

Planned Menu Spreadsheet

Portion Values

Jan 7, 2019 thru Jan 31, 2019

Menu Name: BREAKFAST MENU
Site: All Sites

Include Cost: No
Report Style: Detailed

Monday - 01/07/2019

Reimbursable Meal Total 12280

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002458 Banana Bread, SkyBlue Pinco	Each	12108	280	220	44.00
000522 Cereal:Cinna Toast Crunch Red Sug	Each	12466	110	160	22.00
000438 Pears, 1/2c, USDA	1/2 Cup	7979	62	5	16.48
002180 Juice,Cran-Rasp 1/2c	Each	11238	60	10	13.00
000905 Milk - 1% White	Half Pint	10405	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3575	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	99	90	125	13.00
900056 Milk, Soy 8 oz	Each	23	140	150	12.00
Weighted Daily Average			620	567	105.79
% of Calories					68.3%
Weekly Nutrient Guideline			400 - 500	540	

Tuesday - 01/08/2019

Reimbursable Meal Total 12361

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900065 PANCAKE ON A STICK *New	Each	12176	180	418	21.50
000505 Cereal:Cheerios,Honey Nut	Each	12501	110	160	22.00
900085 Mixed Fruit, 1/2c USDA	1/2 Cup	8426	62	10	17.67
000068 Bananas	Each	10279	170	2	43.71
000905 Milk - 1% White	Half Pint	10225	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3455	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			606	752	108.81
% of Calories					71.8%
Weekly Nutrient Guideline			400 - 500	540	

Wednesday - 01/09/2019

Reimbursable Meal Total 12392

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001862 Pizza, Bagel Breakfast TR	Each	12247	192	363	23.16
000481 Cereal:Golden Grahams	Each	12587	110	220	24.00
002195 Kiwi Fruit 1 1/2	Each	8487	46	2	11.14
900094 Applesauce, USDA 1/2 c	1/2 Cup	8750	54	2	14.86

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000905 Milk - 1% White	Half Pint	10225	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3515	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	97	90	125	13.00
900056 Milk, Soy 8 oz	Each	18	140	150	12.00
Weighted Daily Average			505	755	82.40
% of Calories					65.3%
Weekly Nutrient Guideline			400 - 500	540	

Thursday - 01/10/2019

Reimbursable Meal Total 12401

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002352 Chicken Patty, Breakfast TYSON	Each	12179	90	220	6.00
001945 Roll, White Wheat: Galasso	Each	12117	80	125	17.00
001830 Cereal: Corn Flakes, Frosted	Each	12519	100	190	24.00
000437 Peaches, 1/2c	1/2 Cup	8546	44	4	10.27
000086 Orange Wedges	Each	9699	45	0	11.28
000905 Milk - 1% White	Half Pint	10245	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3425	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	99	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	20	140	150	12.00
Weighted Daily Average			466	702	79.56
% of Calories					68.3%
Weekly Nutrient Guideline			400 - 500	540	

Friday - 01/11/2019

Reimbursable Meal Total 12325

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000583 Yogurt, Trix Strawberry Banana	Each	12138	100	50	20.00
000984 Cereal Assortment	Each	12499	108	182	23.00
001857 Apricots, 1/2c Halves Purchased	1/2 cup	8039	35	2	8.99
002181 Juice,Fruit Punch 1/2c,	Each	11690	60	15	15.00
000905 Milk - 1% White	Half Pint	14305	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3455	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	96	90	125	13.00
900056 Milk, Soy 8 oz	Each	19	140	150	12.00
Weighted Daily Average			465	473	85.45
% of Calories					73.5%
Weekly Nutrient Guideline			400 - 500	540	

