

Base Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 28, 2018

Menu Name: Middle School Breakfast
Site:

Include Cost: No
Report Style: Detailed

Monday - 12/03/2018

Reimbursable Meal Total 120

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000974 Cereal (Spring 13)*	Bowl	55	113	8	1.71	0.01	23.77
001530 Muffin, Blueberry Red Fat, W/G	Each	45	190	16	6.00	0.00	30.00
990106 FRENCH TOAST, MINI CHOC CHIP. EGGO	Pkg	1	210	11	6.00	0.00	35.00
000338 Assorted Juice	1 each	120	60	13	0.00	0.00	14.05
000438 PEARS: canned, light syrup	1/2 cup	20	80	15	0.00	0.00	20.10
000833 MILK - CHOCOLATE SKIM	HALF PINT	79	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	15	120	22	0.00	0.00	22.00
000835 MILK, LOWFAT, FLUID, 1% MILKFAT, W	CARTON	24	100	11	2.50	0.00	11.00
000349 SYRUP, PANCAKE	1 TBSP	1	67	16	0.00	0.00	17.00
Weighted Daily Average			306	42	3.58	0.00	58.09
% of Calories				54.9%	10.5%	0.0%	75.9%
Weekly Nutrient Guideline			400 - 550		<=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)
990079 Eggs w/ Chs & Ham	1/3 CUP	1	105	*1	6.12	*0.00	2.15
001011 Toast w/ marg. and jelly	1 slice	75	148	8	4.56	0.00	23.67
000974 Cereal (Spring 13)*	Bowl	55	113	8	1.71	0.01	23.77
000338 Assorted Juice	1 each	120	60	13	0.00	0.00	14.05
000959 Assorted Canned Fruit	1/2 Cup	20	66	*9	0.07	0.00	17.31
000833 MILK - CHOCOLATE SKIM	HALF PINT	73	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	23	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	18	100	11	2.50	0.00	11.00
Weighted Daily Average			308	*38	3.91	*0.00	58.25
% of Calories				*49.4%	11.4%	*0.0%	75.6%
Weekly Nutrient Guideline			400 - 550		<=0		

Wednesday - 12/05/2018

Reimbursable Meal Total 115

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001013 Pancake on a Stick	1	1	320	26	10.00	0.00	47.00
000974 Cereal (Spring 13)*	Bowl	42	113	8	1.71	0.01	23.77
001484 Oatmeal Bar, Chocolate Chip, 1	Each	1	150	8	5.00	0.00	23.00
000338 Assorted Juice	1 each	105	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)
000068 BANANAS	EACH	40	90	12	0.33	0.00	23.07
000833 MILK - CHOCOLATE SKIM	HALF PINT	73	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	18	100	11	2.50	0.00	11.00
Weighted Daily Average			238	36	1.26	0.00	48.39
% of Calories				60.5%	4.8%	0.0%	81.3%
Weekly Nutrient Guideline			400 - 550		<=0		

Thursday - 12/06/2018

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001612 Donut Holes-Second	6- Each	75	312	14	16.00	0.00	38.00
000974 Cereal (Spring 13)*	Bowl	65	113	8	1.71	0.01	23.77
000346 Yogurt-Trix Raspberry (4oz)	Each	1	100	13	0.50	0.00	20.00
000338 Assorted Juice	1 each	120	60	13	0.00	0.00	14.05
000422 GRAPES,Fresh	1/2 C	45	31	7	0.16	0.00	7.89
000833 MILK - CHOCOLATE SKIM	HALF PINT	78	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	28	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	20	100	11	2.50	0.00	11.00
Weighted Daily Average			381	40	9.78	0.00	63.23
% of Calories				42.0%	23.1%	0.0%	66.4%
Weekly Nutrient Guideline			400 - 550		<=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	93	210	9	7.67	0.00	24.67
001240 PBJ Breakfast Bar	Each	1	304	13	17.67	0.00	30.43
000338 Assorted Juice	1 each	130	60	13	0.00	0.00	14.05
000305 Peaches, Diced (Indiv)	Each	1	64	13	0.00	0.00	15.08
000833 MILK - CHOCOLATE SKIM	HALF PINT	78	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	20	100	11	2.50	0.00	11.00
Weighted Daily Average			306	34	5.78	0.00	48.12
% of Calories				44.4%	17.0%	0.0%	62.9%
Weekly Nutrient Guideline			400 - 550		<=0		

