

Base Menu Spreadsheet

Portion Values

Mar 1, 2025 thru Mar 31, 2025

Menu Name:	High School Breakfast	Include Cost:	No
Site:			
Use Alternate Menu Name:	No		

Monday - 03/03/2025Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
000566 Egg Scrambled & Toast	1/2 cup	1	276	302	*2	*N/A*	16.09	17.41
990126 Cereal Variety & Toast	Cereal	1	226	292	*10	*N/A*	38.15	5.05
990061 Fruit Variety	1/2 CUP	1	80	5	*12	*N/A*	20.45	0.64
000983 Juice Cup	CUP	1	60	15	13	*N/A*	15.00	0.00
000489 Milk Variety	carton	1	118	144	16	*N/A*	17.00	8.00
Weighted Daily Average			759	758	*53	*N/A*	106.69	31.09
% of Calories					*27.9%	*N/A*	56.2%	16.4%
Weekly Nutrient Guideline			450 - 600	640				

Tuesday - 03/04/2025Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
990169 Egg/Ham/Cheese Croissant Sandwich	Sandwich	1	331	733	6	*N/A*	32.67	16.17
990126 Cereal Variety & Toast	Cereal	1	226	292	*10	*N/A*	38.15	5.05
990061 Fruit Variety	1/2 CUP	1	80	5	*12	*N/A*	20.45	0.64
000983 Juice Cup	CUP	1	60	15	13	*N/A*	15.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 1, 2025 thru Mar 31, 2025

000489 Milk Variety	carton	1	118	144	16	*N/A*	17.00	8.00
Weighted Daily Average			814	1190	*57	*N/A*	123.27	29.85
% of Calories					*28.0%	*N/A*	60.6%	14.7%
Weekly Nutrient Guideline			450 - 600	640				

Wednesday - 03/05/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
990213 Waffle Kellogg's Eggo	2 Waffles	1	180	330	4	4	30.00	4.00
990126 Cereal Variety & Toast	Cereal	1	226	292	*10	*N/A*	38.15	5.05
990061 Fruit Variety	1/2 CUP	1	80	5	*12	*N/A*	20.45	0.64
000983 Juice Cup	CUP	1	60	15	13	*N/A*	15.00	0.00
000489 Milk Variety	carton	1	118	144	16	*N/A*	17.00	8.00
Weighted Daily Average			664	786	*55	*4	120.60	17.68
% of Calories					*33.1%	*2.4%	72.7%	10.7%
Weekly Nutrient Guideline			450 - 600	640				

Thursday - 03/06/2025 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Mar 1, 2025 thru Mar 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
000541 Biscuit & Gravy	1 B, 4 oz Gravy	1	321	1133	2	*N/A*	33.48	7.17
990126 Cereal Variety & Toast	Cereal	1	226	292	*10	*N/A*	38.15	5.05
990061 Fruit Variety	1/2 CUP	1	80	5	*12	*N/A*	20.45	0.64
000983 Juice Cup	CUP	1	60	15	13	*N/A*	15.00	0.00
000489 Milk Variety	carton	1	118	144	16	*N/A*	17.00	8.00
Weighted Daily Average			804	1589	*53	*N/A*	124.09	20.86
% of Calories					*26.4%	*N/A*	61.7%	10.4%
Weekly Nutrient Guideline			450 - 600	640				

Friday - 03/07/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
001101 Donuts Mini	4 DONUTS	1	190	250	8	*N/A*	24.00	3.00
990126 Cereal Variety & Toast	Cereal	1	226	292	*10	*N/A*	38.15	5.05
990061 Fruit Variety	1/2 CUP	1	80	5	*12	*N/A*	20.45	0.64
000983 Juice Cup	CUP	1	60	15	13	*N/A*	15.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 1, 2025 thru Mar 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
000489 Milk Variety	carton	1	118	144	16	*N/A*	17.00	8.00
Weighted Daily Average			674	706	*59	*N/A*	114.60	16.68
% of Calories					*35.0%	*N/A*	68.0%	9.9%
Weekly Nutrient Guideline			450 - 600	640				

Monday - 03/10/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
990134 Breakfast Tornado Variety	1 Tornado	1	185	240	0	*N/A*	21.50	6.50
990126 Cereal Variety & Toast	Cereal	1	226	292	*10	*N/A*	38.15	5.05
990061 Fruit Variety	1/2 CUP	1	80	5	*12	*N/A*	20.45	0.64
000983 Juice Cup	CUP	1	60	15	13	*N/A*	15.00	0.00
000489 Milk Variety	carton	1	118	144	16	*N/A*	17.00	8.00
Weighted Daily Average			669	696	*51	*N/A*	112.10	20.18
% of Calories					*30.5%	*N/A*	67.0%	12.1%
Weekly Nutrient Guideline			450 - 600	640				

