

Base Menu Spreadsheet

Portion Values

August SY 2023-24

Menu Name: BREAKFAST K-12
Site:
Use Alternate Menu Name: No

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)	Total Sugars (g)	Added 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	35	280	3.00	220	23	*N/A*	8.00	0.00	15	48.00	3.00	5.00	0	26.0	0.00	1.80
990190 PIZZA, BREAKFAST TURKEY SAUSAGE	SLICE	25	200	2.00	320	6	*N/A*	7.00	0.00	15	26.00	3.00	9.00	0	150.0	0.00	1.70
990201 VARIETY CEREAL	BOWL	15	138	0.00	181	8	2	1.51	0.00	0	29.39	3.02	2.51	177	99.6	3.36	5.00
990234 BLUEBERRY MUFFIN	MUFFIN	25	190	2.00	130	16	*N/A*	6.00	0.00	40	30.00	2.00	3.00	0	29.0	0.00	1.00
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	85	90	0.00	0	18	*N/A*	0.00	0.00	0	21.93	1.99	1.00	0	0.0	37.38	0.28
990174 FRUIT, PEARS DICED LIGHT USDA 1/2 CUP	1/2 CUP	90	60	0.00	5	12	*N/A*	0.00	0.00	0	16.00	2.00	0.00	0	0.0	1.20	0.36
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	*N/A*	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK, LOW FAT WHITE CARTON	CARTON	85	110	1.50	125	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 MILK UHT WHITE 1% CARTON	CARTON	15	100	1.50	105	12	*N/A*	2.50	0.00	10	12.00	0.00	8.00	450	325.0	0.00	0.00
Weighted Daily Average			455	3.55	343	53	0	8.78	0.00	29	81.10	6.25	13.97	519	372.5	34.37	2.62
% of Calories				7.02%		46.6%	0%	17.4%	0.0%		71.3%		12.3%				
Weekly Nutrient Guideline			400 - 500	<10	540			<=0									

Tuesday Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	240	2.50	270	14	*N/A*	5.00	0.00	0	41.00	0.00	5.00	0	20.0	0.00	1.00
990077 BANANA BREAD, SLICE	SLICE	35	260	1.50	240	24	*N/A*	8.00	0.00	0	45.00	2.00	5.00	0	161.0	0.00	1.00
990201 VARIETY CEREAL	BOWL	30	138	0.00	181	8	2	1.51	0.00	0	29.39	3.02	2.51	177	99.6	3.36	5.00
990046 BUNNY GRAHAMS, ANNIE'S	1.25 OZ	20	160	0.50	105	9	*N/A*	6.00	0.00	0	24.00	3.00	3.00	0	25.0	0.00	6.00
990239 JUICE, ORANGE	EACH	90	60	0.00	15	11	0	0.00	0.00	0	13.00	0.00	1.00	*N/A*	*N/A*	36.00	0.10
990240 FRUIT TRIO	PIECE	95	80	0.05	1	13	*N/A*	0.19	0.00	0	20.20	2.86	0.86	75	25.3	29.62	0.16
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	*N/A*	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK, LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 MILK UHT WHITE 1% CARTON	CARTON	75	100	1.50	105	12	*N/A*	2.50	0.00	10	12.00	0.00	8.00	450	325.0	0.00	0.00
Weighted Daily Average			493	3.18	392	53	0	9.13	0.00	10	88.90	4.92	14.82	*587	*442.0	61.85	3.69
% of Calories				5.81%		43.0%	0%	16.7%	0.0%		72.1%		12.0%				
Weekly Nutrient Guideline			400 - 500	<10	540			<=0									

Wednesday

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	40	200	2.00	320	6	*N/A*	7.00	0.00	15	26.00	3.00	9.00	0	150.0	0.00	1.70
990675 LEMON BREAD, SLICED	SLICE	30	230	1.50	250	15	*N/A*	8.00	0.00	0	44.00	2.00	5.00	0	146.0	0.00	1.00
990201 VARIETY CEREAL	BOWL	30	138	0.00	181	8	2	1.51	0.00	0	29.39	3.02	2.51	177	99.6	3.36	5.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990626 CRACKER, GRAHAM CINNAMON BEARS	PKG	30	130	0.00	120	8	*N/A*	4.00	0.00	0	21.00	1.00	2.00	0	100.0	0.00	1.08
990515 MIXED BERRY CUP, FROZEN	CONTAINER	95	90	0.00	0	16	*N/A*	0.00	0.00	0	20.00	2.00	0.00	0	0.0	0.00	0.00
990240 FRUIT TRIO	PIECE	85	80	0.05	1	13	*N/A*	0.19	0.00	0	20.20	2.86	0.86	75	25.3	29.62	0.16
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	*N/A*	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	85	110	1.50	125	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 MILK UHT WHITE 1% CARTON	CARTON	15	100	1.50	105	12	*N/A*	2.50	0.00	10	12.00	0.00	8.00	450	325.0	0.00	0.00
Weighted Daily Average			491	2.80	416	50	0	9.52	0.00	16	87.73	7.33	15.18	609	488.9	27.21	2.94
% of Calories				5.13%		40.7%	0%	17.5%	0.0%		71.5%		12.4%				
Weekly Nutrient Guideline			400 - 500	<10	540			<=0									