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Monday - 01/14/2019

Reimbursable Meal Total 12424

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001965 Peanut Butter Jelly Graham Bar	Each	12235	310	210	31.00
000522 Cereal:Cinna Toast Crunch Red Sug	Each	12563	110	160	22.00
001997 Juice,Orange-Tang 1/2c, AppEve	Each	10693	50	25	12.00
900085 Mixed Fruit, 1/2c USDA	1/2 Cup	7402	62	10	17.67
000905 Milk - 1% White	Half Pint	10575	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
900056 Milk, Soy 8 oz	Each	21	140	150	12.00
Weighted Daily Average			635	572	91.23
% of Calories					57.5%
Weekly Nutrient Guideline			400 - 500	540	

Tuesday - 01/15/2019

Reimbursable Meal Total 12343

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002006 Egg, Tac-Go, SF	Each	12125	190	410	15.00
000505 Cereal:Cheerios,Honey Nut	Each	12484	110	160	22.00
000965 Strawberry Cup,	Each	9539	80	0	18.94

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USDA 4.5oz					
900042 Apple in a Bag Fuji	Each	10870	29	0	8.00
000905 Milk - 1% White	Half Pint	10590	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	20	140	150	12.00
Weighted Daily Average			524	741	76.28
% of Calories					58.2%
Weekly Nutrient Guideline			400 - 500	540	

Wednesday - 01/16/2019

Reimbursable Meal Total 12482

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002166 Waffles, Mini Maple, Pillsbury	Each	12380	210	170	38.00
001095 Syrup, Maple	Each	11815	120	0	31.00
000481 Cereal: Golden Grahams	Each	14934	110	220	24.00
000437 Peaches, 1/2c	1/2 Cup	8367	44	4	10.27
900086 GRAPES, Red Bagged	Bag	10831	52	2	13.37
000905 Milk - 1% White	Half Pint	10690	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3520	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	89	90	125	13.00

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900056 Milk, Soy 8 oz	Each	20	140	150	12.00
Weighted Daily Average			666	610	131.71
% of Calories					79.1%
Weekly Nutrient Guideline			400 - 500	540	

Thursday - 01/17/2019

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

Friday - 01/18/2019

Reimbursable Meal Total 12376

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900060 Pizza, 3x5 Breakfast Trky Sausage Schwn	Each	12196	240	340	31.00
000984 Cereal Assortment	Each	12556	108	182	23.00
900094 Applesauce, USDA 1/2 c	1/2 Cup	8945	54	2	14.86
000090 Pears,fresh	Each	7962	95	2	25.28
000905 Milk - 1% White	Half Pint	10670	130	160	16.00

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001579 Milk, Fat Free White	Half Pint	3515	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	89	90	125	13.00
900056 Milk, Soy 8 oz	Each	20	140	150	12.00
Weighted Daily Average			584	699	98.49
% of Calories					67.5%
Weekly Nutrient Guideline			400 - 500	540	

Monday - 01/21/2019

Reimbursable Meal Total 1

	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 - 01/22/2019

Reimbursable Meal Total 7622

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001431 Cinni Mini (Pillsbury)	each	6762	240	300	40.00
001830 Cereal: Corn Flakes, Frosted	Each	7698	100	190	24.00
000248 Apricots, 1/2c Diced, USDA	1/2 cup	4572	62	3	15.78

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002182 Juice,Apple 1/2c,	Each	7393	60	5	14.00
000905 Milk - 1% White	Half Pint	6143	130	160	16.00
001579 Milk, Fat Free White	Half Pint	2405	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	68	90	125	13.00
900056 Milk, Soy 8 oz	Each	11	140	150	12.00
Weighted Daily Average			544	636	99.90
% of Calories					73.5%
Weekly Nutrient Guideline			400 - 500	540	

Wednesday - 01/23/2019

Reimbursable Meal Total 11428

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900069 Burrito, Bk Los Cabos Egg,Ch, Trky Saus*New	Each	10973	161	251	16.48
000522 Cereal:Cinna Toast Crunch Red Sug	Each	11655	110	160	22.00
900067 PEACHES, DICED CUP DEL MONTE	Each	9075	60	5	15.00
000068 Bananas	Each	6598	170	2	43.71
000905 Milk - 1% White	Half Pint	9040	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3785	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	83	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	13	140	150	12.00
Weighted Daily Average			546	580	92.48
% of Calories					67.8%
Weekly Nutrient Guideline			400 - 500	540	