Tuesday - 03/11/2025 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Mar 1, 2025 thru Mar 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
000504 Egg/Sausage/Cheese Biscuit Sandwich	Sandwich	1	441	1143	*3	*N/A*	29.48	15.17
990126 Cereal Variety & Toast	Cereal	1	226	292	*10	*N/A*	38.15	5.05
990061 Fruit Variety	1/2 CUP	1	80	5	*12	*N/A*	20.45	0.64
000983 Juice Cup	CUP	1	60	15	13	*N/A*	15.00	0.00
000489 Milk Variety	carton	1	118	144	16	*N/A*	17.00	8.00
Weighted Daily Average			924	1599	*54	*N/A*	120.09	28.86
% of Calories					*23.4%	*N/A*	52.0%	12.5%
Weekly Nutrient Guideline			450 - 600	640				

Wednesday - 03/12/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
990208 Omelet Variety & Toast	1 Omelet	1	256	586	*2	*0	17.40	14.30
990126 Cereal Variety & Toast	Cereal	1	226	292	*10	*N/A*	38.15	5.05
990061 Fruit Variety	1/2 CUP	1	80	5	*12	*N/A*	20.45	0.64
000983 Juice Cup	CUP	1	60	15	13	*N/A*	15.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 1, 2025 thru Mar 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
000489 Milk Variety	carton	1	118	144	16	*N/A*	17.00	8.00
Weighted Daily Average			739	1042	*53	*0	108.00	27.98
% of Calories					*28.7%	*0%	58.5%	15.1%
Weekly Nutrient Guideline			450 - 600	640				

Thursday - 03/13/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
000541 Biscuit & Gravy	1 B, 4 oz Gravy	1	321	1133	2	*N/A*	33.48	7.17
990126 Cereal Variety & Toast	Cereal	1	226	292	*10	*N/A*	38.15	5.05
990061 Fruit Variety	1/2 CUP	1	80	5	*12	*N/A*	20.45	0.64
000983 Juice Cup	CUP	1	60	15	13	*N/A*	15.00	0.00
000489 Milk Variety	carton	1	118	144	16	*N/A*	17.00	8.00
Weighted Daily Average			804	1589	*53	*N/A*	124.09	20.86
% of Calories					*26.4%	*N/A*	61.7%	10.4%
Weekly Nutrient Guideline			450 - 600	640				

Friday - 03/14/2025 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Mar 1, 2025 thru Mar 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
000955 Cinnamon Roll	Roll	1	270	420	9	9	37.00	6.00
990126 Cereal Variety & Toast	Cereal	1	226	292	*10	*N/A*	38.15	5.05
990061 Fruit Variety	1/2 CUP	1	80	5	*12	*N/A*	20.45	0.64
000983 Juice Cup	CUP	1	60	15	13	*N/A*	15.00	0.00
000489 Milk Variety	carton	1	118	144	16	*N/A*	17.00	8.00
Weighted Daily Average			754	876	*60	*9	127.60	19.68
% of Calories					*31.8%	*4.8%	67.7%	10.4%
Weekly Nutrient Guideline			450 - 600	640				

Monday - 03/17/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
990079 Pizza Bagel	Bagel	1	239	611	4	*N/A*	30.00	12.00
990126 Cereal Variety & Toast	Cereal	1	226	292	*10	*N/A*	38.15	5.05
990061 Fruit Variety	1/2 CUP	1	80	5	*12	*N/A*	20.45	0.64
000983 Juice Cup	CUP	1	60	15	13	*N/A*	15.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 1, 2025 thru Mar 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
000489 Milk Variety	carton	1	118	144	16	*N/A*	17.00	8.00
Weighted Daily Average			723	1067	*55	*N/A*	120.60	25.68
% of Calories					*30.4%	*N/A*	66.7%	14.2%
Weekly Nutrient Guideline			450 - 600	640				

Tuesday - 03/18/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
001187 Egg/Sausage/Cheese Croissant Sandwich	Sandwich	1	460	830	6	*N/A*	32.00	18.00
990126 Cereal Variety & Toast	Cereal	1	226	292	*10	*N/A*	38.15	5.05
990061 Fruit Variety	1/2 CUP	1	80	5	*12	*N/A*	20.45	0.64
000983 Juice Cup	CUP	1	60	15	13	*N/A*	15.00	0.00
000489 Milk Variety	carton	1	118	144	16	*N/A*	17.00	8.00
Weighted Daily Average			944	1286	*56	*N/A*	122.60	31.68
% of Calories					*23.7%	*N/A*	51.9%	13.4%
Weekly Nutrient Guideline			450 - 600	640				

