Corn Flakes, Frosted	Each	75	100	190	24.00
001693 Tangerines, Fresh	Each	50	50	0	11.00

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000090 Pears,fresh	Each	50	95	2	25.28
000905 Milk - 1% White	Half Pint	80	130	160	16.00
001579 Milk, Fat Free White	Half Pint	18	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			462	537	83.53
% of Calories					72.3%
Weekly Nutrient Guideline			400 - 500	540	

Friday - 11/16/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001862 Pizza, Bagel Breakfast TR	Each	99	192	363	23.16
000984 Cereal Assortment	Each	99	108	182	23.00
002195 Kiwi Fruit 1 1/2	Each	50	46	2	11.14
001812 Applesauce, canned 1/2 c	1/2 Cup	50	54	2	14.86
000905 Milk - 1% White	Half Pint	80	130	160	16.00
001579 Milk, Fat Free White	Half Pint	18	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00

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Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			469	696	74.09
% of Calories					63.2%
Weekly Nutrient Guideline			400 - 500	540	

Monday - 11/19/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000912 No School in Session					
Weighted Daily Average			0	0	0.00
% of Calories					0%
Weekly Nutrient Guideline			400 - 500	540	

Tuesday - 11/20/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000912 No School in Session					
Weighted Daily Average			0	0	0.00
% of Calories					0%
Weekly Nutrient Guideline			400 - 500	540	

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Wednesday - 11/21/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000912 No School in Session					
Weighted Daily Average			0	0	0.00
% of Calories					0%
Weekly Nutrient Guideline			400 - 500	540	

Thursday - 11/22/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000912 No School in Session					
Weighted Daily Average			0	0	0.00
% of Calories					0%
Weekly Nutrient Guideline			400 - 500	540	

Friday - 11/23/2018

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000912 No School in Session					
Weighted Daily Average			0	0	0.00
% of Calories					0%
Weekly Nutrient Guideline			400 - 500	540	

Monday - 11/26/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900069 Burrito, Bk Los Cabos Egg,Ch, Trky Saus*New	Each	99	161	251	16.48
000522 Cereal:Cinna Toast Crunch Red Sug	Each	80	110	160	22.00
900067 PEACHES, DICED CUP DEL MONTE	Each	85	60	5	15.00
002182 Juice,Apple 1/2c,	Each	50	60	5	14.00
000905 Milk - 1% White	Half Pint	80	130	160	16.00
001579 Milk, Fat Free White	Half Pint	18	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			451	538	69.06
% of Calories					61.3%
Weekly Nutrient Guideline			400 - 500	540	

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Portion Values

Tuesday - 11/27/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001825 Breakfast Wrap, WG SFresh	Each	95	180	400	14.00
000505 Cereal:Cheerios,Honey Nut	Each	75	110	160	22.00
002195 Kiwi Fruit 1 1/2	Each	50	46	2	11.14
000068 Bananas	Each	50	170	2	43.71
000905 Milk - 1% White	Half Pint	80	130	160	16.00
001579 Milk, Fat Free White	Half Pint	18	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			484	656	72.61
% of Calories					60.0%
Weekly Nutrient Guideline			400 - 500	540	

Wednesday - 11/28/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002147 Yogurt, Trix Raspberry Rainbow	Each	85	100	50	20.00
000481 Cereal:Golden Grahams	Each	99	110	220	24.00
001812 Applesauce,	1/2 Cup	50	54	2	14.86

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canned 1/2 c					
000279 Cantaloupe Melon	1/5 Wedge	98	72	34	17.40
000905 Milk - 1% White	Half Pint	80	130	160	16.00
001579 Milk, Fat Free White	Half Pint	18	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			414	449	80.63
% of Calories					77.9%
Weekly Nutrient Guideline			400 - 500	540	

Thursday - 11/29/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001436 Delayed School Start					
Weighted Daily Average			0	0	0.00
% of Calories					0%
Weekly Nutrient Guideline			400 - 500	540	

Friday - 11/30/2018

Reimbursable Meal Total 100

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Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900052 Breakfast Mini Cluster	Each	85	260	190	38.00
000984 Cereal Assortment	Each	99	108	182	23.00
000086 Orange Wedges	Each	50	45	0	11.28
001809 Strawberries Frz/Whip Top	1/2 cup, 2 tbsp	50	106	0	21.19
000905 Milk - 1% White	Half Pint	80	130	160	16.00
001579 Milk, Fat Free White	Half Pint	18	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			525	496	86.69
% of Calories					66.0%
Weekly Nutrient Guideline			400 - 500	540	

**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

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.