

Base Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 28, 2018

Menu Name: Elementary Breakfast

Include Cost: No

Site:

Report Style: Detailed

Monday - 12/03/2018

Reimbursable Meal Total 540

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000974 Cereal (Spring 13)*	Bowl	265	113	8	1.71	0.01	23.77
001530 Muffin, Blueberry Red Fat, W/G	Each	260	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
000438 PEARS: canned,light syrup	1/2 cup	120	80	15	0.00	0.00	20.10
000338 Assorted Juice	1 each	480	60	13	0.00	0.00	14.05
000833 MILK - CHOCOLATE SKIM	HALF PINT	300	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	90	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	90	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			316	42	4.16	0.00	59.77
% of Calories				53.2%	11.8%	0.0%	75.7%
Weekly Nutrient Guideline			350 - 500		<=0		

Tuesday - 12/04/2018

Reimbursable Meal Total 550

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	360	148	8	4.56	0.00	23.67
000974 Cereal (Spring 13)*	Bowl	280	113	8	1.71	0.01	23.77
000338 Assorted Juice	1 each	500	60	13	0.00	0.00	14.05
001353 Assorted Canned Fruit	1/2 Cup	160	66	*9	0.07	0.00	17.31
000834 MILK - STRAWBERRY SKIM	HALF PINT	93	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	138	100	11	2.50	0.00	11.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	290	110	18	0.00	0.00	20.00
Weighted Daily Average			332	*40	4.52	*0.00	62.43
% of Calories				*48.2%	12.3%	*0.0%	75.2%
Weekly Nutrient Guideline			350 - 500		<=0		

Wednesday - 12/05/2018

Reimbursable Meal Total 550

	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	280	113	8	1.71	0.01	23.77
001484 Oatmeal Bar, Chocolate Chip, 1	Each	1	150	8	5.00	0.00	23.00
000068 BANANAS	EACH	230	90	12	0.33	0.00	23.07

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	500	60	13	0.00	0.00	14.05
000833 MILK - CHOCOLATE SKIM	HALF PINT	377	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	90	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	72	100	11	2.50	0.00	11.00
Weighted Daily Average			259	38	1.37	0.00	53.40
% of Calories				58.7%	4.8%	0.0%	82.5%
Weekly Nutrient Guideline			350 - 500		<=0		

Thursday - 12/06/2018

Reimbursable Meal Total 535

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000974 Cereal (Spring 13)*	Bowl	225	113	8	1.71	0.01	23.77
000346 Yogurt-Trix Raspberry (4oz)	Each	1	100	13	0.50	0.00	20.00
001612 Donut Holes-Second	6- Each	310	312	14	16.00	0.00	38.00
000338 Assorted Juice	1 each	490	60	13	0.00	0.00	14.05
000422 GRAPES,Fresh	1/2 C	190	31	7	0.16	0.00	7.89
000833 MILK - CHOCOLATE SKIM	HALF PINT	280	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	155	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	95	100	11	2.50	0.00	11.00
Weighted Daily Average			405	43	10.49	0.00	66.52
% of Calories				42.5%	23.3%	0.0%	65.7%
Weekly Nutrient Guideline			350 - 500		<=0		

Friday - 12/07/2018

Reimbursable Meal Total 540

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001016 Pizza,Breakfast Sausage & TVP	1	251	210	9	7.00	0.00	26.00
001240 PBJ Breakfast Bar	Each	1	304	13	17.67	0.00	30.43
000338 Assorted Juice	1 each	505	60	13	0.00	0.00	14.05
000062 Peaches, diced	1/2 CUP	150	70	13	0.00	0.00	17.03
000833 MILK - CHOCOLATE SKIM	HALF PINT	345	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	90	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	85	100	11	2.50	0.00	11.00
Weighted Daily Average			280	36	3.68	0.00	48.19
% of Calories				51.4%	11.8%	0.0%	68.8%
Weekly Nutrient Guideline			350 - 500		<=0		

Monday - 12/10/2018

Reimbursable Meal Total 540

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	265	113	8	1.71	0.01	23.77
001530 Muffin, Blueberry Red Fat, W/G	Each	260	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
000438 PEARS: canned, light syrup	1/2 cup	120	80	15	0.00	0.00	20.10
000338 Assorted Juice	1 each	480	60	13	0.00	0.00	14.05
000833 MILK - CHOCOLATE SKIM	HALF PINT	300	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	90	120	22	0.00	0.00	22.00
000835 MILK, LOWFAT, FLUID, 1% MILKFAT, W	CARTON	90	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			316	42	4.16	0.00	59.77
% of Calories				53.2%	11.8%	0.0%	75.7%
Weekly Nutrient Guideline			350 - 500		<=0		

Tuesday - 12/11/2018

Reimbursable Meal Total 550

	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	360	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	280	113	8	1.71	0.01	23.77
000338 Assorted Juice	1 each	500	60	13	0.00	0.00	14.05
001353 Assorted Canned Fruit	1/2 Cup	160	66	*9	0.07	0.00	17.31
000834 MILK - STRAWBERRY SKIM	HALF PINT	93	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	138	100	11	2.50	0.00	11.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	290	110	18	0.00	0.00	20.00
Weighted Daily Average			332	*40	4.52	*0.00	62.43
% of Calories				*48.2%	12.3%	*0.0%	75.2%
Weekly Nutrient Guideline			350 - 500		<=0		

