

Base Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 28, 2018

Menu Name: LHS Breakfast
Site:

Include Cost: No
Report Style: Detailed

Monday - 12/03/2018

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001416 Egg/Sausage/Chs Muffin	Each	70	270	1	10.87	0.00	26.16
000974 Cereal (Spring 13)*	Bowl	65	113	8	1.71	0.01	23.77
000795 Pop Tart, Brown Sugar	Each	1	190	16	3.01	0.00	38.08
000346 Yogurt-Trix Raspberry (4oz)	Each	35	100	13	0.50	0.00	20.00
000338 Assorted Juice	1 each	130	60	13	0.00	0.00	14.05
001353 Assorted Canned Fruit	1/2 Cup	35	66	*9	0.07	0.00	17.31
000833 MILK - CHOCOLATE SKIM	HALF PINT	70	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	25	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	30	100	11	2.50	0.00	11.00
000781 Margarine Cup	Each	35	20	0	2.50	0.00	0.00
Weighted Daily Average			403	*38	7.84	0.00	65.38
% of Calories				*37.7%	17.5%	0.0%	64.9%
Weekly Nutrient Guideline			450 - 600		<=0		

Tuesday - 12/04/2018

Reimbursable Meal Total 125

Base Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000177 Pancakes, Mini Maple, IW	Pkg	1	230	14	7.00	0.00	40.00
000868 Yogurt Parfait (Entree) K-5	Serving	15	258	*36	4.18	*0.00	49.95
000974 Cereal (Spring 13)*	Bowl	35	113	8	1.71	0.01	23.77
000128 Graham Cracker Sticks, Scooby	Pkg	50	120	8	3.50	0.00	21.00
000338 Assorted Juice	1 each	120	60	13	0.00	0.00	14.05
001353 Assorted Canned Fruit	1/2 Cup	40	66	*9	0.07	0.00	17.31
000833 MILK - CHOCOLATE SKIM	HALF PINT	75	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	20	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	20	100	11	2.50	0.00	11.00
001006 SYRUP,PANCAKE	1oz.	50	66	6	0.00	*N/A*	17.43
Weighted Daily Average			319	*43	2.86	*0.00	64.65
% of Calories				*53.9%	8.1%	*0.0%	81.1%
Weekly Nutrient Guideline			450 - 600		<=0		

Wednesday - 12/05/2018

Reimbursable Meal Total 130

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000132 Omelet w/Colby Cheese, Sunyfr	Each	1	110	0	8.00	0.00	1.00

Base Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000974 Cereal (Spring 13)*	Bowl	50	113	8	1.71	0.01	23.77
001010 Toast w/ Marg & Cinnamon/Sugar	1 slice	1	126	4	4.56	*0.00	18.07
000097 Raisins	Box	10	130	25	0.20	0.00	34.38
000338 Assorted Juice	1 each	130	60	13	0.00	0.00	14.05
000068 BANANAS	EACH	60	90	12	0.33	0.00	23.07
000833 MILK - CHOCOLATE SKIM	HALF PINT	75	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	25	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	25	100	11	2.50	0.00	11.00
Weighted Daily Average			263	40	1.41	*0.00	54.52
% of Calories				60.8%	4.8%	*0.0%	82.9%
Weekly Nutrient Guideline			450 - 600		<=0		

Thursday - 12/06/2018

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000970 Chicken Bkft. Biscuit	Each	70	250	3	10.00	0.00	29.00
000974 Cereal (Spring 13)*	Bowl	65	113	8	1.71	0.01	23.77
001484 Oatmeal Bar, Chocolate Chip, 1	Each	1	150	8	5.00	0.00	23.00
000868 Yogurt Parfait (Entree) K-5	Serving	20	258	*36	4.18	*0.00	49.95

Base Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000338 Assorted Juice	1 each	125	60	13	0.00	0.00	14.05
000385 Assorted Fresh Fruit (2)	1 each	45	67	12	0.21	0.00	17.37
000833 MILK - CHOCOLATE SKIM	HALF PINT	72	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	25	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	25	100	11	2.50	0.00	11.00
Weighted Daily Average			401	*42	7.20	*0.00	69.63
% of Calories				*41.9%	16.2%	*0.0%	69.5%
Weekly Nutrient Guideline			450 - 600		<=0		

Friday - 12/07/2018

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000768 Breakfast Pizza	Piece	70	210	9	7.67	0.00	24.67
001612 Donut Holes-Second	6- Each	65	312	14	16.00	0.00	38.00
000338 Assorted Juice	1 each	120	60	13	0.00	0.00	14.05
001353 Assorted Canned Fruit	1/2 Cup	25	66	*9	0.07	0.00	17.31
000385 Assorted Fresh Fruit (2)	1 each	35	67	12	0.21	0.00	17.37
000833 MILK - CHOCOLATE SKIM	HALF PINT	75	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	25	120	22	0.00	0.00	22.00

Base Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	25	100	11	2.50	0.00	11.00
Weighted Daily Average			444	*43	12.21	0.00	68.51
% of Calories				*38.7%	24.8%	0.0%	61.7%
Weekly Nutrient Guideline			450 - 600		<=0		