Thursday

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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	55	325	7.05	585	4	*N/A*	17.00	0.00	34	31.00	2.00	14.50	55	192.5	0.00	1.00
990541 BAR, BANANA CHOC CHUNK	BAR	25	280	3.00	220	23	*N/A*	8.00	0.00	15	48.00	3.00	5.00	0	26.0	0.00	1.80
990201 VARIETY CEREAL	BOWL	20	138	0.00	181	8	2	1.51	0.00	0	29.39	3.02	2.51	177	99.6	3.36	5.00
990234 BLUEBERRY MUFFIN	MUFFIN	20	190	2.00	130	16	*N/A*	6.00	0.00	40	30.00	2.00	3.00	0	29.0	0.00	1.00
990180 ORANGE	EACH	75	80	0.00	0	14	*N/A*	0.00	0.00	0	19.00	3.00	1.00	100	60.0	78.00	0.00
990162 FRUIT, APPLESAUCE PLAIN SINGLE SERVE USDA	SINGLE SERVE	85	50	0.00	25	11	*N/A*	0.00	0.00	0	14.00	1.00	0.00	0	0.0	0.00	0.00

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990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	*N/A*	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	75	110	1.50	125	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00
990207 MILK UHT WHITE 1% CARTON	CARTON	25	100	1.50	105	12	*N/A*	2.50	0.00	10	12.00	0.00	8.00	450	325.0	0.00	0.00
Weighted Daily Average			524	6.53	580	45	0	15.35	0.00	40	79.83	5.95	19.08	628	489.4	60.07	2.20
% of Calories				11.22 %		34.4%	0%	26.4%	0.0%		60.9%		14.6%				
Weekly Nutrient Guideline			400 - 500	<10	540			<=0									

Friday

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990077 BANANA BREAD, SLICE	SLICE	35	260	1.50	240	24	*N/A*	8.00	0.00	0	45.00	2.00	5.00	0	161.0	0.00	1.00
990596 BOLI, STRAWBERRY WG	BOLI	40	240	2.50	270	14	*N/A*	5.00	0.00	0	41.00	0.00	5.00	0	20.0	0.00	1.00
990201 VARIETY CEREAL	BOWL	35	138	0.00	181	8	2	1.51	0.00	0	29.39	3.02	2.51	177	99.6	3.36	5.00
990626 CRACKER, GRAHAM CINNAMON BEARS	PKG	15	130	0.00	120	8	*N/A*	4.00	0.00	0	21.00	1.00	2.00	0	100.0	0.00	1.08
990240 FRUIT TRIO	PIECE	95	80	0.05	1	13	*N/A*	0.19	0.00	0	20.20	2.86	0.86	75	25.3	29.62	0.16
990171 FRUIT, PEACHES DICED LIGHT USDA 1/2 CUP	1/2 CUP	75	60	0.00	5	13	*N/A*	0.00	0.00	0	14.00	1.00	0.00	300	0.0	1.20	0.00
990204 MILK, CHOC FF CARTON	CARTON	0	130	0.00	230	22	*N/A*	0.00	0.00	5	23.00	0.00	8.00	500	300.0	2.40	0.36
990205 MILK,LOW FAT WHITE CARTON	CARTON	75	110	1.50	125	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	1.20	0.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990207 MILK UHT WHITE 1% CARTON	CARTON	25	100	1.50	105	12	*N/A*	2.50	0.00	10	12.00	0.00	8.00	450	325.0	0.00	0.00
Weighted Daily Average			483	3.08	398	52	1	8.61	0.00	10	88.02	5.37	13.74	846	444.5	31.12	2.81
% of Calories				5.74%		43.1%	0.8%	16.0%	0.0%		72.9%		11.4%				
Weekly Nutrient Guideline			400 - 500	<10	540			<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
Weighted Averages	489	4	426	51	0	10.28	0.00	21	85.12	5.96	15.36	*638	*447.5	42.92	2.85
% of Calories		7.05%		41.7%	0%	18.9%	0.0%		69.6%		12.6%				

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	489		400-500	100%				
Saturated Fat	3.83 g	7.05%	<10.000%					
Sodium	426 mg		540.000	79%				
Total Sugars	51 g	41.7%						
Added Sugars	0 g	0%						
Total Fat	10.28 g	18.9%						
Trans Fat	0.00 g	0.0%						
Cholesterol	21 mg							
Carbohydrate	85.12 g	69.6%						
Fiber	5.96 g							
Protein	15.36 g	12.6%						
Vitamin A	*638 IU						Missing Data	
Calcium	*447.5 mg						Missing Data	
Vitamin C	42.92 mg							
Iron	2.85 mg							

Portion Values

**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.*