

Base Menu Spreadsheet

Portion Values

Aug 22, 2022 thru Sep 2, 2022

Menu Name: Elementary Breakfast

Include Cost: No

Site:

Report Style: Detailed

Monday - 08/22/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000875 BANANA BREAD	SLICE	70	280	2.00	220	44.00
900031 CEREAL, CHEERIOS, MG	BOWL PACK	10	101	0.00	116	23.29
000927 CEREAL, FROSTED MINI-WHEATS BI	BOWL PACK	10	100	0.00	0	23.00
000932 CEREAL, RICE CHEX	BOWL PACK	10	100	0.00	250	24.00
900010 JUICE VARIETY	Servings	90	57	0.03	5	13.93
000870 FRUIT, BREAKFAST	1/2 CUP	40	102	0.07	1	26.29
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	65	130	0.00	210	24.00
000230 MILK, 1% Lowfat	HALF PINT	20	102	1.54	107	12.18
Weighted Daily Average			423	1.76	354	78.91
% of Calories				3.74%		74.6%
Weekly Nutrient Guideline			350 - 500	<10	540	

Tuesday - 08/23/2022

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 22, 2022 thru Sep 2, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000473 MINI CINNIS, PILLSBURY	PKG	70	240	2.00	300	40.00
900031 CEREAL, CHEERIOS, MG	BOWL PACK	10	101	0.00	116	23.29
000927 CEREAL, FROSTED MINI-WHEATS BI	BOWL PACK	10	100	0.00	0	23.00
000932 CEREAL, RICE CHEX	BOWL PACK	10	100	0.00	250	24.00
900010 JUICE VARIETY	Servings	90	57	0.03	5	13.93
000870 FRUIT, BREAKFAST	1/2 CUP	60	102	0.07	1	26.29
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	65	130	0.00	210	24.00
000230 MILK,1% Lowfat	HALF PINT	20	102	1.54	107	12.18
Weighted Daily Average			416	1.77	410	81.37
% of Calories				3.83%		78.2%
Weekly Nutrient Guideline			350 - 500	<10	540	

Wednesday - 08/24/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
900004 FRUDEL, PILLSBURY	EACH	60	210	1.00	250	36.00
900031 CEREAL, CHEERIOS, MG	BOWL PACK	15	101	0.00	116	23.29
000927 CEREAL, FROSTED MINI-WHEATS BI	BOWL PACK	10	100	0.00	0	23.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000932 CEREAL, RICE CHEX	BOWL PACK	15	100	0.00	250	24.00
900010 JUICE VARIETY	Servings	80	57	0.03	5	13.93
000870 FRUIT, BREAKFAST	1/2 CUP	60	102	0.07	1	26.29
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	40	130	0.00	210	24.00
000230 MILK,1% Lowfat	HALF PINT	40	102	1.54	107	12.18
Weighted Daily Average			366	1.28	337	72.38
% of Calories				3.15%		79.1%
Weekly Nutrient Guideline			350 - 500	<10	540	

Thursday - 08/25/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001229 CRUMB CAKE, CINNAMON, SKY BLUE	EACH	60	290	2.00	270	48.00
900031 CEREAL, CHEERIOS, MG	BOWL PACK	15	101	0.00	116	23.29
000927 CEREAL, FROSTED MINI-WHEATS BI	BOWL PACK	10	100	0.00	0	23.00
000932 CEREAL, RICE CHEX	BOWL PACK	15	100	0.00	250	24.00
900010 JUICE VARIETY	Servings	80	57	0.03	5	13.93
000870 FRUIT, BREAKFAST	1/2 CUP	60	102	0.07	1	26.29

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	40	130	0.00	210	24.00
000230 MILK,1% Lowfat	HALF PINT	40	102	1.54	107	12.18
Weighted Daily Average			414	1.88	349	79.58
% of Calories				4.09%		76.9%
Weekly Nutrient Guideline			350 - 500	<10	540	

Friday - 08/26/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000878 WAFFLES, EGGO MINI MAPLE	PKG	60	190	1.50	220	36.00
900031 CEREAL, CHEERIOS, MG	BOWL PACK	15	101	0.00	116	23.29
000927 CEREAL, FROSTED MINI-WHEATS BI	BOWL PACK	10	100	0.00	0	23.00
000932 CEREAL, RICE CHEX	BOWL PACK	15	100	0.00	250	24.00
900010 JUICE VARIETY	Servings	80	57	0.03	5	13.93
000870 FRUIT, BREAKFAST	1/2 CUP	60	102	0.07	1	26.29
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	40	130	0.00	210	24.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000230 MILK,1% Lowfat	HALF PINT	40	102	1.54	107	12.18
Weighted Daily Average			354	1.58	319	72.38
% of Calories				4.02%		81.8%
Weekly Nutrient Guideline			350 - 500	<10	540	

