

Base Menu Spreadsheet

Portion Values

Aug 29, 2022 thru Aug 29, 2022

Menu Name: High School Breakfast

Include Cost: No

Site:

Report Style: Detailed

Monday - 08/29/2022

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001190 BRKFST SANDWICH, SAUSAG CROISS	EA	25	372	9.27	854	27.22
001193 BRKFST SANDWICH, EGG & CHZ CROISSANT	SANDWICH	10	293	7.29	566	26.23
000964 PB&J UNCRUSTABLE, 2.6 OZ	EACH	5	320	3.50	320	32.00
990129 PIZZA BAGEL	EACH	25	448	6.64	561	57.01
001230 BAGEL, BAKESHOP	EACH	25	290	0.00	410	58.00
990134 BAGEL, BAKESHOP, ASSIAGO	EACH	10	302	0.50	460	58.00
990136 BAGEL, BAKESHOP, CHERRY	EACH	10	324	0.01	426	66.54
990135 BAGEL, BAKESHOP, CIN CRUNCH	EACH	10	325	0.00	413	67.02
001105 CINNAMON ROLL, HOMEMADE WW	EACH	20	310	3.39	220	52.97
001234 MUFFIN, CHOC CHIP - NOLTE	2 OZ	20	481	5.95	631	93.14
001236 MUFFIN, BLUEBERRY #2 - NOLTE	2 OZ	15	517	10.67	515	62.23
000408 POP TART, WHOLE GRAIN, 2 PK	PKG	15	340	1.50	350	73.00
001183 DONUTS, MINI 6 PK - GOODYMAN	1 PKG	10	290	5.50	290	40.50
000870 FRUIT, BREAKFAST	1/2 CUP	100	102	0.07	1	26.29

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900010 JUICE VARIETY	Servings	200	57	0.03	5	13.93
000869 MILK, CHOCOLATE, FAT FREE, GAL	HALF PINT	50	130	0.00	210	24.00
000230 MILK,1% Lowfat	HALF PINT	75	102	1.54	107	12.18
Weighted Daily Average			546	5.23	592	93.88
% of Calories				8.62%		68.8%
Weekly Nutrient Guideline			450 - 600	<10	640	

			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
Weighted Averages			546	5	592	93.88
% of Calories				8.62%		68.8%

- *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.