

Base Menu Spreadsheet

Portion Values

Mar 1, 2025 thru Mar 31, 2025

Menu Name:

Middle School Breakfast

Include Cost:

No

Site:

Use Alternate Menu Name:

No

Monday - 03/03/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
990191 Waffle Mini Variety	Pkg	1	210	170	12	12	37.00	3.50
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			694	626	*63	*12	127.60	17.18
% of Calories					*36.3%	*6.9%	73.5%	9.9%
Weekly Nutrient Guideline			400 - 550	600				

Tuesday - 03/04/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
990042 Breakfast Casserole & Toast	1/2 cup	1	360	676	*1	*N/A*	16.58	19.02
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

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000489 Milk Variety	carton	1	118	144	16	*N/A*	17.00	8.00
Weighted Daily Average			844	1132	*52	*N/A*	107.18	32.71
% of Calories					*24.6%	*N/A*	50.8%	15.5%
Weekly Nutrient Guideline			400 - 550	600				

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)
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
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			400 - 550	600				

Thursday - 03/06/2025 Reimbursable Meal Total 1

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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			400 - 550	600				

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)
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

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	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			754	676	*64	*N/A*	130.60	19.68
% of Calories					*34.0%	*N/A*	69.3%	10.4%
Weekly Nutrient Guideline			400 - 550	600				

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)
990125 Muffin Variety & Toast	Pkg	1	318	284	*18	*12	46.15	6.55
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			802	740	*69	*12	136.75	20.24
% of Calories					*34.4%	*6.0%	68.2%	10.1%
Weekly Nutrient Guideline			400 - 550	600				

Tuesday - 03/11/2025 Reimbursable Meal Total 1

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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)
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			400 - 550	600				

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)
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

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	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	766	*55	*4	107.60	20.68
% of Calories					*32.6%	*2.4%	63.9%	12.3%
Weekly Nutrient Guideline			400 - 550	600				

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			400 - 550	600				

Friday - 03/14/2025 Reimbursable Meal Total 1

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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)
000616 Waffle Dutch WG	Funnel Cake	1	330	330	12	11	38.00	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			814	786	*63	*11	128.60	17.68
% of Calories					*31.0%	*5.4%	63.2%	8.7%
Weekly Nutrient Guideline			400 - 550	600				

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)
990159 Bread Slice, Banana, WG	PKG	1	260	240	24	23	45.00	5.00
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

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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			744	696	*75	*23	135.60	18.68
% of Calories					*40.3%	*12.4%	72.9%	10.0%
Weekly Nutrient Guideline			400 - 550	600				

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)
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			400 - 550	600				

Wednesday - 03/19/2025 Reimbursable Meal Total 1

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
000179 Breakfast Pork Sausage/Egg/Veggie Burrito	1 Burrito	1	397	762	*0	*N/A*	37.43	14.59
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			880	1218	*51	*N/A*	128.03	28.28
% of Calories					*23.2%	*N/A*	58.2%	12.9%
Weekly Nutrient Guideline			400 - 550	600				

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

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	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			400 - 550	600				

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)
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 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			699	691	*63	*5	127.60	17.68
% of Calories					*36.1%	*2.9%	73.0%	10.1%
Weekly Nutrient Guideline			400 - 550	600				

Monday - 03/24/2025 Reimbursable Meal Total 1

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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			400 - 550	600				

Tuesday - 03/25/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
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			400 - 550	600				

Wednesday - 03/26/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
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			400 - 550	600				

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Thursday - 03/27/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
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			400 - 550	600				

Friday - 03/28/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
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			400 - 550	600				

Monday - 03/31/2025 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 Varietv	1/2 CUP	1	80	5	*12	*N/A*	20.45	0.64

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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			739	1042	*53	*0	108.00	27.98
% of Calories					*28.7%	*0%	58.5%	15.1%
Weekly Nutrient Guideline			400 - 550	600				

		Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
Weighted Averages		594	774	*44	*3	93.32	17.71
% of Calories				*29.6%	*2.0%	62.8%	11.9%

**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.