

Planned Menu Spreadsheet

Portion Values

Mar 1, 2018 thru Mar 30, 2018

Menu Name: Elementary Breakfast

Include Cost: No

Site: All Sites

Report Style: Detailed

Thursday - 03/01/2018

Reimbursable Meal Total 535

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
000974 Cereal (Spring 13)*	Bowl	205	113	0.15	162	9	23.77
000346 Yogurt-Trix Raspberry (4oz)	Each	150	100	0.50	50	13	20.00
001612 Donut Holes-Second	6- Each	330	312	7.00	300	14	38.00
000338 Assorted Juice	1 each	490	60	0.00	4	13	14.05
000422 GRAPES,Fresh	1/2 C	225	31	0.05	1	7	7.89
000833 MILK - CHOCOLATE SKIM	HALF PINT	280	110	0.00	180	18	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	155	120	0.00	120	22	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	95	100	1.50	120	11	11.00
Weighted Daily Average			442	4.80	416	48	73.14
% of Calories				9.77%		43.4%	66.2%
Weekly Nutrient Guideline			350 - 500	<10	540		

Friday - 03/02/2018

Reimbursable Meal Total 525

Planned Menu Spreadsheet

Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
001016 Pizza,Breakfast Sausage & TVP	1	260	210	2.00	480	9	26.00
000974 Cereal (Spring 13)*	Bowl	281	113	0.15	162	9	23.77
000626 Cheese, String Lite	each	226	59	1.98	207	0	0.99
000338 Assorted Juice	1 each	490	60	0.00	4	13	14.05
000062 Peaches, diced	1/2 CUP	135	70	0.00	10	13	17.03
000833 MILK - CHOCOLATE SKIM	HALF PINT	335	110	0.00	180	18	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	90	120	0.00	120	22	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	80	100	1.50	120	11	11.00
Weighted Daily Average			370	2.15	574	41	61.73
% of Calories				5.23%		44.3%	66.7%
Weekly Nutrient Guideline			350 - 500	<10	540		

Monday - 03/05/2018

Reimbursable Meal Total 480

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
000974 Cereal (Spring 13)*	Bowl	220	113	0.15	162	9	23.77
001530 Muffin, Blueberry Red Fat, W/G	Each	260	190	2.00	130	16	30.00
000743 Mini Cinnis-Pillsbury	Each	230	240	2.00	300	15	40.00
000438 PEARS: canned,light syrup	1/2 cup	145	80	0.00	5	*N/A*	20.10

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
000338 Assorted Juice	1 each	450	60	0.00	4	13	14.05
000833 MILK - CHOCOLATE SKIM	HALF PINT	275	110	0.00	180	18	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	90	120	0.00	120	22	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	100	100	1.50	120	11	11.00
Weighted Daily Average			457	2.42	445	*48	83.43
% of Calories				4.77%		*42.0%	73.0%
Weekly Nutrient Guideline			350 - 500	<10	540		

Tuesday - 03/06/2018

Reimbursable Meal Total 555

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
000543 Bacon & Cheese Extravanganza	1/3 cup	250	120	3.00	280	0	1.00
001011 Toast w/ marg. and jelly	1 slice	370	138	1.62	196	*5	22.67
000974 Cereal (Spring 13)*	Bowl	260	113	0.15	162	9	23.77
000338 Assorted Juice	1 each	515	60	0.00	4	13	14.05
001353 Assorted Canned Fruit	1/2 Cup	160	66	0.01	5	*9	17.31
000833 MILK - CHOCOLATE SKIM	HALF PINT	305	110	0.00	180	18	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	100	120	0.00	120	22	22.00

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	118	100	1.50	120	11	11.00
Weighted Daily Average			377	2.82	484	*38	62.02
% of Calories				6.73%		*40.3%	65.8%
Weekly Nutrient Guideline			350 - 500	<10	540		

