

Base Menu Spreadsheet

Portion Values

Aug-22

Menu Name: BREAKFAST/ HIGH -MIDDLE SCHOOLS
Site:
Include Cost: No
Report Style: Detailed

Monday Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990500 BAR, BERRY APPLE CRISP	BAR	30	250	2.50	80	14	8.00	0.00	41.00	3.00	4.00	0.0	0.00	0.00
990190 PIZZA, BREAKFAST TURKEY SAUSAGE	SLICE	50	200	2.00	320	2	7.00	0.00	26.00	3.00	9.00	150.0	0.00	1.70
990201 VARIETY CEREAL	BOWL	20	111	0.51	168	7	1.89	0.00	23.21	2.27	2.02	113.6	*2.72	5.45
990200 JUICE, APPLE	4 oz	95	60	0.00	10	13	0.00	0.00	14.00	0.00	0.00	0.0	60.00	0.00
990174 FRUIT, PEARS DICED LIGHT USDA 1/2 CUP	1/2 CUP	95	60	0.00	5	12	0.00	0.00	16.00	2.00	0.00	0.0	1.20	0.36
990204 MILK, CHOC FF CARTON	CARTON	80	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	300.0	1.20	0.00
990207 MILK UHT WHITE 1% CARTON	CARTON	0	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	300.0	0.00	0.00
990242 YOGURT, NF SINGLE SERVE MIXED FLAVORS	CONTAINER 4 OZ	20	90	0.00	50	5	0.00	0.00	19.00	0.00	3.00	300.0	1.20	0.00
Weighted Daily Average			455	2.15	451	51	6.78	0.00	83.24	4.75	14.70	457.7	*61.08	2.57

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% of Calories			4.25%		44.8%	13.4%	0.0%	73.2%		12.9%			
Weekly Nutrient Guideline			450 - 600	<10	640		<=0						

Tuesday Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990541 BAR, BANANA CHOC CHUNK	BAR	50	280	3.00	220	23	8.00	0.00	48.00	3.00	5.00	20.0	0.00	10.00
990234 BLUEBERRY MUFFIN	MUFFIN	40	190	2.00	130	16	6.00	0.00	30.00	2.00	3.00	29.0	0.00	1.00
990201 VARIETY CEREAL	BOWL	30	111	0.51	168	7	1.89	0.00	23.21	2.27	2.02	113.6	*2.72	5.45
990162 FRUIT, APPLESAUCE PLAIN SINGLE SERVE USDA	SINGLE SERVE	95	51	0.00	2	11	0.00	0.00	14.00	1.00	0.00	0.0	0.00	0.00
990240 VARIETY FRUIT	PIECE	85	73	0.05	1	12	0.19	0.00	18.86	2.86	0.86	25.3	27.62	0.16
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	300.0	1.20	0.00
990207 MILK UHT WHITE 1% CARTON	CARTON	0	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	300.0	0.00	0.00
990519 MCMUFFIN EGG & CHEESE	SANDWICH	15	188	1.62	328	1	5.50	0.00	24.50	3.00	9.75	121.2	0.00	3.10
Weighted Daily Average			513	3.12	468	61	8.58	0.00	96.47	6.81	14.49	395.4	*26.39	7.91
% of Calories				5.47%		47.6%	15.1%	0.0%	75.2%		11.3%			
Weekly Nutrient Guideline			450 - 600	<10	640		<=0							

Wednesday Reimbursable Meal Total 100

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Portion Values

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990190 PIZZA, BREAKFAST TURKEY SAUSAGE	SLICE	50	200	2.00	320	2	7.00	0.00	26.00	3.00	9.00	150.0	0.00	1.70
990201 VARIETY CEREAL	BOWL	25	111	0.51	168	7	1.89	0.00	23.21	2.27	2.02	113.6	*2.72	5.45
990234 BLUEBERRY MUFFIN	MUFFIN	45	190	2.00	130	16	6.00	0.00	30.00	2.00	3.00	29.0	0.00	1.00
990515 MIXED BERRY CUP, FROZEN	CONTAINER	85	90	0.00	0	16	0.00	0.00	20.00	2.00	0.00	0.0	0.00	0.00
990240 VARIETY FRUIT	PIECE	95	73	0.05	1	12	0.19	0.00	18.86	2.86	0.86	25.3	27.62	0.16
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	300.0	2.40	0.36
990205 MILK, LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	300.0	1.20	0.00
990207 MILK UHT WHITE 1% CARTON	CARTON	0	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	300.0	0.00	0.00
990242 YOGURT, NF SINGLE SERVE MIXED FLAVORS	CONTAINER 4 OZ	25	90	0.00	50	5	0.00	0.00	19.00	0.00	3.00	300.0	1.20	0.00
Weighted Daily Average			507	2.45	477	56	7.48	0.00	92.47	7.38	15.92	515.5	*29.32	3.09
% of Calories				4.35%		44.2%	13.3%	0.0%	73.0%		12.6%			
Weekly Nutrient Guideline			450 - 600	<10	640		<=0							

