

Planned Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

Menu Name: BREAKFAST MENU

Include Cost: No

Site: All Sites

Report Style: Detailed

Friday - 02/01/2019

Reimbursable Meal Total 12131

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900074 Muffin, Mini Blueberry, SkyBlue	Each	11898	140	140	23.00
000984 Cereal Assortment	Each	11299	108	182	23.00
002181 Juice,Fruit Punch 1/2c,	Each	9711	60	15	15.00
002195 Kiwi Fruit 1 1/2	Each	7888	46	2	11.14
000905 Milk - 1% White	Half Pint	10375	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3605	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	149	90	125	13.00
900056 Milk, Soy 8 oz	Each	20	140	150	12.00
Weighted Daily Average			455	498	80.96
% of Calories					71.2%
Weekly Nutrient Guideline			400 - 500	540	

Monday - 02/04/2019

Reimbursable Meal Total 11796

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000933 Burrito, Bean/Ch Brkfst 3.95oz	Each	12359	222	359	31.39
000481 Cereal:Golden Grahams	Each	11413	110	220	24.00
002181 Juice,Fruit Punch 1/2c,	Each	10473	60	15	15.00
000438 Pears, 1/2c, USDA	1/2 Cup	7024	62	5	16.48
000905 Milk - 1% White	Half Pint	9995	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3605	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	99	90	125	13.00
900056 Milk, Soy 8 oz	Each	20	140	150	12.00
Weighted Daily Average			568	782	96.90
% of Calories					68.2%
Weekly Nutrient Guideline			400 - 500	540	

Tuesday - 02/05/2019

Reimbursable Meal Total 12076

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900065 PANCAKE ON A STICK *New	Each	11861	180	418	21.50
000505 Cereal:Cheerios,Honey Nut	Each	12067	110	160	22.00
900085 Mixed Fruit, 1/2c USDA	1/2 Cup	8351	62	10	17.67
000068 Bananas	Each	10115	170	2	43.71

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000905 Milk - 1% White	Half Pint	10055	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3695	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	97	90	125	13.00
900056 Milk, Soy 8 oz	Each	19	140	150	12.00
Weighted Daily Average			609	753	109.35
% of Calories					71.8%
Weekly Nutrient Guideline			400 - 500	540	

Wednesday - 02/06/2019

Reimbursable Meal Total 11984

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001965 Peanut Butter Jelly Graham Bar	Each	11805	310	210	31.00
000522 Cereal:Cinna Toast Crunch Red Sug	Each	12079	110	160	22.00
001997 Juice,Orange-Tang 1/2c, AppEve	Each	11143	50	25	12.00
900086 GRAPES, Red Bagged	Bag	9193	52	2	13.37
000905 Milk - 1% White	Half Pint	10335	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3690	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	93	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	21	140	150	12.00
Weighted Daily Average			644	572	92.05
% of Calories					57.2%
Weekly Nutrient Guideline			400 - 500	540	

Thursday - 02/07/2019

Reimbursable Meal Total 12104

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002107 Chicken Slider, Breakfast	Each	10236	290	630	33.00
001830 Cereal: Corn Flakes, Frosted	Each	12105	100	190	24.00
000437 Peaches, 1/2c	1/2 Cup	8451	44	4	10.27
000086 Orange Wedges	Each	9517	45	0	11.28
000905 Milk - 1% White	Half Pint	10475	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3605	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	99	90	125	13.00
900056 Milk, Soy 8 oz	Each	20	140	150	12.00
Weighted Daily Average			552	904	85.79
% of Calories					62.2%
Weekly Nutrient Guideline			400 - 500	540	

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Friday - 02/08/2019

Reimbursable Meal Total 12000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000583 Yogurt, Trix Strawberry Banana	Each	11828	100	50	20.00
000984 Cereal Assortment	Each	12007	108	182	23.00
001857 Apricots, 1/2c Halves Purchased	1/2 cup	8029	35	2	8.99
002195 Kiwi Fruit 1 1/2	Each	10114	46	2	11.14
000905 Milk - 1% White	Half Pint	10176	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3576	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	97	90	125	13.00
900056 Milk, Soy 8 oz	Each	19	140	150	12.00
Weighted Daily Average			407	411	75.70
% of Calories					74.4%
Weekly Nutrient Guideline			400 - 500	540	