Wednesday - 03/07/2018

Reimbursable Meal Total 550

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
001013 Pancake on a Stick	1	275	320	2.50	340	26	47.00
000974 Cereal (Spring 13)*	Bowl	280	113	0.15	162	9	23.77
001017 Toast w/ Peanut Butter	Slice	260	209	3.35	271	*0	19.15
000068 BANANAS	EACH	230	90	0.11	1	12	23.07
000338 Assorted Juice	1 each	500	60	0.00	4	13	14.05
000833 MILK - CHOCOLATE SKIM	HALF PINT	377	110	0.00	180	18	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	90	120	0.00	120	22	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	72	100	1.50	120	11	11.00
Weighted Daily Average			516	3.15	544	*51	85.82
% of Calories				5.49%		*39.5%	66.5%
Weekly Nutrient Guideline			350 - 500	<10	540		

Planned Menu Spreadsheet

Portion Values

Mar 1, 2018 thru Mar 30, 2018

Thursday - 03/08/2018

Reimbursable Meal Total 535

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
000974 Cereal (Spring 13)*	Bowl	205	113	0.15	162	9	23.77
000346 Yogurt-Trix Raspberry (4oz)	Each	150	100	0.50	50	13	20.00
001612 Donut Holes-Second	6- Each	330	312	7.00	300	14	38.00
000338 Assorted Juice	1 each	490	60	0.00	4	13	14.05
000422 GRAPES,Fresh	1/2 C	225	31	0.05	1	7	7.89
000833 MILK - CHOCOLATE SKIM	HALF PINT	280	110	0.00	180	18	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	155	120	0.00	120	22	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	95	100	1.50	120	11	11.00
Weighted Daily Average			442	4.80	416	48	73.14
% of Calories				9.77%		43.4%	66.2%
Weekly Nutrient Guideline			350 - 500	<10	540		

Friday - 03/09/2018

Reimbursable Meal Total 525

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
001016 Pizza,Breakfast Sausage & TVP	1	260	210	2.00	480	9	26.00
000974 Cereal (Spring 13)*	Bowl	281	113	0.15	162	9	23.77

Planned Menu Spreadsheet

Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
000626 Cheese, String Lite	each	226	59	1.98	207	0	0.99
000338 Assorted Juice	1 each	490	60	0.00	4	13	14.05
000062 Peaches, diced	1/2 CUP	135	70	0.00	10	13	17.03
000833 MILK - CHOCOLATE SKIM	HALF PINT	335	110	0.00	180	18	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	90	120	0.00	120	22	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	80	100	1.50	120	11	11.00
Weighted Daily Average			370	2.15	574	41	61.73
% of Calories				5.23%		44.3%	66.7%
Weekly Nutrient Guideline			350 - 500	<10	540		

Monday - 03/12/2018

Reimbursable Meal Total 480

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
000974 Cereal (Spring 13)*	Bowl	220	113	0.15	162	9	23.77
001530 Muffin, Blueberry Red Fat, W/G	Each	260	190	2.00	130	16	30.00
000743 Mini Cinnis-Pillsbury	Each	230	240	2.00	300	15	40.00
000438 PEARS: canned,light syrup	1/2 cup	145	80	0.00	5	*N/A*	20.10
000338 Assorted Juice	1 each	450	60	0.00	4	13	14.05
000833 MILK - CHOCOLATE SKIM	HALF PINT	275	110	0.00	180	18	20.00

Planned Menu Spreadsheet

Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
000834 MILK - STRAWBERRY SKIM	HALF PINT	90	120	0.00	120	22	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	100	100	1.50	120	11	11.00
Weighted Daily Average			457	2.42	445	*48	83.43
% of Calories				4.77%		*42.0%	73.0%
Weekly Nutrient Guideline			350 - 500	<10	540		

