

Base Menu Spreadsheet

Portion Values

Jan 6, 2020 thru Jan 31, 2020

Menu Name: Elementary BIC

Include Cost: No

Site:

Report Style: Detailed

Monday - 01/06/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000983 JUICE CUP	CUP	1	60	15	15.00
000317 MILK 1% WHITE	CARTON	1	100	120	11.00
000951 MUFFIN I/W	PKG	1	180	120	30.00
Weighted Daily Average			340	255	56.00
% of Calories					65.9%
Weekly Nutrient Guideline			0 - 0		

Tuesday - 01/07/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000983 JUICE CUP	CUP	1	60	15	15.00
000317 MILK 1% WHITE	CARTON	1	100	120	11.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000891 PANCAKE N SAUSAGE STICK	STICK	1	220	460	22.00
Weighted Daily Average			380	595	48.00
% of Calories					50.5%
Weekly Nutrient Guideline			0 - 0		

Wednesday - 01/08/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000662 CEREAL VARIETY	CEREAL	1	112	165	22.75
000585 BUG BITES GRAHAM CRACKERS	PKG	1	140	125	23.00
001161 ELF GRAHAM CHOCOLATE	PKG	1	120	125	20.00
000534 ELF GRAHAMS CINNAMON	PKG	1	120	105	21.00
000604 GOLDFISH GIANT GRAHAMS	PKG	1	120	50	19.00
000983 JUICE CUP	CUP	1	60	15	15.00
000317 MILK 1% WHITE	CARTON	1	100	120	11.00
Weighted Daily Average			773	705	131.75
% of Calories					68.2%
Weekly Nutrient Guideline			0 - 0		

Thursday - 01/09/2020

Reimbursable Meal Total 1

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Jan 6, 2020 thru Jan 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001134 BOSCO EGG & CHEESE STICK	STICK	1	150	380	18.00
000983 JUICE CUP	CUP	1	60	15	15.00
000228 MILK, SKIM CHOCOLATE	CARTON	1	150	230	24.00
Weighted Daily Average			360	625	57.00
% of Calories					63.3%
Weekly Nutrient Guideline			0 - 0		

Friday - 01/10/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000662 CEREAL VARIETY	CEREAL	1	112	165	22.75
000551 GOLDFISH	PKG	1	100	170	14.00
000604 GOLDFISH GIANT GRAHAMS	PKG	1	120	50	19.00
000983 JUICE CUP	CUP	1	60	15	15.00
000317 MILK 1% WHITE	CARTON	1	100	120	11.00
Weighted Daily Average			492	520	81.75
% of Calories					66.5%
Weekly Nutrient Guideline			0 - 0		

Monday - 01/13/2020

Reimbursable Meal Total 1

Base Menu Spreadsheet

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Jan 6, 2020 thru Jan 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001101 DONUTS CAKE MINI	4 DONUTS	1	200	270	25.00
001113 DONUT HOLES	5 HOLES	1	220	240	24.00
000983 JUICE CUP	CUP	1	60	15	15.00
001186 MILK CHOCOLATE 1%	CARTON	1	150	230	24.00
Weighted Daily Average			630	755	88.00
% of Calories					55.9%
Weekly Nutrient Guideline			0 - 0		

Tuesday - 01/14/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000796 MINI FRENCH TOAST HOMESTYLE	PKG	1	170	190	25.00
000983 JUICE CUP	CUP	1	60	15	15.00
001186 MILK CHOCOLATE 1%	CARTON	1	150	230	24.00
Weighted Daily Average			380	435	64.00
% of Calories					67.4%
Weekly Nutrient Guideline			0 - 0		

Wednesday - 01/15/2020

Reimbursable Meal Total 1

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Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000662 CEREAL VARIETY	CEREAL	1	112	165	22.75
000585 BUG BITES GRAHAM CRACKERS	PKG	1	140	125	23.00
001161 ELF GRAHAM CHOCOLATE	PKG	1	120	125	20.00
000534 ELF GRAHAMS CINNAMON	PKG	1	120	105	21.00
000604 GOLDFISH GIANT GRAHAMS	PKG	1	120	50	19.00
000983 JUICE CUP	CUP	1	60	15	15.00
000317 MILK 1% WHITE	CARTON	1	100	120	11.00
Weighted Daily Average			773	705	131.75
% of Calories					68.2%
Weekly Nutrient Guideline			0 - 0		

Thursday - 01/16/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000662 CEREAL VARIETY	CEREAL	1	112	165	22.75
000551 GOLDFISH	PKG	1	100	170	14.00
000604 GOLDFISH GIANT GRAHAMS	PKG	1	120	50	19.00
000983 JUICE CUP	CUP	1	60	15	15.00
000317 MILK 1% WHITE	CARTON	1	100	120	11.00

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000504 BISCUIT SANDWICH	SANDWICH	1	420	1110	27.00
Weighted Daily Average			912	1630	108.75
% of Calories					47.7%
Weekly Nutrient Guideline			0 - 0		

Friday - 01/17/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000662 CEREAL VARIETY	CEREAL	1	112	165	22.75
000551 GOLDFISH	PKG	1	100	170	14.00
000604 GOLDFISH GIANT GRAHAMS	PKG	1	120	50	19.00
000983 JUICE CUP	CUP	1	60	15	15.00
000317 MILK 1% WHITE	CARTON	1	100	120	11.00
Weighted Daily Average			492	520	81.75
% of Calories					66.5%
Weekly Nutrient Guideline			0 - 0		

