

Base Menu Spreadsheet

Portion Values

Week 1 - Monday thru Week 1 - Friday

| | | | |
|---------------------------------|---------------------|----------------------|----------|
| Menu Name: | 2023-2024 Breakfast | Include Cost: | No |
| Site: | | Report Style: | Detailed |
| Use Alternate Menu Name: | No | | |

Week 1 - Monday Reimbursable Meal Total 250

| | Portion Size | Reimb Qty | Cals' (kcal) | S-Fat' (g) | Sodm' (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|--------------|-----------|------------------|---------------|------------|------------------|------------------|---------------|-------------------------|-------------|--------------|-------------|--------------|
| 990571 Whole Grain Mini French Toast, Pillsbury | 1 each | 125 | 330 | 1.00 | 225 | 26 | 25 | 7.00 | 0.00 | 0 | 65.00 | 2.00 | 4.00 |
| 990443 Whole Grain Croissant, Hadley | 1 each | 125 | 190 | 3.00 | 190 | 4 | 3 | 7.00 | 0.00 | 0 | 29.00 | 3.00 | 5.00 |
| 990473 Jelly Cup, Grape, PC | 1 each | 50 | 35 | 0.00 | 5 | 8 | 6 | 0.00 | 0.00 | 0 | 9.11 | 0.00 | 0.00 |
| 990668 Jelly Cup, Strawberry, PC, Smuckers | 1 each | 75 | 35 | 0.00 | 5 | 8 | 7 | 0.00 | 0.00 | 0 | 9.00 | 0.00 | 0.00 |
| 990667 Butter, Whipped, PC | 1 each | 125 | 40 | 2.50 | 30 | 0 | 0 | 4.00 | 0.00 | 10 | 0.00 | 0.00 | 0.00 |
| 990633 Applesauce Cup, PC | 1/2 cup | 300 | 50 | 0.00 | 0 | 11 | 0 | 0.00 | 0.00 | 0 | 13.00 | 0.00 | 0.00 |
| 990632 Fresh Fruit | 1/2 cup | 200 | 59 | 0.03 | 3 | 11 | 0 | 0.19 | 0.00 | 0 | 14.48 | 2.01 | 0.45 |
| 990440 SEED 1% Low Fat Milk, PC | 1 Each | 240 | 110 | 1.50 | 135 | 12 | 0 | 2.50 | 0.00 | 15 | 13.00 | 0.00 | 9.00 |
| 990439 SEED Fat Free Skim Milk, PC | 1 Each | 10 | 90 | 0.00 | 135 | 12 | 0 | 0.00 | 0.00 | 0 | 13.00 | 0.00 | 8.00 |
| Weighted Daily Average | | | 514 | 4.71 | 362 | 53 | 17 | 11.55 | 0.00 | 19 | 91.71 | 4.11 | 13.82 |
| % of Calories | | | | 8.25% | | 41.2% | 13.2% | 20.2% | 0.0% | | 71.4% | | 10.8% |
| Weekly Nutrient Guideline | | | 450 - 600 | <10 | 640 | | | <=0 | | | | | |

Week 1 - Tuesday Reimbursable Meal Total 250

Base Menu Spreadsheet

Portion Values

Week 1 - Monday thru Week 1 - Friday

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|---------------|-------------------------|-------------|---------------|-------------|--------------|
| 990643 Sunshine Smoothie | 24oz | 200 | 437 | 1.69 | 157 | 72 | 18 | 2.92 | 0.00 | 19 | 86.01 | 5.35 | 22.34 |
| 990642 House Made Breakfast Muffins | 1 each | 200 | 159 | 0.83 | 170 | 14 | 0 | 3.85 | 0.01 | 53 | 27.12 | 1.52 | 4.82 |
| 990572 Whole Grain Cereal, General Mills | 1 oz | 50 | 110 | 0.00 | 150 | 10 | 10 | 1.50 | 0.00 | 0 | 22.00 | 2.00 | 2.00 |
| 990635 Yogurt, Greek, Chobani, Assortment | 1 Each | 50 | 110 | 0.00 | 50 | 14 | 9 | 0.00 | 0.00 | 5 | 15.00 | 1.00 | 11.00 |
| 990057 Banana, Raw, med | 1/2 cup | 50 | 90 | 0.11 | 1 | 12 | 0 | 0.33 | 0.00 | 0 | 23.07 | 2.63 | 1.10 |
| 990632 Fresh Fruit | 1/2 cup | 50 | 59 | 0.03 | 3 | 11 | 0 | 0.19 | 0.00 | 0 | 14.48 | 2.01 | 0.45 |
| 990440 SEED 1% Low Fat Milk, PC | 1 Each | 45 | 110 | 1.50 | 135 | 12 | 0 | 2.50 | 0.00 | 15 | 13.00 | 0.00 | 9.00 |
| 990439 SEED Fat Free Skim Milk, PC | 1 Each | 5 | 90 | 0.00 | 135 | 12 | 0 | 0.00 | 0.00 | 0 | 13.00 | 0.00 | 8.00 |
| Weighted Daily Average | | | 572 | 2.32 | 329 | 81 | 18 | 6.27 | 0.00 | 61 | 108.01 | 7.02 | 26.42 |
| % of Calories | | | | 3.65% | | 56.6% | 12.6% | 9.9% | 0.0% | | 75.5% | | 18.5% |
| Weekly Nutrient Guideline | | | 450 - 600 | <10 | 640 | | | <=0 | | | | | |

