

Base Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 7, 2018

Menu Name: Middle School Breakfast

Include Cost: Yes

Site:

Report Style: Detailed

Monday - 12/03/2018

Reimbursable Meal Total 60

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Cost
990054 Eggo 38000 Pancake Mini Bites, Maple	Pouch	15	210	320	11	35.00	\$0.000
900210 Bay Valley 4740 Maple Syrup	EACH	15	130	15	23	32.00	\$0.000
000629 MOM 8665-6 Cereal Mateys	Bowl	3	110	240	9	23.00	\$0.000
900215 MOM 08655 Honey Nut Scooters	EACH	3	111	172	6	22.27	\$0.201
990031 General Mills 38387 Cinnamon Chex Bowlpak	bowl	4	110	170	7	23.00	\$0.000
900216 J&J 40401 BeneFIT Bar	Each	25	290	240	22	47.00	\$0.000
900217 Dannon 2731 Yogurt Danimal Str	Each	5	80	65	12	15.05	\$0.000
000376 MJM 404001 Vanilla WG Grhm bear	EACH	15	110	95	6	20.00	\$0.000
000607 Tonys 19322 Bagel WG Sliced IW	Each	5	217	230	4	44.60	\$0.000
900220 Kraft 610959 Cream Cheese	EACH	3	60	130	2	2.00	\$0.000
000750 Kraft 7268300 Crm Chs Strbry	Each	2	80	100	4	4.00	\$0.000
900221 Apple -198 Count	EACH	40	55	1	11	14.64	\$0.000
900005 Banana, dwarf, raw	EACH	20	90	1	12	23.07	\$0.000
000793 Crystal Apple Juice 4 oz	4oz	45	60	8	8	8.00	\$0.000

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Cost
000366 Crystal Milk 1% White 8 oz	8 OZ	25	130	160	15	16.00	\$0.000
900227 Crystal NonFat White Milk 8 oz	EACH	5	90	130	13	13.00	\$0.000
Weighted Daily Average			456	358	47	81.53	\$0.010
% of Calories					41.2%	71.5%	
Weekly Nutrient Guideline			400 - 550	600			

Tuesday - 12/04/2018

Reimbursable Meal Total 60

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Cost
000828 Fat Cat 856354 Panbread Apple Cinnamon	Svg	15	166	90	15	28.50	\$0.000
000629 MOM 8665-6 Cereal Mateys	Bowl	3	110	240	9	23.00	\$0.000
900215 MOM 08655 Honey Nut Scooters	EACH	3	111	172	6	22.27	\$0.201
990031 General Mills 38387 Cinnamon Chex Bowlpak	bowl	4	110	170	7	23.00	\$0.000
900216 J&J 40401 BeneFIT Bar	Each	25	290	240	22	47.00	\$0.000
900217 Dannon 2731 Yogurt Danimal Str	Each	5	80	65	12	15.05	\$0.000
000376 MJM 404001 Vanilla WG Grhm bear	EACH	15	110	95	6	20.00	\$0.000
000607 Tonys 19322 Bagel WG Sliced IW	Each	5	217	230	4	44.60	\$0.000
900220 Kraft 610959 Cream Cheese	EACH	3	60	130	2	2.00	\$0.000
000750 Kraft 7268300 Crm Chs Strbry	Each	2	80	100	4	4.00	\$0.000

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Cost
900221 Apple -198 Count	EACH	40	55	1	11	14.64	\$0.000
900005 Banana, dwarf, raw	EACH	20	90	1	12	23.07	\$0.000
000793 Crystal Apple Juice 4 oz	4oz	45	60	8	8	8.00	\$0.000
000366 Crystal Milk 1% White 8 oz	8 OZ	25	130	160	15	16.00	\$0.000
900227 Crystal NonFat White Milk 8 oz	EACH	5	90	130	13	13.00	\$0.000
Weighted Daily Average			412	297	42	71.91	\$0.010
% of Calories					40.8%	69.8%	
Weekly Nutrient Guideline			400 - 550	600			

Wednesday - 12/05/2018

Reimbursable Meal Total 60

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Cost
000882 J&J 4521 Waffle WG Dutch	Each	15	300	350	12	43.00	\$0.000
000629 MOM 8665-6 Cereal Mateys	Bowl	3	110	240	9	23.00	\$0.000
900215 MOM 08655 Honey Nut Scooters	EACH	3	111	172	6	22.27	\$0.201
990031 General Mills 38387 Cinnamon Chex Bowlpak	bowl	4	110	170	7	23.00	\$0.000
900216 J&J 40401 BeneFIT Bar	Each	25	290	240	22	47.00	\$0.000
900217 Dannon 2731 Yogurt Danimal Str	Each	5	80	65	12	15.05	\$0.000
000376 MJM 404001 Vanilla WG Grhm bear	EACH	15	110	95	6	20.00	\$0.000

