

Planned Menu Spreadsheet

Portion Values

Mar 5, 2018 thru Mar 9, 2018

Menu Name: Middle School Breakfast
Site: All Sites

Include Cost: No
Report Style: Detailed

Monday - 03/05/2018

Reimbursable Meal Total 120

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000974 Cereal (Spring 13)*	Bowl	55	113	0.15	162	23.77
001530 Muffin, Blueberry Red Fat, W/G	Each	45	190	2.00	130	30.00
000743 Mini Cinnis-Pillsbury	Each	65	240	2.00	300	40.00
000338 Assorted Juice	1 each	120	60	0.00	4	14.05
000438 PEARS: canned,light syrup	1/2 cup	20	80	0.00	5	20.10
000833 MILK - CHOCOLATE SKIM	HALF PINT	79	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	15	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	24	100	1.50	120	11.00
Weighted Daily Average			434	2.20	448	79.33
% of Calories				4.56%		73.1%
Weekly Nutrient Guideline			400 - 550	<10	600	

Tuesday - 03/06/2018

Reimbursable Meal Total 125

Planned Menu Spreadsheet

Portion Values

Mar 5, 2018 thru Mar 9, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000543 Bacon & Cheese Extravaganza	1/3 cup	70	120	3.00	280	1.00
001011 Toast w/ marg. and jelly	1 slice	75	138	1.62	196	22.67
000974 Cereal (Spring 13)*	Bowl	55	113	0.15	162	23.77
000338 Assorted Juice	1 each	120	60	0.00	4	14.05
000959 Assorted Canned Fruit	1/2 Cup	20	66	0.01	5	17.31
000833 MILK - CHOCOLATE SKIM	HALF PINT	73	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	23	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	18	100	1.50	120	11.00
Weighted Daily Average			369	2.93	495	58.19
% of Calories				7.15%		63.1%
Weekly Nutrient Guideline			400 - 550	<10	600	

Wednesday - 03/07/2018

Reimbursable Meal Total 115

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001013 Pancake on a Stick	1	75	320	2.50	340	47.00
000974 Cereal (Spring 13)*	Bowl	35	113	0.15	162	23.77
001017 Toast w/ Peanut Butter	Slice	35	209	3.35	271	19.15
000338 Assorted Juice	1 each	108	60	0.00	4	14.05

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Mar 5, 2018 thru Mar 9, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000068 BANANAS	EACH	35	90	0.11	1	23.07
000833 MILK - CHOCOLATE SKIM	HALF PINT	73	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	20	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	18	100	1.50	120	11.00
001083 Ketchup	TBSP	30	20	0.00	50	4.03
Weighted Daily Average			502	2.96	525	83.23
% of Calories				5.31%		66.3%
Weekly Nutrient Guideline			400 - 550	<10	600	

Thursday - 03/08/2018

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001612 Donut Holes-Second	6- Each	75	312	7.00	300	38.00
000974 Cereal (Spring 13)*	Bowl	65	113	0.15	162	23.77
001435 Nutrigrain Bar	Bar	50	160	1.00	150	29.00
000338 Assorted Juice	1 each	120	60	0.00	4	14.05
000422 GRAPES,Fresh	1/2 C	45	31	0.05	1	7.89
000833 MILK - CHOCOLATE SKIM	HALF PINT	78	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	28	120	0.00	120	22.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	20	100	1.50	120	11.00
Weighted Daily Average			438	4.41	435	73.44
% of Calories				9.06%		67.1%
Weekly Nutrient Guideline			400 - 550	<10	600	

Friday - 03/09/2018

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000768 Breakfast Pizza	Piece	93	210	2.50	417	24.67
000974 Cereal (Spring 13)*	Bowl	42	113	0.15	162	23.77
000346 Yogurt-Trix Raspberry (4oz)	Each	35	100	0.50	50	20.00
000338 Assorted Juice	1 each	130	60	0.00	4	14.05
000062 Peaches, diced	1/2 CUP	39	70	0.00	10	17.03
000833 MILK - CHOCOLATE SKIM	HALF PINT	78	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	25	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	20	100	1.50	120	11.00
Weighted Daily Average			384	2.12	501	65.28
% of Calories				4.97%		68.0%
Weekly Nutrient Guideline			400 - 550	<10	600	

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Mar 5, 2018 thru Mar 9, 2018

			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
Weighted Averages			425	3	481	71.89
% of Calories				6.18%		67.7%

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	425		400-550	100%				
Saturated Fat	2.92 g	6.18%	<10.000%					
Sodium	481 mg		600.000	80%				
Carbohydrate	71.89 g	67.7%						

**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.