Monday - 08/29/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000875 BANANA BREAD	SLICE	60	280	2.00	220	44.00
900031 CEREAL, CHEERIOS, MG	BOWL PACK	15	101	0.00	116	23.29
000927 CEREAL, FROSTED MINI-WHEATS BI	BOWL PACK	10	100	0.00	0	23.00
000932 CEREAL, RICE CHEX	BOWL PACK	15	100	0.00	250	24.00
900010 JUICE VARIETY	Servings	80	57	0.03	5	13.93
000870 FRUIT, BREAKFAST	1/2 CUP	60	102	0.07	1	26.29
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	40	130	0.00	210	24.00
000230 MILK,1% Lowfat	HALF PINT	40	102	1.54	107	12.18
Weighted Daily Average			408	1.88	319	77.18
% of Calories				4.15%		75.7%
Weekly Nutrient Guideline			350 - 500	<10	540	

Base Menu Spreadsheet

Portion Values

Aug 22, 2022 thru Sep 2, 2022

Tuesday - 08/30/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000473 MINI CINNIS, PILLSBURY	PKG	60	240	2.00	300	40.00
900031 CEREAL, CHEERIOS, MG	BOWL PACK	15	101	0.00	116	23.29
000927 CEREAL, FROSTED MINI-WHEATS BI	BOWL PACK	10	100	0.00	0	23.00
000932 CEREAL, RICE CHEX	BOWL PACK	15	100	0.00	250	24.00
900010 JUICE VARIETY	Servings	80	57	0.03	5	13.93
000870 FRUIT, BREAKFAST	1/2 CUP	60	102	0.07	1	26.29
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	40	130	0.00	210	24.00
000230 MILK,1% Lowfat	HALF PINT	40	102	1.54	107	12.18
Weighted Daily Average			384	1.88	367	74.78
% of Calories				4.41%		77.9%
Weekly Nutrient Guideline			350 - 500	<10	540	

Wednesday - 08/31/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990246 PASTRY, RASPBERRY CREAM CHEESE	EACH	60	280	0.00	280	46.00
900031 CEREAL, CHEERIOS, MG	BOWL PACK	15	101	0.00	116	23.29

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000927 CEREAL, FROSTED MINI-WHEATS BI	BOWL PACK	10	100	0.00	0	23.00
000932 CEREAL, RICE CHEX	BOWL PACK	15	100	0.00	250	24.00
900010 JUICE VARIETY	Servings	80	57	0.03	5	13.93
000870 FRUIT, BREAKFAST	1/2 CUP	60	102	0.07	1	26.29
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	40	130	0.00	210	24.00
000230 MILK,1% Lowfat	HALF PINT	40	102	1.54	107	12.18
Weighted Daily Average			408	0.68	355	78.38
% of Calories				1.50%		76.8%
Weekly Nutrient Guideline			350 - 500	<10	540	

Thursday - 09/01/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000409 Muffin, Wild Blueberry, 1.8 oz	EACH	60	171	1.84	121	26.17
900031 CEREAL, CHEERIOS, MG	BOWL PACK	15	101	0.00	116	23.29
000927 CEREAL, FROSTED MINI-WHEATS BI	BOWL PACK	10	100	0.00	0	23.00
000932 CEREAL, RICE CHEX	BOWL PACK	15	100	0.00	250	24.00
900010 JUICE VARIETY	Servings	80	57	0.03	5	13.93

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000870 FRUIT, BREAKFAST	1/2 CUP	60	102	0.07	1	26.29
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	40	130	0.00	210	24.00
000230 MILK, 1% Lowfat	HALF PINT	40	102	1.54	107	12.18
Weighted Daily Average			342	1.79	260	66.48
% of Calories				4.71%		77.8%
Weekly Nutrient Guideline			350 - 500	<10	540	

Friday - 09/02/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990204 FRENCH TOAST, MINI, EGGO	EACH	60	220	1.00	200	37.00
900031 CEREAL, CHEERIOS, MG	BOWL PACK	15	101	0.00	116	23.29
000927 CEREAL, FROSTED MINI-WHEATS BI	BOWL PACK	10	100	0.00	0	23.00
000932 CEREAL, RICE CHEX	BOWL PACK	15	100	0.00	250	24.00
900010 JUICE VARIETY	Servings	80	57	0.03	5	13.93
000870 FRUIT, BREAKFAST	1/2 CUP	60	102	0.07	1	26.29
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	40	130	0.00	210	24.00

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Portion Values

Aug 22, 2022 thru Sep 2, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000230 MILK,1% Lowfat	HALF PINT	40	102	1.54	107	12.18
Weighted Daily Average			372	1.28	307	72.98
% of Calories				3.10%		78.5%
Weekly Nutrient Guideline			350 - 500	<10	540	

			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
Weighted Averages			389	2	338	75.44
% of Calories				3.66%		77.6%

- *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
- 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.