

Base Menu Spreadsheet

Portion Values

Aug 13, 2018 thru Aug 17, 2018

Menu Name: Elementary Breakfast

Include Cost: No

Site:

Report Style: Detailed

Monday - 08/13/2018

Reimbursable Meal Total 540

	Portion Size	Reimb Qty	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000974 Cereal (Spring 13)*	Bowl	265	0.15	162	9	1.61	0.01	23.77
001530 Muffin, Blueberry Red Fat, W/G	Each	260	2.00	130	16	6.00	0.00	30.00
000743 Mini Cinnis-Pillsbury	Each	225	2.00	300	15	7.00	0.00	40.00
000438 PEARS: canned,light syrup	1/2 cup	120	0.00	5	15	0.00	0.00	20.10
000338 Assorted Juice	1 each	480	0.00	4	13	0.00	0.00	14.05
000833 MILK - CHOCOLATE SKIM	HALF PINT	300	0.00	180	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	90	0.00	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	90	1.50	120	11	2.50	0.00	11.00
Weighted Daily Average			2.12	412	48	7.01	0.00	76.34
% of Calories			4.59%		46.2%	15.2%	0.0%	73.4%
Weekly Nutrient Guideline			<10	540		<=0		

Tuesday - 08/14/2018

Reimbursable Meal Total 550

Base Menu Spreadsheet

Portion Values

Aug 13, 2018 thru Aug 17, 2018

	Portion Size	Reimb Qty	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
990079 Eggs w/ Chs & Ham	1/3 CUP	1	2.69	410	*1	6.63	*0.00	2.27
001011 Toast w/ marg. and jelly	1 slice	360	1.62	196	*5	4.56	0.00	22.67
000974 Cereal (Spring 13)*	Bowl	280	0.15	162	9	1.61	0.01	23.77
000338 Assorted Juice	1 each	500	0.00	4	13	0.00	0.00	14.05
001353 Assorted Canned Fruit	1/2 Cup	160	0.01	5	*9	0.07	0.00	17.31
000834 MILK - STRAWBERRY SKIM	HALF PINT	93	0.00	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	138	1.50	120	11	2.50	0.00	11.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	290	0.00	180	18	0.00	0.00	20.00
Weighted Daily Average			1.52	362	*38	4.47	*0.00	61.77
% of Calories			4.21%		*46.8%	12.4%	*0.0%	76.0%
Weekly Nutrient Guideline			<10	540		<=0		

Wednesday - 08/15/2018

Reimbursable Meal Total 550

	Portion Size	Reimb Qty	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001013 Pancake on a Stick	1	1	2.50	340	26	10.00	0.00	47.00
000974 Cereal (Spring 13)*	Bowl	280	0.15	162	9	1.61	0.01	23.77
001017 Toast w/ Peanut Butter	Slice	1	3.22	273	*0	12.69	*0.00	19.32
000068 BANANAS	EACH	230	0.11	1	12	0.33	0.00	23.07

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	Portion Size	Reimb Qty	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000338 Assorted Juice	1 each	500	0.00	4	13	0.00	0.00	14.05
000833 MILK - CHOCOLATE SKIM	HALF PINT	377	0.00	180	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	90	0.00	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	72	1.50	120	11	2.50	0.00	11.00
Weighted Daily Average			0.33	247	*38	1.33	*0.00	53.39
% of Calories			1.15%		*58.7%	4.6%	*0.0%	82.5%
Weekly Nutrient Guideline			<10	540		<=0		

Thursday - 08/16/2018

Reimbursable Meal Total 535

	Portion Size	Reimb Qty	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000974 Cereal (Spring 13)*	Bowl	225	0.15	162	9	1.61	0.01	23.77
000346 Yogurt-Trix Raspberry (4oz)	Each	1	0.50	50	13	0.50	0.00	20.00
001612 Donut Holes-Second	6- Each	310	7.00	300	14	16.00	0.00	38.00
000338 Assorted Juice	1 each	490	0.00	4	13	0.00	0.00	14.05
000422 GRAPES,Fresh	1/2 C	190	0.05	1	7	0.16	0.00	7.89
000833 MILK - CHOCOLATE SKIM	HALF PINT	280	0.00	180	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	155	0.00	120	22	0.00	0.00	22.00

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	Portion Size	Reimb Qty	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	95	1.50	120	11	2.50	0.00	11.00
Weighted Daily Average			4.40	397	44	10.45	0.00	66.52
% of Calories			9.78%		43.5%	23.2%	0.0%	65.7%
Weekly Nutrient Guideline			<10	540		<=0		

Friday - 08/17/2018

Reimbursable Meal Total 540

	Portion Size	Reimb Qty	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001016 Pizza,Breakfast Sausage & TVP	1	251	2.00	480	9	7.00	0.00	26.00
001240 PEANUT BUTTER WAFER W/GRAHAM	Each	1	3.93	206	13	17.67	0.00	30.43
000338 Assorted Juice	1 each	505	0.00	4	13	0.00	0.00	14.05
000062 Peaches, diced	1/2 CUP	150	0.00	10	13	0.00	0.00	17.03
000833 MILK - CHOCOLATE SKIM	HALF PINT	345	0.00	180	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	90	0.00	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	85	1.50	120	11	2.50	0.00	11.00
Weighted Daily Average			1.17	384	36	3.68	0.00	48.19
% of Calories			3.76%		51.4%	11.8%	0.0%	68.8%
Weekly Nutrient Guideline			<10	540		<=0		

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	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
Weighted Averages	2	360	*41	5.39	*0.00	61.24
% of Calories	5.10%		*48.7%	14.4%	*0.0%	72.7%

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Saturated Fat	1.91 g	5.10%	<10.000%					
Sodium	360 mg		540.000	67%				
Sugars	*41 g	*48.7%					Missing Data	
Total Fat	5.39 g	14.4%						
Trans Fat	*0.00 g	*0.0%					Missing Data	
Carbohydrate	61.24 g	72.7%						

**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.