Tuesday - 03/13/2018

Reimbursable Meal Total 555

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
000543 Bacon & Cheese Extravaganza	1/3 cup	250	120	3.00	280	0	1.00
001011 Toast w/ marg. and jelly	1 slice	370	138	1.62	196	*5	22.67
000974 Cereal (Spring 13)*	Bowl	260	113	0.15	162	9	23.77
000338 Assorted Juice	1 each	515	60	0.00	4	13	14.05
001353 Assorted Canned Fruit	1/2 Cup	160	66	0.01	5	*9	17.31
000833 MILK - CHOCOLATE SKIM	HALF PINT	305	110	0.00	180	18	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	100	120	0.00	120	22	22.00

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Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	118	100	1.50	120	11	11.00
Weighted Daily Average			377	2.82	484	*38	62.02
% of Calories				6.73%		*40.3%	65.8%
Weekly Nutrient Guideline			350 - 500	<10	540		

Wednesday - 03/14/2018

Reimbursable Meal Total 550

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
001013 Pancake on a Stick	1	275	320	2.50	340	26	47.00
000974 Cereal (Spring 13)*	Bowl	280	113	0.15	162	9	23.77
001017 Toast w/ Peanut Butter	Slice	260	209	3.35	271	*0	19.15
000068 BANANAS	EACH	230	90	0.11	1	12	23.07
000338 Assorted Juice	1 each	500	60	0.00	4	13	14.05
000833 MILK - CHOCOLATE SKIM	HALF PINT	377	110	0.00	180	18	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	90	120	0.00	120	22	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	72	100	1.50	120	11	11.00
Weighted Daily Average			516	3.15	544	*51	85.82
% of Calories				5.49%		*39.5%	66.5%
Weekly Nutrient Guideline			350 - 500	<10	540		

Planned Menu Spreadsheet

Portion Values

Mar 1, 2018 thru Mar 30, 2018

Thursday - 03/15/2018

Reimbursable Meal Total 535

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
000974 Cereal (Spring 13)*	Bowl	205	113	0.15	162	9	23.77
000346 Yogurt-Trix Raspberry (4oz)	Each	150	100	0.50	50	13	20.00
001612 Donut Holes-Second	6- Each	330	312	7.00	300	14	38.00
000338 Assorted Juice	1 each	490	60	0.00	4	13	14.05
000422 GRAPES,Fresh	1/2 C	225	31	0.05	1	7	7.89
000833 MILK - CHOCOLATE SKIM	HALF PINT	280	110	0.00	180	18	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	155	120	0.00	120	22	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	95	100	1.50	120	11	11.00
Weighted Daily Average			442	4.80	416	48	73.14
% of Calories				9.77%		43.4%	66.2%
Weekly Nutrient Guideline			350 - 500	<10	540		

Friday - 03/16/2018

Reimbursable Meal Total 525

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
001016 Pizza,Breakfast Sausage & TVP	1	260	210	2.00	480	9	26.00
000974 Cereal (Spring 13)*	Bowl	281	113	0.15	162	9	23.77

Planned Menu Spreadsheet

Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
000626 Cheese, String Lite	each	226	59	1.98	207	0	0.99
000338 Assorted Juice	1 each	490	60	0.00	4	13	14.05
000062 Peaches, diced	1/2 CUP	135	70	0.00	10	13	17.03
000833 MILK - CHOCOLATE SKIM	HALF PINT	335	110	0.00	180	18	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	90	120	0.00	120	22	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	80	100	1.50	120	11	11.00
Weighted Daily Average			370	2.15	574	41	61.73
% of Calories				5.23%		44.3%	66.7%
Weekly Nutrient Guideline			350 - 500	<10	540		