Monday - 12/10/2018

Reimbursable Meal Total 120

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000974 Cereal (Spring 13)*	Bowl	55	113	8	1.71	0.01	23.77
001530 Muffin, Blueberry Red Fat, W/G	Each	45	190	16	6.00	0.00	30.00
990106 FRENCH TOAST, MINI CHOC CHIP. EGGO	Pkg	1	210	11	6.00	0.00	35.00
000338 Assorted Juice	1 each	120	60	13	0.00	0.00	14.05
000438 PEARS: canned,light syrup	1/2 cup	20	80	15	0.00	0.00	20.10
000833 MILK - CHOCOLATE SKIM	HALF PINT	79	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	15	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	24	100	11	2.50	0.00	11.00
000349 SYRUP,PANCAKE	1 TBSP	1	67	16	0.00	0.00	17.00
Weighted Daily Average			306	42	3.58	0.00	58.09
% of Calories				54.9%	10.5%	0.0%	75.9%
Weekly Nutrient Guideline			400 - 550		<=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)
990079 Eggs w/ Chs & Ham	1/3 CUP	1	105	*1	6.12	*0.00	2.15
001011 Toast w/ marg. and jelly	1 slice	75	148	8	4.56	0.00	23.67

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	55	113	8	1.71	0.01	23.77
000338 Assorted Juice	1 each	120	60	13	0.00	0.00	14.05
000959 Assorted Canned Fruit	1/2 Cup	20	66	*9	0.07	0.00	17.31
000833 MILK - CHOCOLATE SKIM	HALF PINT	73	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	23	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	18	100	11	2.50	0.00	11.00
Weighted Daily Average			308	*38	3.91	*0.00	58.25
% of Calories				*49.4%	11.4%	*0.0%	75.6%
Weekly Nutrient Guideline			400 - 550		<=0		

Wednesday - 12/12/2018

Reimbursable Meal Total 115

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001013 Pancake on a Stick	1	1	320	26	10.00	0.00	47.00
000974 Cereal (Spring 13)*	Bowl	42	113	8	1.71	0.01	23.77
001484 Oatmeal Bar, Chocolate Chip, 1	Each	1	150	8	5.00	0.00	23.00
000338 Assorted Juice	1 each	105	60	13	0.00	0.00	14.05
000068 BANANAS	EACH	40	90	12	0.33	0.00	23.07
000833 MILK - CHOCOLATE SKIM	HALF PINT	73	110	18	0.00	0.00	20.00

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)
000834 MILK - STRAWBERRY SKIM	HALF PINT	20	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	18	100	11	2.50	0.00	11.00
Weighted Daily Average			238	36	1.26	0.00	48.39
% of Calories				60.5%	4.8%	0.0%	81.3%
Weekly Nutrient Guideline			400 - 550		<=0		

Thursday - 12/13/2018

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001612 Donut Holes-Second	6- Each	75	312	14	16.00	0.00	38.00
000974 Cereal (Spring 13)*	Bowl	65	113	8	1.71	0.01	23.77
000346 Yogurt-Trix Raspberry (4oz)	Each	1	100	13	0.50	0.00	20.00
000338 Assorted Juice	1 each	120	60	13	0.00	0.00	14.05
000422 GRAPES,Fresh	1/2 C	45	31	7	0.16	0.00	7.89
000833 MILK - CHOCOLATE SKIM	HALF PINT	78	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	28	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	20	100	11	2.50	0.00	11.00
Weighted Daily Average			381	40	9.78	0.00	63.23
% of Calories				42.0%	23.1%	0.0%	66.4%
Weekly Nutrient Guideline			400 - 550		<=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	93	210	9	7.67	0.00	24.67
001240 PBJ Breakfast Bar	Each	1	304	13	17.67	0.00	30.43
000338 Assorted Juice	1 each	130	60	13	0.00	0.00	14.05
000305 Peaches, Diced (Indiv)	Each	1	64	13	0.00	0.00	15.08
000833 MILK - CHOCOLATE SKIM	HALF PINT	78	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	20	100	11	2.50	0.00	11.00
Weighted Daily Average			306	34	5.78	0.00	48.12
% of Calories				44.4%	17.0%	0.0%	62.9%
Weekly Nutrient Guideline			400 - 550		<=0		

