

Base Menu Spreadsheet

Portion Values

Sep 21, 2020 thru Sep 25, 2020

Menu Name: Elementary Breakfast

Include Cost: No

Site:

Report Style: Detailed

Monday - 09/21/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
900215 MOM Honey Scooters Bowlpack	EACH	100	110	170	6	22.00
000376 MJM 404001 Vanilla WG Grhm bear	EACH	100	120	95	6	21.00
990100 Suncup 400305 Apple Juice Box	Box	100	60	0	13	14.00
000366 Crystal Milk 1% White 8 oz	8 OZ	100	130	160	15	16.00
900227 Crystal NonFat White Milk 8 oz	EACH	0	90	130	13	13.00
Weighted Daily Average			420	425	40	73.00
% of Calories					38.1%	69.5%
Weekly Nutrient Guideline			350 - 500	540		

Tuesday - 09/22/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
900216 J&J 40401 BeneFIT Bar	Each	100	290	240	22	47.00
990100 Suncup 400305 Apple Juice Box	Box	100	60	0	13	14.00
000366 Crystal Milk 1% White 8 oz	8 OZ	100	130	160	15	16.00
900227 Crystal NonFat	EACH	0	90	130	13	13.00

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White Milk 8 oz						
Weighted Daily Average			480	400	50	77.00
% of Calories					41.7%	64.2%
Weekly Nutrient Guideline			350 - 500	540		

Wednesday - 09/23/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
900213 Daves WG829 Muffin Bluebrry WG	Each	100	221	114	*N/A*	38.20
990100 Suncup 400305 Apple Juice Box	Box	100	60	0	13	14.00
000366 Crystal Milk 1% White 8 oz	8 OZ	100	130	160	15	16.00
900227 Crystal NonFat White Milk 8 oz	EACH	0	90	130	13	13.00
Weighted Daily Average			411	274	*28	68.20
% of Calories					*27.3%	66.4%
Weekly Nutrient Guideline			350 - 500	540		

Thursday - 09/24/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
990127 Buena Vista 90040 Cinnamon Crumble WG IW	Each	100	340	350	25	53.00
990073 TANGERINES, (MANDARIN ORANGES),RAW	Each	100	40	2	8	10.14
000366 Crystal Milk 1% White 8 oz	8 OZ	100	130	160	15	16.00

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900227 Crystal NonFat White Milk 8 oz	EACH	0	90	130	13	13.00
Weighted Daily Average			510	512	48	79.14
% of Calories					37.6%	62.1%
Weekly Nutrient Guideline			350 - 500	540		

Friday - 09/25/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
990120 Pillsbury Mini Pancakes Chocolate Chip	Each	100	240	280	15	43.00
990073 TANGERINES, (MANDARIN ORANGES),RAW	Each	100	40	2	8	10.14
000366 Crystal Milk 1% White 8 oz	8 OZ	100	130	160	15	16.00
900227 Crystal NonFat White Milk 8 oz	EACH	0	90	130	13	13.00
Weighted Daily Average			410	442	38	69.14
% of Calories					37.1%	67.5%
Weekly Nutrient Guideline			350 - 500	540		

	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
Weighted Averages	446	411	*41	73.30
% of Calories			*36.8%	65.7%

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	446		350-500	100%				
Sodium	411 mg		540.000	76%				

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Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Sugars	*41 g	*36.8%					Missing Data	
Carbohydrate	73.30 g	65.7%						

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.