Tuesday - 01/21/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000650 PANCAKES MINI MAPLE	PKG	1	220	130	39.00
000651 PANCAKES MINI	PKG	1	220	130	40.00

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STRAWBERRY					
000983 JUICE CUP	CUP	1	60	15	15.00
000317 MILK 1% WHITE	CARTON	1	100	120	11.00
Weighted Daily Average			600	395	105.00
% of Calories					70.0%
Weekly Nutrient Guideline			0 - 0		

Wednesday - 01/22/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000662 CEREAL VARIETY	CEREAL	1	112	165	22.75
000585 BUG BITES GRAHAM CRACKERS	PKG	1	140	125	23.00
001161 ELF GRAHAM CHOCOLATE	PKG	1	120	125	20.00
000534 ELF GRAHAMS CINNAMON	PKG	1	120	105	21.00
000604 GOLDFISH GIANT GRAHAMS	PKG	1	120	50	19.00
000983 JUICE CUP	CUP	1	60	15	15.00
000317 MILK 1% WHITE	CARTON	1	100	120	11.00
Weighted Daily Average			773	705	131.75
% of Calories					68.2%
Weekly Nutrient Guideline			0 - 0		

Thursday - 01/23/2020

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001168 BAGEL I/W	BAGEL	1	140	180	29.00
001186 MILK CHOCOLATE 1%	CARTON	1	150	230	24.00
Weighted Daily Average			290	410	53.00
% of Calories					73.1%
Weekly Nutrient Guideline			0 - 0		

Friday - 01/24/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000662 CEREAL VARIETY	CEREAL	1	112	165	22.75
000551 GOLDFISH	PKG	1	100	170	14.00
000604 GOLDFISH GIANT GRAHAMS	PKG	1	120	50	19.00
000983 JUICE CUP	CUP	1	60	15	15.00
000317 MILK 1% WHITE	CARTON	1	100	120	11.00
Weighted Daily Average			492	520	81.75
% of Calories					66.5%
Weekly Nutrient Guideline			0 - 0		

Monday - 01/27/2020

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jan 6, 2020 thru Jan 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000983 JUICE CUP	CUP	1	60	15	15.00
000317 MILK 1% WHITE	CARTON	1	100	120	11.00
000951 MUFFIN I/W	PKG	1	180	120	30.00
Weighted Daily Average			340	255	56.00
% of Calories					65.9%
Weekly Nutrient Guideline			0 - 0		

Tuesday - 01/28/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000762 MINI WAFFLES BLUEBERRY	PKG	1	210	170	37.00
000797 MINI WAFFLES MAPLE	PKG	1	210	170	38.00
000983 JUICE CUP	CUP	1	60	15	15.00
001186 MILK CHOCOLATE 1%	CARTON	1	150	230	24.00
Weighted Daily Average			630	585	114.00
% of Calories					72.4%
Weekly Nutrient Guideline			0 - 0		

Wednesday - 01/29/2020

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000662 CEREAL VARIETY	CEREAL	1	112	165	22.75
000585 BUG BITES GRAHAM CRACKERS	PKG	1	140	125	23.00
001161 ELF GRAHAM CHOCOLATE	PKG	1	120	125	20.00
000534 ELF GRAHAMS CINNAMON	PKG	1	120	105	21.00
000604 GOLDFISH GIANT GRAHAMS	PKG	1	120	50	19.00
000983 JUICE CUP	CUP	1	60	15	15.00
000317 MILK 1% WHITE	CARTON	1	100	120	11.00
Weighted Daily Average			773	705	131.75
% of Calories					68.2%
Weekly Nutrient Guideline			0 - 0		

Thursday - 01/30/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000662 CEREAL VARIETY	CEREAL	1	112	165	22.75
000551 GOLDFISH	PKG	1	100	170	14.00
000604 GOLDFISH GIANT GRAHAMS	PKG	1	120	50	19.00
000983 JUICE CUP	CUP	1	60	15	15.00
000317 MILK 1% WHITE	CARTON	1	100	120	11.00
000528 TORNADOS EGG	EACH	1	220	490	23.00

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Portion Values

BACON & CHEESE					
000527 TORNADOS FRENCH TOAST & SAUSAG	EACH	1	190	200	22.00
Weighted Daily Average			902	1210	126.75
% of Calories					56.2%
Weekly Nutrient Guideline			0 - 0		

Friday - 01/31/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000662 CEREAL VARIETY	CEREAL	1	112	165	22.75
000551 GOLDFISH	PKG	1	100	170	14.00
000604 GOLDFISH GIANT GRAHAMS	PKG	1	120	50	19.00
000983 JUICE CUP	CUP	1	60	15	15.00
000317 MILK 1% WHITE	CARTON	1	100	120	11.00
Weighted Daily Average			492	520	81.75
% of Calories					66.5%
Weekly Nutrient Guideline			0 - 0		

	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
Weighted Averages	570	634	91.08
% of Calories			63.9%

Base Menu Spreadsheet

Jefferson City School District

Portion Values

Jan 6, 2020 thru Jan 31, 2020

**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.*