Week 1 - Wednesday

Reimbursable Meal Total 250

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990631 Egg & Cheese Biscuit Sandwich | 1 each | 125 | 193 | 6.07 | 313 | 2 | 2 | 9.22 | 0.00 | 10 | 23.88 | 3.98 | 4.34 |
| 990657 Breakfast Bar, CTC | 1 each | 125 | 160 | 0.00 | 120 | 8 | 8 | 3.50 | 0.00 | 0 | 30.00 | 3.00 | 2.00 |
| 990635 Yogurt, Greek, Chobani, Assortment | 1 Each | 125 | 110 | 0.00 | 50 | 14 | 9 | 0.00 | 0.00 | 5 | 15.00 | 1.00 | 11.00 |
| 990632 Fresh Fruit | 1/2 cup | 250 | 59 | 0.03 | 3 | 11 | 0 | 0.19 | 0.00 | 0 | 14.48 | 2.01 | 0.45 |

Base Menu Spreadsheet

Portion Values

Week 1 - Monday thru Week 1 - Friday

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|---------------|-------------------------|-------------|--------------|-------------|--------------|
| 990462 Fresh Grapes | 1/2 cup | 250 | 52 | 0.04 | 2 | 12 | 0 | 0.12 | 0.00 | 0 | 13.67 | 0.68 | 0.54 |
| 990440 SEED 1% Low Fat Milk, PC | 1 Each | 245 | 110 | 1.50 | 135 | 12 | 0 | 2.50 | 0.00 | 15 | 13.00 | 0.00 | 9.00 |
| 990439 SEED Fat Free Skim Milk, PC | 1 Each | 5 | 90 | 0.00 | 135 | 12 | 0 | 0.00 | 0.00 | 0 | 13.00 | 0.00 | 8.00 |
| Weighted Daily Average | | | 452 | 4.57 | 381 | 46 | 9 | 9.12 | 0.00 | 22 | 75.59 | 6.68 | 18.65 |
| % of Calories | | | | 9.10% | | 40.7% | 8.0% | 18.2% | 0.0% | | 66.9% | | 16.5% |
| Weekly Nutrient Guideline | | | 450 - 600 | <10 | 640 | | | <=0 | | | | | |

Week 1 - Thursday

Reimbursable Meal Total 250

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990658 Chocolate Cherry Overnight Oats | 1/2 cup | 150 | 233 | 0.38 | 42 | 16 | 0 | 2.28 | 0.00 | 8 | 39.52 | 4.53 | 15.14 |
| 990636 Pop Tart | 1 each | 100 | 170 | 1.00 | 118 | 14 | 14 | 2.75 | 0.00 | 0 | 36.50 | 3.00 | 2.00 |
| 990322 String cheese | 1 each | 100 | 60 | 2.00 | 200 | 0 | 0 | 3.00 | 0.00 | 10 | 0.00 | 0.00 | 7.00 |
| 990057 Banana, Raw, med | 1/2 cup | 250 | 90 | 0.11 | 1 | 12 | 0 | 0.33 | 0.00 | 0 | 23.07 | 2.63 | 1.10 |
| 990632 Fresh Fruit | 1/2 cup | 250 | 59 | 0.03 | 3 | 11 | 0 | 0.19 | 0.00 | 0 | 14.48 | 2.01 | 0.45 |
| 990440 SEED 1% Low Fat Milk, PC | 1 Each | 245 | 110 | 1.50 | 135 | 12 | 0 | 2.50 | 0.00 | 15 | 13.00 | 0.00 | 9.00 |

