

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

**Menu Name:** BREAKFAST K-5

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Wednesday - 11/01/2017

### Reimbursable Meal Total 25

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990097 CEREAL,COCOA PUFF,BOWL	BOWL	25	110	0.00	160	8	1.50	25.00
000448 CHEESE,STRING	1 OZ STICK	25	90	5.00	200	0	7.00	0.00
000859 APPLESAUCE,1 CUP	1 CUP	22	102	0.00	4	22	0.00	27.99
000822 MILK,CHOCOLATE	HALF PINT	22	120	0.00	180	18	0.00	20.00
000823 MILK,WHITE	HALF PINT	3	110	1.50	130	12	2.50	13.00
Weighted Daily Average			409	5.18	537	45	8.80	68.79
% of Calories				11.40%		44.0%	19.4%	67.3%
Weekly Nutrient Guideline			350 - 500	<10	540		<=30	

### Thursday - 11/02/2017

### Reimbursable Meal Total 25

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000529 POP TART	EACH	25	180	1.00	180	15	2.50	38.00
001362 YOGURT,STICK	2.5 OZ	25	50	0.00	30	8	0.50	10.00
000068 BANANA	EACH	20	90	0.11	1	12	0.33	23.07

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000822 MILK,CHOCOLATE	HALF PINT	22	120	0.00	180	18	0.00	20.00
000823 MILK,WHITE	HALF PINT	3	110	1.50	130	12	2.50	13.00
Weighted Daily Average			421	1.27	385	50	3.57	85.61
% of Calories				2.71%		47.5%	7.6%	81.3%
Weekly Nutrient Guideline			350 - 500	<10	540		<=30	

### Friday - 11/03/2017

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000235 PARENT/TEACHER CONFERENCE	EACH	1	0	0.00	0	*N/A*	0.00	0.00
Weighted Daily Average			0	0.00	0	*N/A*	0.00	0.00
% of Calories				0%		*N/A*	0%	0%
Weekly Nutrient Guideline			350 - 500	<10	540		<=30	

### Monday - 11/06/2017

### Reimbursable Meal Total 25

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000583 BREAKFAST BAR,APPLE/CINN	EACH	25	290	2.50	250	23	9.00	48.00
000085 ORANGE,HALVES	1/2 EACH	20	36	0.01	0	7	0.09	8.88

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
001124 JUICE,APPLE	4 OZ	25	60	0.00	15	13	0.00	14.00
000822 MILK,CHOCOLATE	HALF PINT	23	120	0.00	180	18	0.00	20.00
000823 MILK,WHITE	HALF PINT	2	110	1.50	130	12	2.50	13.00
Weighted Daily Average			498	2.63	441	59	9.27	88.55
% of Calories				4.75%		47.4%	16.8%	71.1%
Weekly Nutrient Guideline			350 - 500	<10	540		<=30	

### Tuesday - 11/07/2017

### Reimbursable Meal Total 25

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
001268 CEREAL,LUCKY CHARMS	BOWL	25	110	0.00	180	10	1.00	23.00
000448 CHEESE,STRING	1 OZ STICK	25	90	5.00	200	0	7.00	0.00
000064 APPLE	EACH	20	77	0.04	1	15	0.25	20.58
000822 MILK,CHOCOLATE	HALF PINT	20	120	0.00	180	18	0.00	20.00
000823 MILK,WHITE	HALF PINT	5	110	1.50	130	12	2.50	13.00
Weighted Daily Average			380	5.33	551	39	8.70	58.06
% of Calories				12.62%		41.1%	20.6%	61.1%
Weekly Nutrient Guideline			350 - 500	<10	540		<=30	

