

Base Menu Spreadsheet

Portion Values

Aug 30, 2022 thru Aug 30, 2022

Menu Name: Middle School Breakfast

Include Cost: No

Site:

Report Style: Detailed

Tuesday - 08/30/2022

Reimbursable Meal Total 75

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001230 BAGEL, BAKESHOP	EACH	20	290	0.00	410	58.00
001234 MUFFIN, CHOC CHIP - NOLTE	2 OZ	10	481	5.95	631	93.14
001235 MUFFIN, BLUEBERRY #1 - NOLTE	2 OZ	10	511	7.34	631	79.46
001203 BREAKFAST BREAD SLICES, ASST	SLICE	15	280	2.00	220	44.00
000473 MINI CINNIS, PILLSBURY	PKG	5	240	2.00	300	40.00
000408 POP TART, WHOLE GRAIN, 2 PK	PKG	5	340	1.50	350	73.00
990184 CEREAL, LUCKY CHARMS, 2 OZ	EACH	5	215	0.50	367	45.86
990185 CEREAL, CINNAMON TST CRUNCH, 2 OZ	BOWL PACK	5	220	1.00	320	44.00
000064 APPLES,Fresh	EACH	10	95	0.05	2	25.13
000086 ORANGES	EACH	5	62	0.03	0	15.39
000068 BANANAS	EACH	5	105	0.13	1	26.95
000962 CRAISINS	PKG	5	110	0.00	0	28.00
000063 APPLE JUICE:cnnd,unswtn,+vit C	4 fl.oz.	50	57	0.03	5	14.01
000084 ORANGE JUICE: canned,unswtn	4 OZ.	20	53	0.02	5	12.49

Base Menu Spreadsheet

Portion Values

Aug 30, 2022 thru Aug 30, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	50	130	0.00	210	24.00
000230 MILK,1% Lowfat	HALF PINT	10	102	1.54	107	12.18
Weighted Daily Average			517	2.75	570	99.14
% of Calories				4.79%		76.7%
Weekly Nutrient Guideline			400 - 550	<10	600	

			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
Weighted Averages			517	3	570	99.14
% of Calories				4.79%		76.7%

- *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.