Wednesday - 12/12/2018

Reimbursable Meal Total 550

	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	280	113	8	1.71	0.01	23.77
001484 Oatmeal Bar, Chocolate Chip, 1	Each	1	150	8	5.00	0.00	23.00
000068 BANANAS	EACH	230	90	12	0.33	0.00	23.07
000338 Assorted Juice	1 each	500	60	13	0.00	0.00	14.05
000833 MILK - CHOCOLATE SKIM	HALF PINT	377	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	90	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	72	100	11	2.50	0.00	11.00
Weighted Daily Average			259	38	1.37	0.00	53.40
% of Calories				58.7%	4.8%	0.0%	82.5%
Weekly Nutrient Guideline			350 - 500		<=0		

Thursday - 12/13/2018

Reimbursable Meal Total 535

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000974 Cereal (Spring 13)*	Bowl	225	113	8	1.71	0.01	23.77
000346 Yogurt-Trix Raspberry (4oz)	Each	1	100	13	0.50	0.00	20.00
001612 Donut Holes-Second	6- Each	310	312	14	16.00	0.00	38.00
000338 Assorted Juice	1 each	490	60	13	0.00	0.00	14.05
000422 GRAPES,Fresh	1/2 C	190	31	7	0.16	0.00	7.89
000833 MILK - CHOCOLATE SKIM	HALF PINT	280	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	155	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	95	100	11	2.50	0.00	11.00
Weighted Daily Average			405	43	10.49	0.00	66.52
% of Calories				42.5%	23.3%	0.0%	65.7%
Weekly Nutrient Guideline			350 - 500		<=0		

Friday - 12/14/2018

Reimbursable Meal Total 540

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001016 Pizza,Breakfast Sausage & TVP	1	251	210	9	7.00	0.00	26.00
001240 PBJ Breakfast Bar	Each	1	304	13	17.67	0.00	30.43
000338 Assorted Juice	1 each	505	60	13	0.00	0.00	14.05
000062 Peaches, diced	1/2 CUP	150	70	13	0.00	0.00	17.03
000833 MILK - CHOCOLATE SKIM	HALF PINT	345	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	90	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	85	100	11	2.50	0.00	11.00
Weighted Daily Average			280	36	3.68	0.00	48.19
% of Calories				51.4%	11.8%	0.0%	68.8%
Weekly Nutrient Guideline			350 - 500		<=0		

Monday - 12/17/2018

Reimbursable Meal Total 540

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	265	113	8	1.71	0.01	23.77
001530 Muffin, Blueberry Red Fat, W/G	Each	260	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
000438 PEARS: canned,light syrup	1/2 cup	120	80	15	0.00	0.00	20.10
000338 Assorted Juice	1 each	480	60	13	0.00	0.00	14.05
000833 MILK - CHOCOLATE SKIM	HALF PINT	300	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	90	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	90	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			316	42	4.16	0.00	59.77
% of Calories				53.2%	11.8%	0.0%	75.7%
Weekly Nutrient Guideline			350 - 500		<=0		

Tuesday - 12/18/2018

Reimbursable Meal Total 550

	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	360	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	280	113	8	1.71	0.01	23.77
000338 Assorted Juice	1 each	500	60	13	0.00	0.00	14.05
001353 Assorted Canned Fruit	1/2 Cup	160	66	*9	0.07	0.00	17.31
000834 MILK - STRAWBERRY SKIM	HALF PINT	93	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	138	100	11	2.50	0.00	11.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	290	110	18	0.00	0.00	20.00
Weighted Daily Average			332	*40	4.52	*0.00	62.43
% of Calories				*48.2%	12.3%	*0.0%	75.2%
Weekly Nutrient Guideline			350 - 500		<=0		

Wednesday - 12/19/2018

Reimbursable Meal Total 550

	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	280	113	8	1.71	0.01	23.77
001484 Oatmeal Bar, Chocolate Chip, 1	Each	1	150	8	5.00	0.00	23.00
000068 BANANAS	EACH	230	90	12	0.33	0.00	23.07
000338 Assorted Juice	1 each	500	60	13	0.00	0.00	14.05
000833 MILK - CHOCOLATE SKIM	HALF PINT	377	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	90	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	72	100	11	2.50	0.00	11.00
Weighted Daily Average			259	38	1.37	0.00	53.40
% of Calories				58.7%	4.8%	0.0%	82.5%
Weekly Nutrient Guideline			350 - 500		<=0		

Thursday - 12/20/2018

Reimbursable Meal Total 535

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000974 Cereal (Spring 13)*	Bowl	225	113	8	1.71	0.01	23.77
000346 Yogurt-Trix Raspberry (4oz)	Each	1	100	13	0.50	0.00	20.00
001612 Donut Holes-Second	6- Each	310	312	14	16.00	0.00	38.00
000338 Assorted Juice	1 each	490	60	13	0.00	0.00	14.05
000422 GRAPES,Fresh	1/2 C	190	31	7	0.16	0.00	7.89
000833 MILK - CHOCOLATE SKIM	HALF PINT	280	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	155	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	95	100	11	2.50	0.00	11.00
Weighted Daily Average			405	43	10.49	0.00	66.52
% of Calories				42.5%	23.3%	0.0%	65.7%
Weekly Nutrient Guideline			350 - 500		<=0		

Friday - 12/21/2018

Reimbursable Meal Total 540

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001016 Pizza,Breakfast Sausage & TVP	1	251	210	9	7.00	0.00	26.00
001240 PBJ Breakfast Bar	Each	1	304	13	17.67	0.00	30.43
000338 Assorted Juice	1 each	505	60	13	0.00	0.00	14.05
000062 Peaches, diced	1/2 CUP	150	70	13	0.00	0.00	17.03
000833 MILK - CHOCOLATE SKIM	HALF PINT	345	110	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	90	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	85	100	11	2.50	0.00	11.00
Weighted Daily Average			280	36	3.68	0.00	48.19
% of Calories				51.4%	11.8%	0.0%	68.8%
Weekly Nutrient Guideline			350 - 500		<=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.*