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Dec 3, 2018 thru Dec 7, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Cost
000607 Tonys 19322 Bagel WG Sliced IW	Each	5	217	230	4	44.60	\$0.000
900220 Kraft 610959 Cream Cheese	EACH	3	60	130	2	2.00	\$0.000
000750 Kraft 7268300 Crm Chs Strbry	Each	2	80	100	4	4.00	\$0.000
900221 Apple -198 Count	EACH	40	55	1	11	14.64	\$0.000
900005 Banana, dwarf, raw	EACH	20	90	1	12	23.07	\$0.000
000793 Crystal Apple Juice 4 oz	4oz	45	60	8	8	8.00	\$0.000
000366 Crystal Milk 1% White 8 oz	8 OZ	25	130	160	15	16.00	\$0.000
900227 Crystal NonFat White Milk 8 oz	EACH	5	90	130	13	13.00	\$0.000
Weighted Daily Average			446	362	41	75.53	\$0.010
% of Calories					36.8%	67.7%	
Weekly Nutrient Guideline			400 - 550	600			

Thursday - 12/06/2018

Reimbursable Meal Total 60

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Cost
000752 Fat Cat Cowgirl Pan Bread	Piece	15	340	218	28	57.20	\$0.000
000629 MOM 8665-6 Cereal Mateys	Bowl	3	110	240	9	23.00	\$0.000
900215 MOM 08655 Honey Nut Scooters	EACH	3	111	172	6	22.27	\$0.201
990031 General Mills 38387 Cinnamon Chex Bowlpak	bowl	4	110	170	7	23.00	\$0.000

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Cost
900216 J&J 40401 BeneFIT Bar	Each	25	290	240	22	47.00	\$0.000
900217 Dannon 2731 Yogurt Danimal Str	Each	5	80	65	12	15.05	\$0.000
000376 MJM 404001 Vanilla WG Grhm bear	EACH	15	110	95	6	20.00	\$0.000
000607 Tonys 19322 Bagel WG Sliced IW	Each	5	217	230	4	44.60	\$0.000
900220 Kraft 610959 Cream Cheese	EACH	3	60	130	2	2.00	\$0.000
000750 Kraft 7268300 Crm Chs Strbry	Each	2	80	100	4	4.00	\$0.000
900221 Apple -198 Count	EACH	40	55	1	11	14.64	\$0.000
900005 Banana, dwarf, raw	EACH	20	90	1	12	23.07	\$0.000
000793 Crystal Apple Juice 4 oz	4oz	45	60	8	8	8.00	\$0.000
000366 Crystal Milk 1% White 8 oz	8 OZ	25	130	160	15	16.00	\$0.000
900227 Crystal NonFat White Milk 8 oz	EACH	5	90	130	13	13.00	\$0.000
Weighted Daily Average			456	329	45	79.08	\$0.010
% of Calories					39.5%	69.4%	
Weekly Nutrient Guideline			400 - 550	600			

Friday - 12/07/2018

Reimbursable Meal Total 60

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Cost
000883 Pillsbury 133686 Mini Cinnis	Each	15	240	300	15	39.95	\$0.000

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000607 Tonys 19322 Bagel WG Sliced IW	Each	5	217	230	4	44.60	\$0.000
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000750 Kraft 7268300 Crm Chs Strbry	Each	2	80	100	4	4.00	\$0.000
900221 Apple -198 Count	EACH	40	55	1	11	14.64	\$0.000
900005 Banana, dwarf, raw	EACH	20	90	1	12	23.07	\$0.000
000793 Crystal Apple Juice 4 oz	4oz	45	60	8	8	8.00	\$0.000
000366 Crystal Milk 1% White 8 oz	8 OZ	25	130	160	15	16.00	\$0.000
900227 Crystal NonFat White Milk 8 oz	EACH	5	90	130	13	13.00	\$0.000
Weighted Daily Average			430	350	42	74.77	\$0.010
% of Calories					39.1%	69.6%	
Weekly Nutrient Guideline			400 - 550	600			

			Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Cost

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Weighted Averages			440	339	43	76.56	\$0.010
% of Calories					39.1%	69.6%	

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	440		400-550	100%				
Sodium	339 mg		600.000	56%				
Sugars	43 g	39.1%						
Carbohydrate	76.56 g	69.6%						

**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.