

# Base Menu Spreadsheet

## Portion Values

Aug 13, 2018 thru Aug 17, 2018

**Menu Name:** LHS Breakfast

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Monday - 08/13/2018

**Reimbursable Meal Total 135**

	Portion Size	Reimb Qty	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
001416 Egg/Sausage/Chs Muffin	Each	70	3.37	639	1	10.87	0.00	26.16
000974 Cereal (Spring 13)*	Bowl	65	0.15	162	9	1.61	0.01	23.77
000795 Pop Tart, Brown Sugar	Each	1	1.00	200	16	3.01	0.00	38.08
000346 Yogurt-Trix Raspberry (4oz)	Each	35	0.50	50	13	0.50	0.00	20.00
000338 Assorted Juice	1 each	130	0.00	4	13	0.00	0.00	14.05
001353 Assorted Canned Fruit	1/2 Cup	35	0.01	5	*9	0.07	0.00	17.31
000833 MILK - CHOCOLATE SKIM	HALF PINT	70	0.00	180	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	25	0.00	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	30	1.50	120	11	2.50	0.00	11.00
000781 Margarine Cup	Each	35	0.00	30	0	2.50	0.00	0.00
Weighted Daily Average			2.29	579	*38	7.79	0.00	65.38
% of Calories			5.11%		*37.7%	17.4%	0.0%	64.9%
Weekly Nutrient Guideline			<10	640		<=0		

### Tuesday - 08/14/2018

**Reimbursable Meal Total 125**

# Base Menu Spreadsheet

## Portion Values

Aug 13, 2018 thru Aug 17, 2018

	Portion Size	Reimb Qty	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
000177 Pancakes, Mini Maple, IW	Pkg	1	1.00	270	14	7.00	0.00	40.00
000868 Yogurt Parfait (Entree) K-5	Serving	15	1.35	126	*36	4.18	*0.00	49.95
000974 Cereal (Spring 13)*	Bowl	35	0.15	162	9	1.61	0.01	23.77
000128 Graham Cracker Sticks, Scooby	Pkg	50	1.00	115	8	3.50	0.00	21.00
000338 Assorted Juice	1 each	120	0.00	4	13	0.00	0.00	14.05
001353 Assorted Canned Fruit	1/2 Cup	40	0.01	5	*9	0.07	0.00	17.31
000833 MILK - CHOCOLATE SKIM	HALF PINT	75	0.00	180	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	20	0.00	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	20	1.50	120	11	2.50	0.00	11.00
001006 SYRUP,PANCAKE	1oz.	50	0.00	23	6	0.00	*N/A*	17.43
Weighted Daily Average			0.85	270	*44	2.83	*0.00	64.65
% of Calories			2.40%		*55.2%	8.0%	*0.0%	81.1%
Weekly Nutrient Guideline			<10	640		<=0		

Wednesday - 08/15/2018

Reimbursable Meal Total 130

	Portion Size	Reimb Qty	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
000132 Omelet w/Colby Cheese, Sunyfr	Each	1	3.00	210	0	8.00	0.00	1.00

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Aug 13, 2018 thru Aug 17, 2018

	Portion Size	Reimb Qty	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
000974 Cereal (Spring 13)*	Bowl	50	0.15	162	9	1.61	0.01	23.77
001010 Toast w/ Marg & Cinnamon/Sugar	1 slice	1	1.62	196	*1	4.56	*0.00	17.07
000097 Raisins	Box	10	0.00	5	25	0.20	0.00	34.38
000338 Assorted Juice	1 each	130	0.00	4	13	0.00	0.00	14.05
000068 BANANAS	EACH	60	0.11	1	12	0.33	0.00	23.07
000833 MILK - CHOCOLATE SKIM	HALF PINT	75	0.00	180	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	25	0.00	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	25	1.50	120	11	2.50	0.00	11.00
Weighted Daily Average			0.43	221	*40	1.37	*0.00	54.51
% of Calories			1.48%		*61.1%	4.7%	*0.0%	83.2%
Weekly Nutrient Guideline			<10	640		<=0		

Thursday - 08/16/2018

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
000970 Chicken Bkft. Biscuit	Each	70	5.00	515	3	10.00	0.00	29.00
000974 Cereal (Spring 13)*	Bowl	65	0.15	162	9	1.61	0.01	23.77
001484 Oatmeal Bar, Chocolate Chip, 1	Each	1	1.00	120	8	5.00	0.00	23.00
000868 Yogurt Parfait (Entree) K-5	Serving	20	1.35	126	*36	4.18	*0.00	49.95

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## Portion Values

	Portion Size	Reimb Qty	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
000338 Assorted Juice	1 each	125	0.00	4	13	0.00	0.00	14.05
000385 Assorted Fresh Fruit (2)	1 each	45	0.06	1	12	0.21	0.00	17.37
000833 MILK - CHOCOLATE SKIM	HALF PINT	72	0.00	180	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	25	0.00	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	25	1.50	120	11	2.50	0.00	11.00
Weighted Daily Average			3.17	509	*42	7.15	*0.00	69.63
% of Calories			7.11%		*41.9%	16.0%	*0.0%	69.5%
Weekly Nutrient Guideline			<10	640		<=0		

## Friday - 08/17/2018

## Reimbursable Meal Total 135

	Portion Size	Reimb Qty	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
000768 Breakfast Pizza	Piece	70	2.50	417	9	7.67	0.00	24.67
001612 Donut Holes-Second	6- Each	65	7.00	300	14	16.00	0.00	38.00
000338 Assorted Juice	1 each	120	0.00	4	13	0.00	0.00	14.05
001353 Assorted Canned Fruit	1/2 Cup	25	0.01	5	*9	0.07	0.00	17.31
000337 Assorted Fresh Fruit-2014	Servings	35	0.05	3	10	0.20	0.00	15.11
000833 MILK - CHOCOLATE SKIM	HALF PINT	75	0.00	180	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	25	0.00	120	22	0.00	0.00	22.00

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Aug 13, 2018 thru Aug 17, 2018

	Portion Size	Reimb Qty	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	25	1.50	120	11	2.50	0.00	11.00
Weighted Daily Average			4.96	511	*43	12.21	0.00	67.92
% of Calories			10.10%		*38.9%	24.9%	0.0%	61.5%
Weekly Nutrient Guideline			<10	640		<=0		

	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Carb (g)
Weighted Averages	2	418	*41	6.27	*0.00	64.42
% of Calories	5.77%		*44.9%	15.5%	*0.0%	70.6%

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Saturated Fat	2.34 g	5.77%	<10.000%					
Sodium	418 mg		640.000	65%				
Sugars	*41 g	*44.9%					Missing Data	
Total Fat	6.27 g	15.5%						
Trans Fat	*0.00 g	*0.0%					Missing Data	
Carbohydrate	64.42 g	70.6%						

\*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.**