Monday - 02/11/2019

Reimbursable Meal Total 8178

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000141 HOLIDAY					

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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	

Tuesday - 02/12/2019

Reimbursable Meal Total 12134

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002006 Egg, Tac-Go, SF	Each	11911	190	410	15.00
000505 Cereal: Cheerios, Honey Nut	Each	12221	110	160	22.00
002180 Juice, Cran-Rasp 1/2c	Each	8095	60	10	13.00
002444 Craisins, Invd Box	Box	6921	110	0	28.00
000905 Milk - 1% White	Half Pint	10025	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3580	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	89	90	125	13.00
900056 Milk, Soy 8 oz	Each	21	140	150	12.00
Weighted Daily Average			535	742	78.70
% of Calories					58.8%
Weekly Nutrient Guideline			400 - 500	540	

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Wednesday - 02/13/2019

Reimbursable Meal Total 12186

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002166 Waffles, Mini Maple, Pillsbury	Each	12074	210	170	38.00
001095 Syrup, Maple	Each	11454	120	0	31.00
000481 Cereal:Golden Grahams	Each	14683	110	220	24.00
000437 Peaches, 1/2c	1/2 Cup	8433	44	4	10.27
900086 GRAPES, Red Bagged	Bag	10416	52	2	13.37
000905 Milk - 1% White	Half Pint	10395	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3580	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	89	90	125	13.00
900056 Milk, Soy 8 oz	Each	21	140	150	12.00
Weighted Daily Average			667	613	131.82
% of Calories					79.1%
Weekly Nutrient Guideline			400 - 500	540	

Thursday - 02/14/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001436 Delayed School Start					
002071 No Breakfast Served	Each	0	*N/A*	*N/A*	*N/A*

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Weighted Daily Average			0	0	0.00
% of Calories					0%
Weekly Nutrient Guideline			400 - 500	540	

Friday - 02/15/2019

Reimbursable Meal Total 12231

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900060 Pizza, 3x5 Breakfast Trky Sausage Schwn	Each	12051	240	340	31.00
000984 Cereal Assortment	Each	12399	108	182	23.00
900094 Applesauce, USDA 1/2 c	1/2 Cup	9083	54	2	14.86
000090 Pears, fresh	Each	6729	95	2	25.28
000905 Milk - 1% White	Half Pint	10435	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3575	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	89	90	125	13.00
900056 Milk, Soy 8 oz	Each	21	140	150	12.00
Weighted Daily Average			576	698	96.37
% of Calories					66.9%
Weekly Nutrient Guideline			400 - 500	540	

Monday - 02/18/2019

Reimbursable Meal Total 1

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000141 HOLIDAY					
000912 No School in Session					
Weighted Daily Average			0	0	0.00
% of Calories					0%
Weekly Nutrient Guideline			400 - 500	540	

Tuesday - 02/19/2019

Reimbursable Meal Total 7537

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001431 Cinni Mini (Pillsbury)	each	7037	240	300	40.00
001830 Cereal: Corn Flakes, Frosted	Each	7501	100	190	24.00
001857 Apricots, 1/2c Halves Purchased	1/2 cup	4752	35	2	8.99
002182 Juice, Apple 1/2c,	Each	7253	60	5	14.00
000905 Milk - 1% White	Half Pint	6015	130	160	16.00
001579 Milk, Fat Free White	Half Pint	2465	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	71	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	13	140	150	12.00
Weighted Daily Average			538	647	97.54
% of Calories					72.5%
Weekly Nutrient Guideline			400 - 500	540	

Wednesday - 02/20/2019

Reimbursable Meal Total 11323

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002282 Burrito, Cheese/Egg/Salsa	Each	6558	244	311	28.08
000522 Cereal:Cinna Toast Crunch Red Sug	Each	11454	110	160	22.00
000965 Strawberry Cup, USDA 4.5oz	Each	7475	80	0	18.94
000068 Bananas	Each	6578	170	2	43.71
000905 Milk - 1% White	Half Pint	8875	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3845	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	85	90	125	13.00
900056 Milk, Soy 8 oz	Each	15	140	150	12.00
Weighted Daily Average			538	514	93.48
% of Calories					69.5%
Weekly Nutrient Guideline			400 - 500	540	

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Feb 1, 2019 thru Feb 28, 2019

