

# Base Menu Spreadsheet

Weighted Values

**Menu Name:** BREAKFAST K-12  
**Site:**  
**Include Cost:** No  
**Report Style:** Detailed

## Monday Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990500 BAR, BERRY APPLE CRISP	BAR	30	75	0.75	24	4	2.40	0.00	12.30	0.90	1.20	0	0.0	0.00	0.00
990190 PIZZA, BREAKFAST TURKEY SAUSAGE	SLICE	50	100	1.00	160	1	3.50	0.00	13.00	1.50	4.50	0	75.0	0.00	0.85
990201 VARIETY CEREAL	BOWL	40	44	0.20	67	3	0.76	0.00	9.28	0.91	0.81	242	45.4	*1.09	2.18
990200 JUICE, APPLE	4 oz	95	57	0.00	10	12	0.00	0.00	13.30	0.00	0.00	0	0.0	57.00	0.00
990174 FRUIT, PEARS DICED LIGHT USDA 1/2 CUP	1/2 CUP	95	57	0.00	5	11	0.00	0.00	15.20	1.90	0.00	0	0.0	1.14	0.34
990204 MILK, CHOC FF CARTON	CARTON	0	0	0.00	0	0	0.00	0.00	0.00	0.00	0.00	0	0.0	0.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	0	0	0.00	0	0	0.00	0.00	0.00	0.00	0.00	0	0.0	0.00	0.00
990207 MILK UHT WHITE 1% CARTON	CARTON	100	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			433	3.45	375	44	9.16	0.00	75.08	5.21	14.51	742	420.4	*59.23	3.37
% of Calories				7.17%		40.6%	19.0%	0.0%	69.4%		13.4%				

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## Weighted Values

Weekly Nutrient Guideline		400 - 500	<10	540		<=0									
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### Tuesday Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990541 BAR, BANANA CHOC CHUNK	BAR	60	168	1.80	132	14	4.80	0.00	28.80	1.80	3.00	0	12.0	0.00	6.00
990234 BLUEBERRY MUFFIN	MUFFIN	40	76	0.80	52	6	2.40	0.00	12.00	0.80	1.20	0	11.6	0.00	0.40
990201 VARIETY CEREAL	BOWL	30	33	0.15	50	2	0.57	0.00	6.96	0.68	0.61	182	34.1	*0.81	1.64
990162 FRUIT, APPLESAUCE PLAIN	SINGLE SERVE	95	48	0.00	2	10	0.00	0.00	13.30	0.95	0.00	0	0.0	0.00	0.00
990240 VARIETY FRUIT	PIECE	65	48	0.04	0	8	0.12	0.00	12.26	1.86	0.56	92	16.4	17.95	0.11
990204 MILK, CHOC FF CARTON	CARTON	0	0	0.00	0	0	0.00	0.00	0.00	0.00	0.00	0	0.0	0.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	28	0.38	31	3	0.62	0.00	3.25	0.00	2.00	125	75.0	0.30	0.00
990207 MILK UHT WHITE 1% CARTON	CARTON	75	75	1.12	82	9	1.88	0.00	9.00	0.00	6.00	375	225.0	0.00	0.00
Weighted Daily Average			476	4.29	350	53	10.39	0.00	85.57	6.09	13.36	774	374.1	*19.07	8.14
% of Calories				8.11%		44.5%	19.6%	0.0%	71.9%		11.2%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0								

### Wednesday Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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# Base Menu Spreadsheet

## Weighted Values

1-A

990190 PIZZA, BREAKFAST TURKEY SAUSAGE	SLICE	60	120	1.20	192	1	4.20	0.00	15.60	1.80	5.40	0	90.0	0.00	1.02
990201 VARIETY CEREAL	BOWL	25	28	0.13	42	2	0.47	0.00	5.80	0.57	0.50	151	28.4	*0.68	1.36
990234 BLUEBERRY MUFFIN	MUFFIN	25	48	0.50	32	4	1.50	0.00	7.50	0.50	0.75	0	7.2	0.00	0.25
990515 MIXED BERRY CUP, FROZEN	CONTAINER	85	76	0.00	0	14	0.00	0.00	17.00	1.70	0.00	0	0.0	0.00	0.00
990240 VARIETY FRUIT	PIECE	95	70	0.05	1	12	0.18	0.00	17.92	2.71	0.81	135	24.0	26.24	0.15
990204 MILK, CHOC FF CARTON	CARTON	75	98	0.00	172	16	0.00	0.00	17.25	0.00	6.00	375	225.0	1.80	0.27
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	28	0.38	31	3	0.62	0.00	3.25	0.00	2.00	125	75.0	0.30	0.00
990207 MILK UHT WHITE 1% CARTON	CARTON	0	0	0.00	0	0	0.00	0.00	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			466	2.25	471	52	6.98	0.00	84.32	7.28	15.47	786	449.7	*29.02	3.06
% of Calories				4.35%		44.6%	13.5%	0.0%	72.4%		13.3%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0								