Monday - 12/17/2018

Reimbursable Meal Total 120

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000974 Cereal (Spring 13)*	Bowl	55	113	8	1.71	0.01	23.77
001530 Muffin, Blueberry Red Fat, W/G	Each	45	190	16	6.00	0.00	30.00
990106 FRENCH TOAST, MINI CHOC CHIP. EGGO	Pkg	1	210	11	6.00	0.00	35.00
000338 Assorted Juice	1 each	120	60	13	0.00	0.00	14.05
000438 PEARS: canned,light syrup	1/2 cup	20	80	15	0.00	0.00	20.10
000833 MILK - CHOCOLATE SKIM	HALF PINT	79	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	15	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	24	100	11	2.50	0.00	11.00
000349 SYRUP,PANCAKE	1 TBSP	1	67	16	0.00	0.00	17.00
Weighted Daily Average			306	42	3.58	0.00	58.09
% of Calories				54.9%	10.5%	0.0%	75.9%
Weekly Nutrient Guideline			400 - 550		<=0		

Tuesday - 12/18/2018

Reimbursable Meal Total 125

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
990079 Eggs w/ Chs & Ham	1/3 CUP	1	105	*1	6.12	*0.00	2.15
001011 Toast w/ marg. and jelly	1 slice	75	148	8	4.56	0.00	23.67

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	55	113	8	1.71	0.01	23.77
000338 Assorted Juice	1 each	120	60	13	0.00	0.00	14.05
000959 Assorted Canned Fruit	1/2 Cup	20	66	*9	0.07	0.00	17.31
000833 MILK - CHOCOLATE SKIM	HALF PINT	73	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	23	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	18	100	11	2.50	0.00	11.00
Weighted Daily Average			308	*38	3.91	*0.00	58.25
% of Calories				*49.4%	11.4%	*0.0%	75.6%
Weekly Nutrient Guideline			400 - 550		<=0		

Wednesday - 12/19/2018

Reimbursable Meal Total 115

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001013 Pancake on a Stick	1	1	320	26	10.00	0.00	47.00
000974 Cereal (Spring 13)*	Bowl	42	113	8	1.71	0.01	23.77
001484 Oatmeal Bar, Chocolate Chip, 1	Each	1	150	8	5.00	0.00	23.00
000338 Assorted Juice	1 each	105	60	13	0.00	0.00	14.05
000068 BANANAS	EACH	40	90	12	0.33	0.00	23.07
000833 MILK - CHOCOLATE SKIM	HALF PINT	73	110	18	0.00	0.00	20.00

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)
000834 MILK - STRAWBERRY SKIM	HALF PINT	20	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	18	100	11	2.50	0.00	11.00
Weighted Daily Average			238	36	1.26	0.00	48.39
% of Calories				60.5%	4.8%	0.0%	81.3%
Weekly Nutrient Guideline			400 - 550		<=0		

Thursday - 12/20/2018

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001612 Donut Holes-Second	6- Each	75	312	14	16.00	0.00	38.00
000974 Cereal (Spring 13)*	Bowl	65	113	8	1.71	0.01	23.77
000346 Yogurt-Trix Raspberry (4oz)	Each	1	100	13	0.50	0.00	20.00
000338 Assorted Juice	1 each	120	60	13	0.00	0.00	14.05
000422 GRAPES,Fresh	1/2 C	45	31	7	0.16	0.00	7.89
000833 MILK - CHOCOLATE SKIM	HALF PINT	78	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	28	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	20	100	11	2.50	0.00	11.00
Weighted Daily Average			381	40	9.78	0.00	63.23
% of Calories				42.0%	23.1%	0.0%	66.4%
Weekly Nutrient Guideline			400 - 550		<=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	93	210	9	7.67	0.00	24.67
001240 PBJ Breakfast Bar	Each	1	304	13	17.67	0.00	30.43
000338 Assorted Juice	1 each	130	60	13	0.00	0.00	14.05
000305 Peaches, Diced (Indiv)	Each	1	64	13	0.00	0.00	15.08
000833 MILK - CHOCOLATE SKIM	HALF PINT	78	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	20	100	11	2.50	0.00	11.00
Weighted Daily Average			306	34	5.78	0.00	48.12
% of Calories				44.4%	17.0%	0.0%	62.9%
Weekly Nutrient Guideline			400 - 550		<=0		

Base Menu Spreadsheet

Logansport School Corporation

Portion Values

Dec 3, 2018 thru Dec 28, 2018

**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.*