Monday - 12/10/2018

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001416 Egg/Sausage/Chs Muffin	Each	70	270	1	10.87	0.00	26.16
000974 Cereal (Spring 13)*	Bowl	65	113	8	1.71	0.01	23.77
000795 Pop Tart, Brown Sugar	Each	1	190	16	3.01	0.00	38.08
000346 Yogurt-Trix Raspberry (4oz)	Each	35	100	13	0.50	0.00	20.00
000338 Assorted Juice	1 each	130	60	13	0.00	0.00	14.05
001353 Assorted Canned Fruit	1/2 Cup	35	66	*9	0.07	0.00	17.31
000833 MILK - CHOCOLATE SKIM	HALF PINT	70	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	25	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	30	100	11	2.50	0.00	11.00

Base Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000781 Margarine Cup	Each	35	20	0	2.50	0.00	0.00
Weighted Daily Average			403	*38	7.84	0.00	65.38
% of Calories				*37.7%	17.5%	0.0%	64.9%
Weekly Nutrient Guideline			450 - 600		<=0		

Tuesday - 12/11/2018

Reimbursable Meal Total 125

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000177 Pancakes, Mini Maple, IW	Pkg	1	230	14	7.00	0.00	40.00
000868 Yogurt Parfait (Entree) K-5	Serving	15	258	*36	4.18	*0.00	49.95
000974 Cereal (Spring 13)*	Bowl	35	113	8	1.71	0.01	23.77
000128 Graham Cracker Sticks, Scooby	Pkg	50	120	8	3.50	0.00	21.00
000338 Assorted Juice	1 each	120	60	13	0.00	0.00	14.05
001353 Assorted Canned Fruit	1/2 Cup	40	66	*9	0.07	0.00	17.31
000833 MILK - CHOCOLATE SKIM	HALF PINT	75	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	20	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	20	100	11	2.50	0.00	11.00

Base Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001006 SYRUP,PANCAKE	1oz.	50	66	6	0.00	*N/A*	17.43
Weighted Daily Average			319	*43	2.86	*0.00	64.65
% of Calories				*53.9%	8.1%	*0.0%	81.1%
Weekly Nutrient Guideline			450 - 600		<=0		

Wednesday - 12/12/2018

Reimbursable Meal Total 130

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000132 Omelet w/Colby Cheese, Sunyfr	Each	1	110	0	8.00	0.00	1.00
000974 Cereal (Spring 13)*	Bowl	50	113	8	1.71	0.01	23.77
001010 Toast w/ Marg & Cinnamon/Sugar	1 slice	1	126	4	4.56	*0.00	18.07
000097 Raisins	Box	10	130	25	0.20	0.00	34.38
000338 Assorted Juice	1 each	130	60	13	0.00	0.00	14.05
000068 BANANAS	EACH	60	90	12	0.33	0.00	23.07
000833 MILK - CHOCOLATE SKIM	HALF PINT	75	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	25	120	22	0.00	0.00	22.00

Base Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	25	100	11	2.50	0.00	11.00
Weighted Daily Average			263	40	1.41	*0.00	54.52
% of Calories				60.8%	4.8%	*0.0%	82.9%
Weekly Nutrient Guideline			450 - 600		<=0		

Thursday - 12/13/2018

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000970 Chicken Bkft. Biscuit	Each	70	250	3	10.00	0.00	29.00
000974 Cereal (Spring 13)*	Bowl	65	113	8	1.71	0.01	23.77
001484 Oatmeal Bar, Chocolate Chip, 1	Each	1	150	8	5.00	0.00	23.00
000868 Yogurt Parfait (Entree) K-5	Serving	20	258	*36	4.18	*0.00	49.95
000338 Assorted Juice	1 each	125	60	13	0.00	0.00	14.05
000385 Assorted Fresh Fruit (2)	1 each	45	67	12	0.21	0.00	17.37
000833 MILK - CHOCOLATE SKIM	HALF PINT	72	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	25	120	22	0.00	0.00	22.00

Base Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	25	100	11	2.50	0.00	11.00
Weighted Daily Average			401	*42	7.20	*0.00	69.63
% of Calories				*41.9%	16.2%	*0.0%	69.5%
Weekly Nutrient Guideline			450 - 600		<=0		

Friday - 12/14/2018

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000768 Breakfast Pizza	Piece	70	210	9	7.67	0.00	24.67
001612 Donut Holes-Second	6- Each	65	312	14	16.00	0.00	38.00
000338 Assorted Juice	1 each	120	60	13	0.00	0.00	14.05
001353 Assorted Canned Fruit	1/2 Cup	25	66	*9	0.07	0.00	17.31
000385 Assorted Fresh Fruit (2)	1 each	35	67	12	0.21	0.00	17.37
000833 MILK - CHOCOLATE SKIM	HALF PINT	75	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	25	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	25	100	11	2.50	0.00	11.00
Weighted Daily Average			444	*43	12.21	0.00	68.51
% of Calories				*38.7%	24.8%	0.0%	61.7%
Weekly Nutrient Guideline			450 - 600		<=0		

