

Base Menu Spreadsheet

Portion Values

Aug 13, 2018 thru Aug 17, 2018

Menu Name: Middle School Breakfast

Include Cost: No

Site:

Report Style: Detailed

Monday - 08/13/2018

Reimbursable Meal Total 120

	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	55	0.15	162	9	1.61	0.01	23.77
001530 Muffin, Blueberry Red Fat, W/G	Each	45	2.00	130	16	6.00	0.00	30.00
000743 Mini Cinnis-Pillsbury	Each	65	2.00	300	15	7.00	0.00	40.00
000338 Assorted Juice	1 each	120	0.00	4	13	0.00	0.00	14.05
000438 PEARS: canned,light syrup	1/2 cup	20	0.00	5	15	0.00	0.00	20.10
000833 MILK - CHOCOLATE SKIM	HALF PINT	79	0.00	180	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	15	0.00	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	24	1.50	120	11	2.50	0.00	11.00
Weighted Daily Average			2.20	448	50	7.28	0.00	79.33
% of Calories			4.56%		46.1%	15.1%	0.0%	73.1%
Weekly Nutrient Guideline			<10	600		<=0		

Tuesday - 08/14/2018

Reimbursable Meal Total 125

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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)
000543 Bacon & Cheese Extravanganza	1/3 cup	70	3.00	280	0	9.00	0.00	1.00
001011 Toast w/ marg. and jelly	1 slice	75	1.62	196	*5	4.56	0.00	22.67
000974 Cereal (Spring 13)*	Bowl	55	0.15	162	9	1.61	0.01	23.77
000338 Assorted Juice	1 each	120	0.00	4	13	0.00	0.00	14.05
000959 Assorted Canned Fruit	1/2 Cup	20	0.01	5	*9	0.07	0.00	17.31
000833 MILK - CHOCOLATE SKIM	HALF PINT	73	0.00	180	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	23	0.00	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	18	1.50	120	11	2.50	0.00	11.00
Weighted Daily Average			2.93	495	*37	8.86	0.00	58.19
% of Calories			7.15%		*40.1%	21.6%	0.0%	63.1%
Weekly Nutrient Guideline			<10	600		<=0		

Wednesday - 08/15/2018

Reimbursable Meal Total 115

	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	42	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
000338 Assorted Juice	1 each	105	0.00	4	13	0.00	0.00	14.05

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000068 BANANAS	EACH	40	0.11	1	12	0.33	0.00	23.07
000833 MILK - CHOCOLATE SKIM	HALF PINT	73	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	18	1.50	120	11	2.50	0.00	11.00
Weighted Daily Average			0.38	223	*36	1.29	*0.00	48.35
% of Calories			1.44%		*60.5%	4.9%	*0.0%	81.3%
Weekly Nutrient Guideline			<10	600		<=0		

Thursday - 08/16/2018

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001612 Donut Holes-Second	6- Each	75	7.00	300	14	16.00	0.00	38.00
000974 Cereal (Spring 13)*	Bowl	65	0.15	162	9	1.61	0.01	23.77
001435 Nutrigrain Bar	Bar	50	1.00	150	14	4.00	0.00	29.00
000338 Assorted Juice	1 each	120	0.00	4	13	0.00	0.00	14.05
000422 GRAPES,Fresh	1/2 C	45	0.05	1	7	0.16	0.00	7.89
000833 MILK - CHOCOLATE SKIM	HALF PINT	78	0.00	180	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	28	0.00	120	22	0.00	0.00	22.00

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000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	20	1.50	120	11	2.50	0.00	11.00
Weighted Daily Average			4.41	435	46	11.16	0.00	73.44
% of Calories			9.06%		42.0%	22.9%	0.0%	67.1%
Weekly Nutrient Guideline			<10	600		<=0		

Friday - 08/17/2018

Reimbursable Meal Total 135

	Portion Size	Reimb Qty	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000768 Breakfast Pizza	Piece	93	2.50	417	9	7.67	0.00	24.67
001240 PEANUT BUTTER WAFER W/GRAHAM	Each	1	3.93	206	13	17.67	0.00	30.43
000338 Assorted Juice	1 each	130	0.00	4	13	0.00	0.00	14.05
000062 Peaches, diced	1/2 CUP	1	0.00	10	13	0.00	0.00	17.03
000833 MILK - CHOCOLATE SKIM	HALF PINT	78	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	20	1.50	120	11	2.50	0.00	11.00
Weighted Daily Average			1.97	437	34	5.78	0.00	48.13
% of Calories			5.79%		44.4%	17.0%	0.0%	62.9%
Weekly Nutrient Guideline			<10	600		<=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	408	*41	6.87	*0.00	61.49
% of Calories	6.00%		*45.9%	17.3%	*0.0%	68.9%

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Saturated Fat	2.38 g	6.00%	<10.000%					
Sodium	408 mg		600.000	68%				
Sugars	*41 g	*45.9%					Missing Data	
Total Fat	6.87 g	17.3%						
Trans Fat	*0.00 g	*0.0%					Missing Data	
Carbohydrate	61.49 g	68.9%						

**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.