Thursday - 02/21/2019

Reimbursable Meal Total 12317

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900052 Breakfast Mini Cluster	Each	11039	260	190	38.00
000481 Cereal:Golden Grahams	Each	12386	110	220	24.00
000279 Cantaloupe Melon	1/5 Wedge	4662	72	34	17.40
001773 Blueberries, W/Topping 1/2c	1/2 cup, 2 tbsp	4739	65	1	11.40
000905 Milk - 1% White	Half Pint	10100	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3695	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	83	90	125	13.00
900056 Milk, Soy 8 oz	Each	15	140	150	12.00
Weighted Daily Average			530	576	86.28
% of Calories					65.1%
Weekly Nutrient Guideline			400 - 500	540	

Friday - 02/22/2019

Reimbursable Meal Total 11604

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900045 Breakfast Taco	Each	5443	167	296	16.00
000984 Cereal Assortment	Each	7031	108	182	23.00
900085 Mixed Fruit, 1/2c USDA	1/2 Cup	3863	62	10	17.67

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002195 Kiwi Fruit 1 1/2	Each	5090	46	2	11.14
000905 Milk - 1% White	Half Pint	9595	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3455	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	69	90	125	13.00
900056 Milk, Soy 8 oz	Each	12	140	150	12.00
Weighted Daily Average			320	426	49.40
% of Calories					61.8%
Weekly Nutrient Guideline			400 - 500	540	

Monday - 02/25/2019

Reimbursable Meal Total 12256

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001825 Breakfast Wrap, WG SFresh	Each	10961	180	400	14.00
000522 Cereal:Cinna Toast Crunch Red Sug	Each	12400	110	160	22.00
001996 Juice,White-Grape 1/2c AppleEv	Each	6333	80	10	20.00
000437 Peaches, 1/2c	1/2 Cup	4358	44	4	10.27
000905 Milk - 1% White	Half Pint	9940	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3785	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	79	90	125	13.00

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Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900056 Milk, Soy 8 oz	Each	14	140	150	12.00
Weighted Daily Average			463	697	65.85
% of Calories					56.9%
Weekly Nutrient Guideline			400 - 500	540	

Tuesday - 02/26/2019

Reimbursable Meal Total 11087

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002147 Yogurt, Trix Raspberry Rainbow	Each	11012	100	50	20.00
000505 Cereal: Cheerios, Honey Nut	Each	11119	110	160	22.00
900094 Applesauce, USDA 1/2 c	1/2 Cup	8064	54	2	14.86
000279 Cantaloupe Melon	1/5 Wedge	8423	72	34	17.40
000905 Milk - 1% White	Half Pint	9005	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3425	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	83	90	125	13.00
900056 Milk, Soy 8 oz	Each	14	140	150	12.00
Weighted Daily Average			438	409	83.08
% of Calories					75.9%
Weekly Nutrient Guideline			400 - 500	540	

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Feb 1, 2019 thru Feb 28, 2019

Wednesday - 02/27/2019

Reimbursable Meal Total 12121

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900063 French Toast Sticks, SFresh	Each	7596	210	320	28.00
001095 Syrup, Maple	Each	7063	120	0	31.00
000481 Cereal:Golden Grahams	Each	12007	110	220	24.00
900085 Mixed Fruit, 1/2c USDA	1/2 Cup	5249	62	10	17.67
000090 Pears,fresh	Each	4374	95	2	25.28
000905 Milk - 1% White	Half Pint	9885	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3515	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	73	90	125	13.00
900056 Milk, Soy 8 oz	Each	10	140	150	12.00
Weighted Daily Average			504	593	93.07
% of Calories					73.9%
Weekly Nutrient Guideline			400 - 500	540	

Thursday - 02/28/2019

Reimbursable Meal Total 12308

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002005 Frittatas, Egg, Chorizo Wrap	Each	5568	180	420	15.00
001830 Cereal:Corn Flakes, Frosted	Each	12487	100	190	24.00

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001857 Apricots, 1/2c Halves Purchased	1/2 cup	4162	35	2	8.99
900042 Apple in a Bag Fuji	Each	5478	29	0	8.00
000905 Milk - 1% White	Half Pint	10275	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3645	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	113	90	125	13.00
900056 Milk, Soy 8 oz	Each	22	140	150	12.00
Weighted Daily Average			344	557	55.08
% of Calories					64.0%
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.