Base Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 28, 2018

Monday - 12/17/2018

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001416 Egg/Sausage/Chs Muffin	Each	70	270	1	10.87	0.00	26.16
000974 Cereal (Spring 13)*	Bowl	65	113	8	1.71	0.01	23.77
000795 Pop Tart, Brown Sugar	Each	1	190	16	3.01	0.00	38.08
000346 Yogurt-Trix Raspberry (4oz)	Each	35	100	13	0.50	0.00	20.00
000338 Assorted Juice	1 each	130	60	13	0.00	0.00	14.05
001353 Assorted Canned Fruit	1/2 Cup	35	66	*9	0.07	0.00	17.31
000833 MILK - CHOCOLATE SKIM	HALF PINT	70	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	25	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	30	100	11	2.50	0.00	11.00
000781 Margarine Cup	Each	35	20	0	2.50	0.00	0.00
Weighted Daily Average			403	*38	7.84	0.00	65.38
% of Calories				*37.7%	17.5%	0.0%	64.9%
Weekly Nutrient Guideline			450 - 600		<=0		

Tuesday - 12/18/2018

Reimbursable Meal Total 125

Base Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000177 Pancakes, Mini Maple, IW	Pkg	1	230	14	7.00	0.00	40.00
000868 Yogurt Parfait (Entree) K-5	Serving	15	258	*36	4.18	*0.00	49.95
000974 Cereal (Spring 13)*	Bowl	35	113	8	1.71	0.01	23.77
000128 Graham Cracker Sticks, Scooby	Pkg	50	120	8	3.50	0.00	21.00
000338 Assorted Juice	1 each	120	60	13	0.00	0.00	14.05
001353 Assorted Canned Fruit	1/2 Cup	40	66	*9	0.07	0.00	17.31
000833 MILK - CHOCOLATE SKIM	HALF PINT	75	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	20	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	20	100	11	2.50	0.00	11.00
001006 SYRUP,PANCAKE	1oz.	50	66	6	0.00	*N/A*	17.43
Weighted Daily Average			319	*43	2.86	*0.00	64.65
% of Calories				*53.9%	8.1%	*0.0%	81.1%
Weekly Nutrient Guideline			450 - 600		<=0		

Wednesday - 12/19/2018

Reimbursable Meal Total 130

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000132 Omelet w/Colby Cheese, Sunyfr	Each	1	110	0	8.00	0.00	1.00
000974 Cereal (Spring 13)*	Bowl	50	113	8	1.71	0.01	23.77

Base Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001010 Toast w/ Marg & Cinnamon/Sugar	1 slice	1	126	4	4.56	*0.00	18.07
000097 Raisins	Box	10	130	25	0.20	0.00	34.38
000338 Assorted Juice	1 each	130	60	13	0.00	0.00	14.05
000068 BANANAS	EACH	60	90	12	0.33	0.00	23.07
000833 MILK - CHOCOLATE SKIM	HALF PINT	75	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	25	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	25	100	11	2.50	0.00	11.00
Weighted Daily Average			263	40	1.41	*0.00	54.52
% of Calories				60.8%	4.8%	*0.0%	82.9%
Weekly Nutrient Guideline			450 - 600		<=0		

Thursday - 12/20/2018

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000970 Chicken Bkft. Biscuit	Each	70	250	3	10.00	0.00	29.00
000974 Cereal (Spring 13)*	Bowl	65	113	8	1.71	0.01	23.77
001484 Oatmeal Bar, Chocolate Chip, 1	Each	1	150	8	5.00	0.00	23.00
000868 Yogurt Parfait (Entree) K-5	Serving	20	258	*36	4.18	*0.00	49.95
000338 Assorted Juice	1 each	125	60	13	0.00	0.00	14.05

Base Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 28, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000385 Assorted Fresh Fruit (2)	1 each	45	67	12	0.21	0.00	17.37
000833 MILK - CHOCOLATE SKIM	HALF PINT	72	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	25	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	25	100	11	2.50	0.00	11.00
Weighted Daily Average			401	*42	7.20	*0.00	69.63
% of Calories				*41.9%	16.2%	*0.0%	69.5%
Weekly Nutrient Guideline			450 - 600		<=0		

Friday - 12/21/2018

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000768 Breakfast Pizza	Piece	70	210	9	7.67	0.00	24.67
001612 Donut Holes-Second	6- Each	65	312	14	16.00	0.00	38.00
000338 Assorted Juice	1 each	120	60	13	0.00	0.00	14.05
001353 Assorted Canned Fruit	1/2 Cup	25	66	*9	0.07	0.00	17.31
000385 Assorted Fresh Fruit (2)	1 each	35	67	12	0.21	0.00	17.37
000833 MILK - CHOCOLATE SKIM	HALF PINT	75	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	25	120	22	0.00	0.00	22.00

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	25	100	11	2.50	0.00	11.00
Weighted Daily Average			444	*43	12.21	0.00	68.51
% of Calories				*38.7%	24.8%	0.0%	61.7%
Weekly Nutrient Guideline			450 - 600		<=0		

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.