Thursday - 01/24/2019

Reimbursable Meal Total 12362

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900052 Breakfast Mini Cluster	Each	11105	260	190	38.00
000984 Cereal Assortment	Each	12537	108	182	23.00
000086 Orange Wedges	Each	9128	45	0	11.28
900096 Strawberries Frz USDA/Whip Top	1/2 cup, 2 tbsp	6381	71	0	14.93
000905 Milk - 1% White	Half Pint	10220	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3635	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	81	90	125	13.00
900056 Milk, Soy 8 oz	Each	13	140	150	12.00
Weighted Daily Average			547	527	90.64
% of Calories					66.3%
Weekly Nutrient Guideline			400 - 500	540	

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Jan 7, 2019 thru Jan 31, 2019

Friday - 01/25/2019

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	

Monday - 01/28/2019

Reimbursable Meal Total 12331

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001825 Breakfast Wrap, WG SFresh	Each	11041	180	400	14.00
000522 Cereal:Cinna Toast Crunch Red Sug	Each	12535	110	160	22.00
001996 Juice,White-Grape 1/2c AppleEv	Each	6573	80	10	20.00
000437 Peaches, 1/2c	1/2 Cup	4650	44	4	10.27
000905 Milk - 1% White	Half Pint	10055	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3665	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	81	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	13	140	150	12.00
Weighted Daily Average			466	698	66.44
% of Calories					57.0%
Weekly Nutrient Guideline			400 - 500	540	

Tuesday - 01/29/2019

Reimbursable Meal Total 11182

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002147 Yogurt, Trix Raspberry Rainbow	Each	11117	100	50	20.00
000505 Cereal: Cheerios, Honey Nut	Each	11270	110	160	22.00
900094 Applesauce, USDA 1/2 c	1/2 Cup	7995	54	2	14.86
000279 Cantaloupe Melon	1/5 Wedge	8455	72	34	17.40
000905 Milk - 1% White	Half Pint	9120	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3245	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	81	90	125	13.00
900056 Milk, Soy 8 oz	Each	12	140	150	12.00
Weighted Daily Average			437	408	82.76
% of Calories					75.8%
Weekly Nutrient Guideline			400 - 500	540	

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Portion Values

Jan 7, 2019 thru Jan 31, 2019

Wednesday - 01/30/2019

Reimbursable Meal Total 12456

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900063 French Toast Sticks, SFresh	Each	7736	210	320	28.00
001095 Syrup, Maple	Each	7173	120	0	31.00
000481 Cereal:Golden Grahams	Each	12277	110	220	24.00
900085 Mixed Fruit, 1/2c USDA	1/2 Cup	5243	62	10	17.67
000068 Bananas	Each	9278	170	2	43.71
000905 Milk - 1% White	Half Pint	10245	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3395	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	65	90	125	13.00
900056 Milk, Soy 8 oz	Each	12	140	150	12.00
Weighted Daily Average			593	589	115.67
% of Calories					78.0%
Weekly Nutrient Guideline			400 - 500	540	

Thursday - 01/31/2019

Reimbursable Meal Total 12343

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002308 Sunrise Pork Saus Chz DLee	Each	12201	159	312	16.00
001830 Cereal:Corn Flakes, Frosted	Each	12407	100	190	24.00

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001857 Apricots, 1/2c Halves Purchased	1/2 cup	4310	35	2	8.99
900042 Apple in a Bag Fuji	Each	5266	29	0	8.00
000905 Milk - 1% White	Half Pint	10210	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3705	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	100	90	125	13.00
900056 Milk, Soy 8 oz	Each	20	140	150	12.00
Weighted Daily Average			418	673	63.76
% of Calories					61.0%
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.