## Thursday

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990596 BOLI, STRAWBERRY WG	BOLI	50	120	0.00	135	7	2.50	0.00	20.50	0.00	2.50	0	10.0	0.00	0.50
990500 BAR, BERRY APPLE CRISP	BAR	30	75	0.75	24	4	2.40	0.00	12.30	0.90	1.20	0	0.0	0.00	0.00
990201 VARIETY CEREAL	BOWL	20	22	0.10	34	1	0.38	0.00	4.64	0.45	0.40	121	22.7	*0.54	1.09
990234 BLUEBERRY MUFFIN	MUFFIN	20	38	0.40	26	3	1.20	0.00	6.00	0.40	0.60	0	5.8	0.00	0.20
990239 JUICE, ORANGE	EACH	95	48	0.00	0	11	0.00	0.00	12.35	0.00	0.00	0	9.5	57.00	0.00

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## Weighted Values

1-A

990163 CRANBERRIES, DRIED, INDIVIDUAL	PACKAGE	75	82	0.00	0	18	0.00	0.00	21.00	2.25	0.00	0	0.0	0.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	98	0.00	172	16	0.00	0.00	17.25	0.00	6.00	375	225.0	1.80	0.27
990205 MILK, LOW FAT WHITE CARTON	CARTON	25	28	0.38	31	3	0.62	0.00	3.25	0.00	2.00	125	75.0	0.30	0.00
990207 MILK UHT WHITE 1% CARTON	CARTON	0	0	0.00	0	0	0.00	0.00	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			510	1.63	422	65	7.10	0.00	97.29	4.00	12.70	621	348.0	*59.64	2.06
% of Calories				2.88%	51.0%	12.5%	0.0%	76.3%	10.0%						
Weekly Nutrient Guideline			400 - 500	<10	540	<=0									

## Friday

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990377 WAFFLE, DUTCH	WAFFLE	50	150	1.50	175	6	6.50	0.00	21.50	1.50	2.00	0	2.0	0.00	5.00
990500 BAR, BERRY APPLE CRISP	BAR	30	75	0.75	24	4	2.40	0.00	12.30	0.90	1.20	0	0.0	0.00	0.00
990201 VARIETY CEREAL	BOWL	30	33	0.15	50	2	0.57	0.00	6.96	0.68	0.61	182	34.1	*0.81	1.64
990240 VARIETY FRUIT	PIECE	85	62	0.05	1	11	0.16	0.00	16.03	2.43	0.73	121	21.5	23.48	0.14
990439 MANDARIN ORANGE, SINGLE SERVE	CONTAINER	95	66	0.00	0	13	0.00	0.00	16.15	0.00	0.00	0	0.0	25.65	0.00
990204 MILK, CHOC FF CARTON	CARTON	65	84	0.00	150	14	0.00	0.00	14.95	0.00	5.20	325	195.0	1.56	0.23
990205 MILK, LOW FAT WHITE CARTON	CARTON	35	38	0.52	44	4	0.88	0.00	4.55	0.00	2.80	175	105.0	0.42	0.00
990207 MILK UHT WHITE 1% CARTON	CARTON	0	0	0.00	0	0	0.00	0.00	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			510	2.97	443	55	10.50	0.00	92.45	5.51	12.53	802	357.6	*51.92	7.01

# Base Menu Spreadsheet

## Weighted Values

% of Calories				5.24%		43.1%	18.5%	0.0%	72.5%		9.8%				
Weekly Nutrient Guideline			400 - 500	<10	540			<=0							

			Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages			479	3	412	54	8.83	0.00	86.94	5.62	13.71	745	390	*43.78	4.73
% of Calories				5.49%		45.1%	16.6%	0.0%	72.6%		11.4%				

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	479		400-500	100%				
Saturated Fat	2.92 g	5.49%	<10.000%					
Sodium	412 mg		540	76%				
Sugars	54 g	45.1%						
Total Fat	8.83 g	16.6%						
Trans Fat	0.00 g	0.0%						
Carbohydrate	86.94 g	72.6%						
Fiber	5.62 g							
Protein	13.71 g	11.4%						
Vitamin A	745 IU							
Calcium	390.0 mg							
Vitamin C	*43.78 mg						Missing Data	
Iron	4.73 mg							

\*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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - 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. 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.

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