### Wednesday - 11/08/2017

### Reimbursable Meal Total 25

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990093 SAUSAGE & PANCAKE ON A STICK	1 EACH	25	240	4.50	360	4	15.00	18.00
000864 GRAPES,1 CUP	1 CUP	20	98	0.00	4	21	0.00	24.95
000822 MILK,CHOCOLATE	HALF PINT	22	120	0.00	180	18	0.00	20.00
000823 MILK,WHITE	HALF PINT	3	110	1.50	130	12	2.50	13.00
Weighted Daily Average			437	4.68	537	38	15.30	57.12
% of Calories				9.64%		34.8%	31.5%	52.3%
Weekly Nutrient Guideline			350 - 500	<10	540		<=30	

Thursday - 11/09/2017

Reimbursable Meal Total 25

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000529 POP TART	EACH	25	180	1.00	180	15	2.50	38.00
000448 CHEESE,STRING	1 OZ STICK	25	90	5.00	200	0	7.00	0.00
000247 APPLESAUCE	1/2 CUP	25	53	0.00	2	12	0.00	14.64
001126 JUICE,ORANGE	4 OZ	25	50	0.00	15	10	0.00	12.00
000822 MILK,CHOCOLATE	HALF PINT	22	120	0.00	180	18	0.00	20.00

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000823 MILK,WHITE	HALF PINT	3	110	1.50	130	12	2.50	13.00
Weighted Daily Average			492	6.18	571	54	9.80	83.80
% of Calories				11.30%		43.9%	17.9%	68.1%
Weekly Nutrient Guideline			350 - 500	<10	540		<=30	

### Friday - 11/10/2017

### Reimbursable Meal Total 25

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000902 MUFFIN,BLUEBERRY,2 ea	2 EACH	25	318	0.99	249	26	9.95	51.73
000858 PEACHES,CND,1 CUP	1 CUP	25	100	0.00	10	*N/A*	0.00	24.00
000822 MILK,CHOCOLATE	HALF PINT	22	120	0.00	180	18	0.00	20.00
000823 MILK,WHITE	HALF PINT	3	110	1.50	130	12	2.50	13.00
Weighted Daily Average			537	1.17	433	*43	10.25	94.89
% of Calories				1.96%		*32.0%	17.2%	70.7%
Weekly Nutrient Guideline			350 - 500	<10	540		<=30	

### Monday - 11/13/2017

### Reimbursable Meal Total 25

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990093 SAUSAGE & PANCAKE ON A STICK	1 EACH	25	240	4.50	360	4	15.00	18.00
000864 GRAPES,1 CUP	1 CUP	20	98	0.00	4	21	0.00	24.95
000822 MILK,CHOCOLATE	HALF PINT	22	120	0.00	180	18	0.00	20.00
000823 MILK,WHITE	HALF PINT	3	110	1.50	130	12	2.50	13.00
Weighted Daily Average			437	4.68	537	38	15.30	57.12
% of Calories				9.64%		34.8%	31.5%	52.3%
Weekly Nutrient Guideline			350 - 500	<10	540		<=30	

**Tuesday - 11/14/2017**

**Reimbursable Meal Total 25**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
001381 BAGELS,PLAIN,WG,K-8	EACH	25	140	0.00	180	5	1.00	29.00
000474 CREAM CHEESE,STRAWBERRY CUP	EACH	20	70	3.50	95	4	6.00	4.00
000085 ORANGE,HALVES	1/2 EACH	15	36	0.01	0	7	0.09	8.88
001124 JUICE,APPLE	4 OZ	20	60	0.00	15	13	0.00	14.00
000822 MILK,CHOCOLATE	HALF PINT	22	120	0.00	180	18	0.00	20.00

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000823 MILK,WHITE	HALF PINT	3	110	1.50	130	12	2.50	13.00
Weighted Daily Average			384	2.99	442	40	6.15	67.89
% of Calories				7.01%		41.7%	14.4%	70.7%
Weekly Nutrient Guideline			350 - 500	<10	540		<=30	

