

Base Menu Spreadsheet

Weighted Values

Apr 3, 2023 thru Apr 7, 2023

Menu Name: BREAKFAST/ HIGH SCHOOLS

Include Cost: No

Site:

Report Style: Detailed

Monday - 04/03/2023

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990541 BAR, BANANA CHOC CHUNK	BAR	30	84	0.90	66	7	2.40	0.00	4	14.40	0.90	1.50	0	6.0	0.00	3.00
990190 PIZZA, BREAKFAST TURKEY SAUSAGE	SLICE	30	60	0.60	96	1	2.10	0.00	4	7.80	0.90	2.70	0	45.0	0.00	0.51
990201 VARIETY CEREAL	BOWL	15	17	0.08	25	1	0.28	0.00	0	3.48	0.34	0.30	91	17.0	*0.41	0.82
990234 BLUEBERRY MUFFIN	MUFFIN	25	48	0.50	32	4	1.50	0.00	10	7.50	0.50	0.75	0	7.2	0.00	0.25
990629 FRUIT, MIXED FRUIT SINGLE SERVE	SINGLE SERVE	95	76	0.00	0	15	0.00	0.00	0	18.05	0.95	0.95	0	13.3	0.00	0.00
990174 FRUIT, PEARS DICED LIGHT USDA 1/2 CUP	1/2 CUP	95	57	0.00	5	11	0.00	0.00	0	15.20	1.90	0.00	0	0.0	1.14	0.34
990204 MILK, CHOC FF CARTON	CARTON	75	98	0.00	172	16	0.00	0.00	4	17.25	0.00	6.00	375	225.0	1.80	0.27
990205 MILK, LOW FAT WHITE CARTON	CARTON	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
990207 MILK UHT WHITE 1% CARTON	CARTON	25	25	0.38	28	3	0.62	0.00	3	3.00	0.00	2.00	125	75.0	0.00	0.00
990242 YOGURT, NF SINGLE SERVE MIXED FLAVORS	CONTAINER 4 OZ	10	9	0.00	5	1	0.00	0.00	0	1.90	0.00	0.30	0	29.0	0.12	0.00
Weighted Daily Average			473	2.45	429	60	6.91	0.00	26	88.58	5.49	14.50	591	417.6	*3.47	5.19
% of Calories				4.66%		50.7%	13.1%	0.0%		74.9%		12.3%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Tuesday - 04/04/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Apr 3, 2023 thru Apr 7, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990596 BOLI, STRAWBERRY WG	BOLI	40	96	0.00	108	6	2.00	0.00	0	16.40	0.00	2.00	0	8.0	0.00	0.40
990609 WAFFLE, BLUEBERRY WG PKG	PKG	25	40	0.25	48	2	1.25	0.00	1	6.00	0.50	0.75	0	12.5	0.00	0.32
990201 VARIETY CEREAL	BOWL	20	22	0.10	34	1	0.38	0.00	0	4.64	0.45	0.40	121	22.7	*0.54	1.09
990046 BUNNY GRAHAMS, ANNIE'S	1.25 OZ	10	16	0.05	11	1	0.60	0.00	0	2.50	0.30	0.30	0	2.5	0.00	0.60
990439 MANDARIN ORANGE, SINGLE SERVE	CONTAINER	95	66	0.00	0	13	0.00	0.00	0	16.15	0.00	0.00	0	0.0	25.65	0.00
990240 FRUIT TRIO	PIECE	95	76	0.05	1	12	0.18	0.00	0	19.19	2.71	0.81	71	24.0	28.14	0.15
990204 MILK, CHOC FF CARTON	CARTON	0	0	0.00	0	0	0.00	0.00	0	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	2	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	9.00	0.00	6.00	375	225.0	0.00	0.00
990519 MCMUFFIN EGG & CHEESE	SANDWICH	20	38	0.32	66	0	1.10	0.00	21	4.90	0.60	1.95	0	24.2	0.00	0.62
Weighted Daily Average			457	2.28	380	47	8.01	0.00	34	82.03	4.57	14.22	693	394.0	*54.63	3.19
% of Calories				4.49%		41.1%	15.8%	0.0%		71.8%		12.4%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Wednesday - 04/05/2023

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990190 PIZZA, BREAKFAST TURKEY SAUSAGE	SLICE	30	60	0.60	96	1	2.10	0.00	4	7.80	0.90	2.70	0	45.0	0.00	0.51

Base Menu Spreadsheet

Weighted Values

Apr 3, 2023 thru Apr 7, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990656 CINNAMON BUN, BAKED ULTRA	BUN	40	96	0.80	120	6	3.20	0.00	8	15.20	1.20	2.00	160	24.0	0.48	0.43
990201 VARIETY CEREAL	BOWL	10	11	0.05	17	1	0.19	0.00	0	2.32	0.23	0.20	61	11.4	*0.27	0.55
990631 CRACKERS, ANIMAL WG PKG	PKG	20	26	0.00	19	2	0.80	0.00	0	4.80	0.20	0.40	0	0.8	0.00	0.00
990515 MIXED BERRY CUP, FROZEN	CONTAINER	95	86	0.00	0	15	0.00	0.00	0	19.00	1.90	0.00	0	0.0	0.00	0.00
990240 FRUIT TRIO	PIECE	95	76	0.05	1	12	0.18	0.00	0	19.19	2.71	0.81	71	24.0	28.14	0.15
990204 MILK, CHOC FF CARTON	CARTON	75	98	0.00	172	16	0.00	0.00	4	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	2	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	0.00	0.00	0.00	0	0.0	0.00	0.00
990527 PARFAIT, TRIPLEBERRY	PARFAIT	10	33	0.38	24	4	0.68	0.00	2	6.01	0.42	0.76	0	12.2	0.00	0.13
Weighted Daily Average			512	2.26	480	60	7.78	0.00	20	94.82	7.56	14.87	792	417.4	*30.99	2.04
% of Calories				3.97%		46.9%	13.7%	0.0%		74.1%		11.6%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Thursday - 04/06/2023