Monday - 03/19/2018

Reimbursable Meal Total 480

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
000974 Cereal (Spring 13)*	Bowl	220	113	0.15	162	9	23.77
001530 Muffin, Blueberry Red Fat, W/G	Each	260	190	2.00	130	16	30.00
000743 Mini Cinnis-Pillsbury	Each	230	240	2.00	300	15	40.00
000438 PEARS: canned,light syrup	1/2 cup	145	80	0.00	5	*N/A*	20.10
000338 Assorted Juice	1 each	450	60	0.00	4	13	14.05
000833 MILK - CHOCOLATE SKIM	HALF PINT	275	110	0.00	180	18	20.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
000834 MILK - STRAWBERRY SKIM	HALF PINT	90	120	0.00	120	22	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	100	100	1.50	120	11	11.00
Weighted Daily Average			457	2.42	445	*48	83.43
% of Calories				4.77%		*42.0%	73.0%
Weekly Nutrient Guideline			350 - 500	<10	540		

Tuesday - 03/20/2018

Reimbursable Meal Total 555

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
000543 Bacon & Cheese Extravanganza	1/3 cup	250	120	3.00	280	0	1.00
001011 Toast w/ marg. and jelly	1 slice	370	138	1.62	196	*5	22.67
000974 Cereal (Spring 13)*	Bowl	260	113	0.15	162	9	23.77
000338 Assorted Juice	1 each	515	60	0.00	4	13	14.05
001353 Assorted Canned Fruit	1/2 Cup	160	66	0.01	5	*9	17.31
000833 MILK - CHOCOLATE SKIM	HALF PINT	305	110	0.00	180	18	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	100	120	0.00	120	22	22.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	118	100	1.50	120	11	11.00
Weighted Daily Average			377	2.82	484	*38	62.02
% of Calories				6.73%		*40.3%	65.8%
Weekly Nutrient Guideline			350 - 500	<10	540		

Wednesday - 03/21/2018

Reimbursable Meal Total 550

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
001013 Pancake on a Stick	1	275	320	2.50	340	26	47.00
000974 Cereal (Spring 13)*	Bowl	280	113	0.15	162	9	23.77
001017 Toast w/ Peanut Butter	Slice	260	209	3.35	271	*0	19.15
000068 BANANAS	EACH	230	90	0.11	1	12	23.07
000338 Assorted Juice	1 each	500	60	0.00	4	13	14.05
000833 MILK - CHOCOLATE SKIM	HALF PINT	377	110	0.00	180	18	20.00
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Weighted Daily Average			516	3.15	544	*51	85.82
% of Calories				5.49%		*39.5%	66.5%
Weekly Nutrient Guideline			350 - 500	<10	540		

Planned Menu Spreadsheet

Portion Values

Mar 1, 2018 thru Mar 30, 2018

Thursday - 03/22/2018

Reimbursable Meal Total 535

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
000974 Cereal (Spring 13)*	Bowl	205	113	0.15	162	9	23.77
000346 Yogurt-Trix Raspberry (4oz)	Each	150	100	0.50	50	13	20.00
001612 Donut Holes-Second	6- Each	330	312	7.00	300	14	38.00
000338 Assorted Juice	1 each	490	60	0.00	4	13	14.05
000422 GRAPES,Fresh	1/2 C	225	31	0.05	1	7	7.89
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000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	95	100	1.50	120	11	11.00
Weighted Daily Average			442	4.80	416	48	73.14
% of Calories				9.77%		43.4%	66.2%
Weekly Nutrient Guideline			350 - 500	<10	540		

Friday - 03/23/2018

Reimbursable Meal Total 525

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
001016 Pizza,Breakfast Sausage & TVP	1	260	210	2.00	480	9	26.00
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Mar 1, 2018 thru Mar 30, 2018

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000338 Assorted Juice	1 each	490	60	0.00	4	13	14.05
000062 Peaches, diced	1/2 CUP	135	70	0.00	10	13	17.03
000833 MILK - CHOCOLATE SKIM	HALF PINT	335	110	0.00	180	18	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	90	120	0.00	120	22	22.00
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Weighted Daily Average			370	2.15	574	41	61.73
% of Calories				5.23%		44.3%	66.7%
Weekly Nutrient Guideline			350 - 500	<10	540		

**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.