Thursday

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990596 BOLI, STRAWBERRY WG	BOLI	35	240	0.00	270	14	5.00	0.00	41.00	0.00	5.00	20.0	0.00	1.00
990500 BAR, BERRY APPLE CRISP	BAR	10	250	2.50	80	14	8.00	0.00	41.00	3.00	4.00	0.0	0.00	0.00

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990201 VARIETY CEREAL	BOWL	20	111	0.51	168	7	1.89	0.00	23.21	2.27	2.02	113.6	*2.72	5.45
990234 BLUEBERRY MUFFIN	MUFFIN	20	190	2.00	130	16	6.00	0.00	30.00	2.00	3.00	29.0	0.00	1.00
990239 JUICE, ORANGE	EACH	95	50	0.00	0	12	0.00	0.00	13.00	0.00	0.00	10.0	60.00	0.00
990163 CRANBERRIES, DRIED, INDIVIDUAL	PACKAGE	75	110	0.00	0	24	0.00	0.00	28.00	3.00	0.00	0.0	0.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	300.0	2.40	0.36
990205 MILK, LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	300.0	1.20	0.00
990207 MILK UHT WHITE 1% CARTON	CARTON	0	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	300.0	0.00	0.00
990527 PARFAIT, TRIPLEBERRY	PARFAIT	35	326	3.81	235	37	6.81	0.00	60.15	4.17	7.61	122.4	0.00	1.29
Weighted Daily Average			538	2.46	448	73	7.14	0.00	103.99	4.86	13.82	387.9	*59.64	2.36
% of Calories				4.12%		54.3%	11.9%	0.0%	77.3%		10.3%			
Weekly Nutrient Guideline			450 - 600	<10	640		<=0							

Friday

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990377 WAFFLE, DUTCH	WAFFLE	40	300	3.00	350	12	13.00	0.00	43.00	3.00	4.00	4.0	0.00	10.00
990500 BAR, BERRY APPLE CRISP	BAR	20	250	2.50	80	14	8.00	0.00	41.00	3.00	4.00	0.0	0.00	0.00
990201 VARIETY CEREAL	BOWL	20	111	0.51	168	7	1.89	0.00	23.21	2.27	2.02	113.6	*2.72	5.45
990234 BLUEBERRY MUFFIN	MUFFIN	20	190	2.00	130	16	6.00	0.00	30.00	2.00	3.00	29.0	0.00	1.00
990240 VARIETY FRUIT	PIECE	85	73	0.05	1	12	0.19	0.00	18.86	2.86	0.86	25.3	27.62	0.16

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990439 MANDARIN ORANGE,SINGLE SERVE	CONTAINER	95	70	0.00	0	14	0.00	0.00	17.00	0.00	0.00	0.0	27.00	0.00
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	23.00	0.00	8.00	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	35	110	1.50	125	12	2.50	0.00	13.00	0.00	8.00	300.0	1.20	0.00
990207 MILK UHT WHITE 1% CARTON	CARTON	0	100	1.50	110	12	2.50	0.00	12.00	0.00	8.00	300.0	0.00	0.00
990407 CHEESE STICKS	2 STICK	20	303	6.05	494	4	11.09	0.00	30.25	3.02	19.16	302.5	0.00	1.82
990604 DIPPING SAUCE (NEW RECIPE 2/22)	4 OZ	20	58	0.16	96	8	0.25	0.00	11.63	2.99	1.83	12.4	5.18	1.19
Weighted Daily Average			554	4.01	527	57	11.68	0.00	96.10	6.28	16.33	414.6	*52.69	6.26
% of Calories				6.51%		41.2%	19.0%	0.0%	69.4%		11.8%			
Weekly Nutrient Guideline			450 - 600	<10	640		<=0							

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)	Fiber (g)	Protn (g)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages		513	3	474	60	8.33	0.00	94.45	6.02	15.05	434	*45.82	4.44
% of Calories			4.98%		46.8%	14.6%	0.0%	73.6%		11.7%			

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	513		450-600	100%				
Saturated Fat	2.84 g	4.98%	<10.000%					
Sodium	474 mg		640	74%				
Sugars	60 g	46.8%						
Total Fat	8.33 g	14.6%						
Trans Fat	0.00 g	0.0%						
Carbohydrate	94.45 g	73.6%						
Fiber	6.02 g							
Protein	15.05 g	11.7%						
Calcium	434.2 mg							
Vitamin C	*45.82 mg						Missing Data	
Iron	4.44 mg							

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**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.