

# Base Menu Spreadsheet

Portion Values

August SY 2023-24

**Menu Name:** BREAKFAST/ MIDDLE & HIGH SCHOOLS      **Include Cost:** No  
**Site:**      **Report Style:** Detailed  
**Use Alternate Menu Name:** No

**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)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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	10	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
990242 YOGURT, NF SINGLE SERVE MIXED FLAVORS	CONTAINER 4 OZ	10	90	0.00	55	14	*N/A*	0.00	0.00	5	19.00	0.00	3.00	0	290.0	*N/A*	0.00
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			448	3.45	333	53	0	8.40	0.00	28	80.03	6.00	14.00	510	395.1	*34.20	2.32
% of Calories				6.93%		47.3%	0%	16.9%	0.0%		71.5%		12.5%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

**Tuesday**      **Reimbursable Meal Total 100**

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990596 BOLI, STRAWBERRY WG	BOLI	30	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	25	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
990519 CROISSANT EGG & CHEESE	SANDWICH	20	238	3.62	478	4	*N/A*	9.50	0.00	104	29.50	2.00	9.75	0	156.2	0.00	1.36
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			490	3.50	436	50	0	9.73	0.00	31	86.20	5.12	15.77	*587	*455.2	61.85	3.76
% of Calories				6.43%		40.8%	0%	17.9%	0.0%		70.4%		12.9%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=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)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990190 PIZZA, BREAKFAST TURKEY SAUSAGE	SLICE	35	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

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## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990675 LEMON BREAD, SLICED	SLICE	15	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
990527 PARFAIT, TRIPLEBERRY	PARFAIT	20	268	0.30	235	34	*N/A*	1.50	0.00	5	59.00	3.80	7.00	0	315.6	*13.00	1.26
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
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			501	2.53	410	54	0	8.27	0.00	16	91.63	7.64	15.38	609	522.7	*29.81	2.96
% of Calories				4.54%		43.1%	0%	14.9%	0.0%		73.2%		12.3%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=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)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990672 CROISSANT, SAUSAGE & CHEESE	SANDWICH	50	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	20	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
990242 YOGURT, NF SINGLE SERVE MIXED FLAVORS	CONTAINER 4 OZ	20	90	0.00	55	14	*N/A*	0.00	0.00	5	19.00	0.00	3.00	0	290.0	*N/A*	0.00

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	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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			512	6.02	551	46	0	14.10	0.00	39	79.68	5.70	18.70	625	536.4	*60.07	2.06
% of Calories				10.58 %		35.9%	0%	24.8%	0.0%		62.2%		14.6%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=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)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990077 BANANA BREAD, SLICE	SLICE	30	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	35	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
990407 CHEESE STICKS	2 STICK	10	303	6.05	494	4	*N/A*	11.09	0.00	30	30.25	3.02	19.16	403	302.5	0.00	1.82
990625 MARINARA PC CUP 2.5 OZ	PC CUP	10	40	0.00	200	4	*N/A*	1.00	0.00	0	6.99	2.00	1.00	0	19.0	0.00	0.00
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

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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			493	3.48	442	51	1	9.17	0.00	13	87.45	5.77	15.26	886	467.6	31.12	2.90
% of Calories				6.35%		41.4%	0.8%	16.7%	0.0%		71.0%		12.4%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	489	4	434	51	0	9.93	0.00	25	85.00	6.05	15.82	*643	*475.4	*43.41	2.80
% of Calories		6.99%		41.7%	0%	18.3%	0.0%		69.5%		12.9%				

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	489		450-600	100%				
Saturated Fat	3.80 g	6.99%	<10.000%					
Sodium	434 mg		640.000	68%				
Total Sugars	51 g	41.7%						
Added Sugars	0 g	0%						
Total Fat	9.93 g	18.3%						
Trans Fat	0.00 g	0.0%						

Portion Values

Cholesterol	25 mg							
Carbohydrate	85.00 g	69.5%						
Fiber	6.05 g							
Protein	15.82 g	12.9%						
Vitamin A	*643 IU						Missing Data	
Calcium	*475.4 mg						Missing Data	
Vitamin C	*43.41 mg						Missing Data	
Iron	2.80 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 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.