Base Menu Spreadsheet

Portion Values

Week 1 - Monday thru Week 1 - Friday

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|---------------|-------------------------|-------------|--------------|-------------|--------------|
| 990439 SEED Fat Free Skim Milk, PC | 1 Each | 5 | 90 | 0.00 | 135 | 12 | 0 | 0.00 | 0.00 | 0 | 13.00 | 0.00 | 8.00 |
| Weighted Daily Average | | | 490 | 3.04 | 291 | 50 | 6 | 6.64 | 0.00 | 23 | 88.86 | 8.55 | 23.22 |
| % of Calories | | | | 5.58% | | 40.8% | 4.9% | 12.2% | 0.0% | | 72.5% | | 19.0% |
| Weekly Nutrient Guideline | | | 450 - 600 | <10 | 640 | | | <=0 | | | | | |

Week 1 - Friday

Reimbursable Meal Total 250

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990660 Sausage, Egg, Cheese, & Potato Breakfast Burrito | 1 each | 100 | 316 | 6.09 | 636 | 1 | 0 | 11.91 | 0.00 | 213 | 30.10 | 1.60 | 19.98 |
| 990661 Egg, Cheese, & Potato Breakfast Burrito | 1 each | 50 | 269 | 4.93 | 439 | 1 | 0 | 9.58 | 0.00 | 193 | 29.76 | 1.60 | 14.64 |
| 990124 SEED Whole Grain Cereal | 23 grams | 100 | 86 | 0.00 | 66 | 1 | 1 | 1.64 | 0.00 | 0 | 17.25 | 2.46 | 3.29 |
| 990635 Yogurt, Greek, Chobani, Assortment | 1 Each | 100 | 110 | 0.00 | 50 | 14 | 9 | 0.00 | 0.00 | 5 | 15.00 | 1.00 | 11.00 |
| 000090 Pear, Fresh | 1 EACH | 200 | 110 | 0.00 | 2 | 16 | 0 | 0.17 | 0.00 | 0 | 26.21 | 5.15 | 0.73 |
| 000438 Chilled Pears | 1/2 cup | 200 | 60 | 0.00 | 5 | 10 | 0 | 0.00 | 0.00 | 0 | 14.00 | 2.00 | 0.00 |
| 990632 Fresh Fruit | 1/2 cup | 100 | 59 | 0.03 | 3 | 11 | 0 | 0.19 | 0.00 | 0 | 14.48 | 2.01 | 0.45 |
| 990440 SEED 1% Low Fat Milk, PC | 1 Each | 240 | 110 | 1.50 | 135 | 12 | 0 | 2.50 | 0.00 | 15 | 13.00 | 0.00 | 9.00 |

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Portion Values

Week 1 - Monday thru Week 1 - Friday

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|------------------|---------------|-------------------------|-------------|--------------|-------------|--------------|
| 990439 SEED Fat Free Skim Milk, PC | 1 Each | 10 | 90 | 0.00 | 135 | 12 | 0 | 0.00 | 0.00 | 0 | 13.00 | 0.00 | 8.00 |
| Weighted Daily Average | | | 527 | 4.87 | 530 | 44 | 4 | 9.95 | 0.00 | 140 | 81.85 | 8.87 | 26.36 |
| % of Calories | | | | 8.32% | | 33.4% | 3.0% | 17.0% | 0.0% | | 62.1% | | 20.0% |
| Weekly Nutrient Guideline | | | 450 - 600 | <10 | 640 | | | <=0 | | | | | |

| | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|-------------------|--------------------------|------------------------|------------------------|------------------|------------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| Weighted Averages | 511 | 4 | 379 | 55 | 11 | 8.71 | 0.00 | 53 | 89.20 | 7.05 | 21.69 |
| % of Calories | | 6.87% | | 43.1% | 8.6% | 15.3% | 0.0% | | 69.8% | | 17.0% |

| Nutrient | Menu Average | % of Cals | Weekly Target | % of Target | Shortfall | Overage | Missing Data | Error Messages (if any) |
|---------------|--------------|-----------|---------------|-------------|-----------|---------|--------------|-------------------------|
| Calories | 511 | | 450-600 | 100% | | | | |
| Saturated Fat | 3.90 g | 6.87% | <10.000% | | | | | |
| Sodium | 379 mg | | 640.000 | 59% | | | | |
| Total Sugars | 55 g | 43.1% | | | | | | |
| Added Sugars | 11 g | 8.6% | | | | | | |
| Total Fat | 8.71 g | 15.3% | | | | | | |
| Trans Fat | 0.00 g | 0.0% | | | | | | |
| Cholesterol | 53 mg | | | | | | | |
| Carbohydrate | 89.20 g | 69.8% | | | | | | |
| Fiber | 7.05 g | | | | | | | |
| Protein | 21.69 g | 17.0% | | | | | | |

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.