Wednesday - 03/19/2025 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Mar 1, 2025 thru Mar 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
000891 Pancake Stick Turkey Sausage WG	Stick	1	190	310	4	4	17.00	7.00
990126 Cereal Variety & Toast	Cereal	1	226	292	*10	*N/A*	38.15	5.05
990061 Fruit Variety	1/2 CUP	1	80	5	*12	*N/A*	20.45	0.64
000983 Juice Cup	CUP	1	60	15	13	*N/A*	15.00	0.00
000489 Milk Variety	carton	1	118	144	16	*N/A*	17.00	8.00
Weighted Daily Average			674	766	*55	*4	107.60	20.68
% of Calories					*32.6%	*2.4%	63.9%	12.3%
Weekly Nutrient Guideline			450 - 600	640				

Thursday - 03/20/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
000541 Biscuit & Gravy	1 B, 4 oz Gravy	1	321	1133	2	*N/A*	33.48	7.17
990126 Cereal Variety & Toast	Cereal	1	226	292	*10	*N/A*	38.15	5.05
990061 Fruit Variety	1/2 CUP	1	80	5	*12	*N/A*	20.45	0.64
000983 Juice Cup	CUP	1	60	15	13	*N/A*	15.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 1, 2025 thru Mar 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
000489 Milk Variety	carton	1	118	144	16	*N/A*	17.00	8.00
Weighted Daily Average			804	1589	*53	*N/A*	124.09	20.86
% of Calories					*26.4%	*N/A*	61.7%	10.4%
Weekly Nutrient Guideline			450 - 600	640				

Friday - 03/21/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
001001 Breakfast Bun	PKG	1	270	220	13	*N/A*	40.00	6.00
990126 Cereal Variety & Toast	Cereal	1	226	292	*10	*N/A*	38.15	5.05
990061 Fruit Variety	1/2 CUP	1	80	5	*12	*N/A*	20.45	0.64
000983 Juice Cup	CUP	1	60	15	13	*N/A*	15.00	0.00
000489 Milk Variety	carton	1	118	144	16	*N/A*	17.00	8.00
Weighted Daily Average			754	676	*64	*N/A*	130.60	19.68
% of Calories					*34.0%	*N/A*	69.3%	10.4%
Weekly Nutrient Guideline			450 - 600	640				

Monday - 03/24/2025 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Mar 1, 2025 thru Mar 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
990068 No School	PKG	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			0	0	0	0	0	0
% of Calories					0%	0%	0%	0%
Weekly Nutrient Guideline			450 - 600	640				

Tuesday - 03/25/2025Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
990068 No School	PKG	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			0	0	0	0	0	0
% of Calories					0%	0%	0%	0%
Weekly Nutrient Guideline			450 - 600	640				

Wednesday - 03/26/2025Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
990068 No School	PKG	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			0	0	0	0	0	0
% of Calories					0%	0%	0%	0%
Weekly Nutrient Guideline			450 - 600	640				

Base Menu Spreadsheet

Portion Values

Mar 1, 2025 thru Mar 31, 2025

Thursday - 03/27/2025Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
990068 No School	PKG	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			0	0	0	0	0	0
% of Calories					0%	0%	0%	0%
Weekly Nutrient Guideline			450 - 600	640				

Friday - 03/28/2025Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
990068 No School	PKG	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			0	0	0	0	0	0
% of Calories					0%	0%	0%	0%
Weekly Nutrient Guideline			450 - 600	640				

Monday - 03/31/2025Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
990192 Pancake Mini Variety	1 Pkg	1	215	235	12	*5	37.00	4.00
990126 Cereal Variety & Toast	Cereal	1	226	292	*10	*N/A*	38.15	5.05
990061 Fruit Varietv	1/2 CUP	1	80	5	*12	*N/A*	20.45	0.64

Base Menu Spreadsheet

Portion Values

Mar 1, 2025 thru Mar 31, 2025

000983 Juice Cup	CUP	1	60	15	13	*N/A*	15.00	0.00
000489 Milk Variety	carton	1	118	144	16	*N/A*	17.00	8.00
Weighted Daily Average			699	691	*63	*5	127.60	17.68
% of Calories					*36.1%	*2.9%	73.0%	10.1%
Weekly Nutrient Guideline			450 - 600	640				

		Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
Weighted Averages		581	805	*43	*1	91.15	17.62
% of Calories				*29.6%	*0.7%	62.8%	12.1%

**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.