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990672 CROISSANT, SAUSAGE & CHEESE	SANDWICH	30	98	2.12	174	1	5.10	0.00	10	9.30	0.60	4.35	0	57.8	0.00	0.30
990541 BAR, BANANA CHOC CHUNK	BAR	30	84	0.90	66	7	2.40	0.00	4	14.40	0.90	1.50	0	6.0	0.00	3.00
990242 YOGURT, NF SINGLE SERVE MIXED FLAVORS	CONTAINER 4 OZ	25	22	0.00	12	4	0.00	0.00	0	4.75	0.00	0.75	0	72.5	0.30	0.00

Base Menu Spreadsheet

Weighted Values

Apr 3, 2023 thru Apr 7, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990201 VARIETY CEREAL	BOWL	15	17	0.08	25	1	0.28	0.00	0	3.48	0.34	0.30	91	17.0	*0.41	0.82
990234 BLUEBERRY MUFFIN	MUFFIN	15	28	0.30	20	2	0.90	0.00	6	4.50	0.30	0.45	0	4.4	0.00	0.15
990180 ORANGE	EACH	95	76	0.00	0	13	0.00	0.00	0	18.05	2.85	0.95	95	57.0	74.10	0.00
990162 FRUIT, APPLESAUCE PLAIN SINGLE SERVE USDA	SINGLE SERVE	95	48	0.00	2	10	0.00	0.00	0	13.30	0.95	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	4	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	2	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	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			499	3.77	503	58	9.31	0.00	27	88.28	5.94	16.30	686	514.6	*76.91	4.54
% of Calories				6.80%		46.5%	16.8%	0.0%		70.8%		13.1%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Friday - 04/07/2023

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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990609 WAFFLE, BLUEBERRY WG PKG	PKG	20	32	0.20	38	1	1.00	0.00	1	4.80	0.40	0.60	0	10.0	0.00	0.26
990596 BOLI, STRAWBERRY WG	BOLI	30	72	0.00	81	4	1.50	0.00	0	12.30	0.00	1.50	0	6.0	0.00	0.30
990201 VARIETY CEREAL	BOWL	15	17	0.08	25	1	0.28	0.00	0	3.48	0.34	0.30	91	17.0	*0.41	0.82
990626 CRACKER, GRAHAM CINNAMON BEARS	PKG	15	20	0.00	18	1	0.60	0.00	0	3.15	0.15	0.30	0	15.0	0.00	0.16
990240 FRUIT TRIO	PIECE	95	76	0.05	1	12	0.18	0.00	0	19.19	2.71	0.81	71	24.0	28.14	0.15

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Apr 3, 2023 thru Apr 7, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990171 FRUIT, PEACHES DICED LIGHT USDA 1/2 CUP	1/2 CUP	95	57	0.00	5	12	0.00	0.00	0	13.30	0.95	0.00	285	0.0	1.14	0.00
990204 MILK, CHOC FF CARTON	CARTON	65	84	0.00	150	14	0.00	0.00	3	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	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	0.00	0.00	0.00	0	0.0	0.00	0.00
990309 CHEESE STICK, MOZZARELLA CN 2 STICKS	SERVING (2)	35	105	2.10	161	1	4.20	0.00	10	11.20	0.70	5.60	0	105.0	0.00	0.00
990604 DIPPING SAUCE (NEW RECIPE 2/22)	4 OZ	25	14	0.04	24	2	0.06	0.00	0	2.91	0.75	0.46	180	3.1	1.30	0.30
Weighted Daily Average			516	2.99	546	54	8.70	0.00	18	89.83	6.00	17.57	1127	480.2	*32.96	2.23
% of Calories				5.22%		41.9%	15.2%	0.0%		69.6%		13.6%				
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)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	491	3	468	56	8.14	0.00	25	88.71	5.91	15.49	778	445	*39.79	3.44
% of Calories		5.04%		45.6%	14.9%	0.0%		72.3%		12.6%				

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	491		450-600	100%				
Saturated Fat	2.75 g	5.04%	<10.000%					
Sodium	468 mg		640.000	73%				
Sugars	56 g	45.6%						
Total Fat	8.14 g	14.9%						
Trans Fat	0.00 g	0.0%						
Cholesterol	25 mg							
Carbohydrate	88.71 g	72.3%						

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Apr 3, 2023 thru Apr 7, 2023

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Fiber	5.91 g							
Protein	15.49 g	12.6%						
Vitamin A	778 IU							
Calcium	444.8 mg							
Vitamin C	*39.79 mg						Missing Data	
Iron	3.44 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
 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.