### Wednesday - 11/15/2017

### Reimbursable Meal Total 25

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990097 CEREAL,COCOA PUFF,BOWL	BOWL	25	110	0.00	160	8	1.50	25.00
000448 CHEESE,STRING	1 OZ STICK	25	90	5.00	200	0	7.00	0.00
000859 APPLESAUCE,1 CUP	1 CUP	22	102	0.00	4	22	0.00	27.99
000822 MILK,CHOCOLATE	HALF PINT	22	120	0.00	180	18	0.00	20.00
000823 MILK,WHITE	HALF PINT	3	110	1.50	130	12	2.50	13.00
Weighted Daily Average			409	5.18	537	45	8.80	68.79
% of Calories				11.40%		44.0%	19.4%	67.3%
Weekly Nutrient Guideline			350 - 500	<10	540		<=30	

### Thursday - 11/16/2017

### Reimbursable Meal Total 25

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000529 POP TART	EACH	25	180	1.00	180	15	2.50	38.00
001362 YOGURT,STICK	2.5 OZ	25	50	0.00	30	8	0.50	10.00
000068 BANANA	EACH	20	90	0.11	1	12	0.33	23.07
000822 MILK,CHOCOLATE	HALF PINT	22	120	0.00	180	18	0.00	20.00
000823 MILK,WHITE	HALF PINT	3	110	1.50	130	12	2.50	13.00
Weighted Daily Average			421	1.27	385	50	3.57	85.61
% of Calories				2.71%		47.5%	7.6%	81.3%
Weekly Nutrient Guideline			350 - 500	<10	540		<=30	

### Friday - 11/17/2017

### Reimbursable Meal Total 25

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
001402 DONUT, LONG JOHN, WG	EACH	25	270	3.00	350	12	13.00	34.69
000036 FRUIT COCKTAIL	1/2 CUP	15	60	0.00	5	12	0.00	14.91
001124 JUICE, APPLE	4 OZ	25	60	0.00	15	13	0.00	14.00
000822 MILK,CHOCOLATE	HALF PINT	22	120	0.00	180	18	0.00	20.00



# Base Menu Spreadsheet

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000823 MILK,WHITE	HALF PINT	3	110	1.50	130	12	2.50	13.00
Weighted Daily Average			484	3.18	542	49	13.30	76.79
% of Calories				5.91%		40.5%	24.7%	63.5%
Weekly Nutrient Guideline			350 - 500	<10	540		<=30	

### Monday - 11/20/2017

### Reimbursable Meal Total 25

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000583 BREAKFAST BAR,APPLE/CINN	EACH	25	290	2.50	250	23	9.00	48.00
000085 ORANGE,HALVES	1/2 EACH	20	36	0.01	0	7	0.09	8.88
001124 JUICE,APPLE	4 OZ	25	60	0.00	15	13	0.00	14.00
000822 MILK,CHOCOLATE	HALF PINT	23	120	0.00	180	18	0.00	20.00
000823 MILK,WHITE	HALF PINT	2	110	1.50	130	12	2.50	13.00
Weighted Daily Average			498	2.63	441	59	9.27	88.55
% of Calories				4.75%		47.4%	16.8%	71.1%
Weekly Nutrient Guideline			350 - 500	<10	540		<=30	

### Tuesday - 11/21/2017

### Reimbursable Meal Total 25

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
001268 CEREAL,LUCKY CHARMS	BOWL	25	110	0.00	180	10	1.00	23.00
000448 CHEESE,STRING	1 OZ STICK	25	90	5.00	200	0	7.00	0.00
000064 APPLE	EACH	20	77	0.04	1	15	0.25	20.58
000822 MILK,CHOCOLATE	HALF PINT	20	120	0.00	180	18	0.00	20.00
000823 MILK,WHITE	HALF PINT	5	110	1.50	130	12	2.50	13.00
Weighted Daily Average			380	5.33	551	39	8.70	58.06
% of Calories				12.62%		41.1%	20.6%	61.1%
Weekly Nutrient Guideline			350 - 500	<10	540		<=30	

### Wednesday - 11/22/2017

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000191 THANKSGIVING HOLIDAY								
Weighted Daily Average			0	0.00	0	0	0.00	0.00
% of Calories				0%		0%	0%	0%
Weekly Nutrient Guideline			350 - 500	<10	540		<=30	

### Thursday - 11/23/2017

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000191 THANKSGIVING HOLIDAY								
Weighted Daily Average			0	0.00	0	0	0.00	0.00
% of Calories				0%		0%	0%	0%
Weekly Nutrient Guideline			350 - 500	<10	540		<=30	

### Friday - 11/24/2017

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000191 THANKSGIVING HOLIDAY								
Weighted Daily Average			0	0.00	0	0	0.00	0.00
% of Calories				0%		0%	0%	0%
Weekly Nutrient Guideline			350 - 500	<10	540		<=30	

### Monday - 11/27/2017

### Reimbursable Meal Total 25

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990093 SAUSAGE & PANCAKE ON A STICK	1 EACH	25	240	4.50	360	4	15.00	18.00
000864 GRAPES,1 CUP	1 CUP	20	98	0.00	4	21	0.00	24.95
000822 MILK,CHOCOLATE	HALF PINT	22	120	0.00	180	18	0.00	20.00

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000823 MILK,WHITE	HALF PINT	3	110	1.50	130	12	2.50	13.00
Weighted Daily Average			437	4.68	537	38	15.30	57.12
% of Calories				9.64%		34.8%	31.5%	52.3%
Weekly Nutrient Guideline			350 - 500	<10	540		<=30	

### Tuesday - 11/28/2017

### Reimbursable Meal Total 25

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
001381 BAGELS,PLAIN,WG,K-8	EACH	25	140	0.00	180	5	1.00	29.00
000474 CREAM CHEESE,STRAWBERRY CUP	EACH	20	70	3.50	95	4	6.00	4.00
000085 ORANGE,HALVES	1/2 EACH	15	36	0.01	0	7	0.09	8.88
001124 JUICE,APPLE	4 OZ	20	60	0.00	15	13	0.00	14.00
000822 MILK,CHOCOLATE	HALF PINT	22	120	0.00	180	18	0.00	20.00
000823 MILK,WHITE	HALF PINT	3	110	1.50	130	12	2.50	13.00
Weighted Daily Average			384	2.99	442	40	6.15	67.89
% of Calories				7.01%		41.7%	14.4%	70.7%
Weekly Nutrient Guideline			350 - 500	<10	540		<=30	

### Wednesday - 11/29/2017

### Reimbursable Meal Total 25

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
990097 CEREAL,COCOA PUFF,BOWL	BOWL	25	110	0.00	160	8	1.50	25.00
000448 CHEESE,STRING	1 OZ STICK	25	90	5.00	200	0	7.00	0.00
000859 APPLESAUCE,1 CUP	1 CUP	22	102	0.00	4	22	0.00	27.99
000822 MILK,CHOCOLATE	HALF PINT	22	120	0.00	180	18	0.00	20.00
000823 MILK,WHITE	HALF PINT	3	110	1.50	130	12	2.50	13.00
Weighted Daily Average			409	5.18	537	45	8.80	68.79
% of Calories				11.40%		44.0%	19.4%	67.3%
Weekly Nutrient Guideline			350 - 500	<10	540		<=30	

Thursday - 11/30/2017

Reimbursable Meal Total 25

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000529 POP TART	EACH	25	180	1.00	180	15	2.50	38.00
001362 YOGURT,STICK	2.5 OZ	25	50	0.00	30	8	0.50	10.00
000068 BANANA	EACH	20	90	0.11	1	12	0.33	23.07
000822 MILK,CHOCOLATE	HALF PINT	22	120	0.00	180	18	0.00	20.00

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Carb (g)
000823 MILK,WHITE	HALF PINT	3	110	1.50	130	12	2.50	13.00
Weighted Daily Average			421	1.27	385	50	3.57	85.61
% of Calories				2.71%		47.5%	7.6%	81.3%
Weekly Nutrient Guideline			350 - 500	<10	540		<=30	

*\*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*

*<sup>1</sup> - denotes required nutrient values*

*<sup>2</sup> - 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.