

Base Menu Spreadsheet

Portion Values

Jan 4, 2021 thru Jan 29, 2021

Menu Name: Elementary Breakfast

Include Cost: No

Site:

Report Style: Detailed

Monday - 01/04/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|----------|
| 000951 Muffin I/W | PKG | 1 | 180 | 30.00 |
| 990061 Fruit Variety | 1/2 CUP | 1 | 78 | 20.47 |
| 000983 Juice Cup | CUP | 1 | 60 | 15.00 |
| 000489 Milk Variety | CARTON | 1 | 118 | 17.00 |
| Weighted Daily Average | | | 436 | 82.47 |
| % of Calories | | | | 75.7% |
| Weekly Nutrient Guideline | | | 350 - 500 | |

Tuesday - 01/05/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Carb (g) |
|--------------------------|--------------|-----------|--------------------------|----------|
| 000796 French Toast Mini | PKG | 1 | 170 | 25.00 |
| 990061 Fruit Variety | 1/2 CUP | 1 | 78 | 20.47 |
| 000983 Juice Cup | CUP | 1 | 60 | 15.00 |

Base Menu Spreadsheet

Portion Values

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|----------|
| 000489 Milk Variety | CARTON | 1 | 118 | 17.00 |
| Weighted Daily Average | | | 426 | 77.47 |
| % of Calories | | | | 72.7% |
| Weekly Nutrient Guideline | | | 350 - 500 | |

Wednesday - 01/06/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Carb (g) |
|---------------------------------|--------------|-----------|--------------------------|----------|
| 000662 Cereal Variety | CEREAL | 1 | 112 | 22.75 |
| 000585 Bug Bite Graham Crackers | PKG | 1 | 140 | 23.00 |
| 990061 Fruit Variety | 1/2 CUP | 1 | 78 | 20.47 |
| 000983 Juice Cup | CUP | 1 | 60 | 15.00 |
| 000489 Milk Variety | CARTON | 1 | 118 | 17.00 |
| Weighted Daily Average | | | 508 | 98.22 |
| % of Calories | | | | 77.3% |
| Weekly Nutrient Guideline | | | 350 - 500 | |

Thursday - 01/07/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|----------|
| 001168 Bagel I/W | Bagel | 1 | 140 | 29.00 |
| 990061 Fruit Variety | 1/2 CUP | 1 | 78 | 20.47 |
| 000983 Juice Cup | CUP | 1 | 60 | 15.00 |
| 000489 Milk Variety | CARTON | 1 | 118 | 17.00 |
| Weighted Daily Average | | | 396 | 81.47 |
| % of Calories | | | | 82.3% |
| Weekly Nutrient Guideline | | | 350 - 500 | |

Friday - 01/08/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|----------|
| 000662 Cereal Variety | CEREAL | 1 | 112 | 22.75 |
| 000551 Goldfish | PKG | 1 | 100 | 14.00 |
| 990061 Fruit Variety | 1/2 CUP | 1 | 78 | 20.47 |
| 000983 Juice Cup | CUP | 1 | 60 | 15.00 |
| 000489 Milk Variety | CARTON | 1 | 118 | 17.00 |
| Weighted Daily Average | | | 468 | 89.22 |
| % of Calories | | | | 76.3% |
| Weekly Nutrient Guideline | | | 350 - 500 | |

Base Menu Spreadsheet

Portion Values

Jan 4, 2021 thru Jan 29, 2021

Monday - 01/11/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|----------|
| 000660 Cereal Bar Variety | SERVING | 1 | 150 | 30.00 |
| 990061 Fruit Variety | 1/2 CUP | 1 | 78 | 20.47 |
| 000983 Juice Cup | CUP | 1 | 60 | 15.00 |
| 000489 Milk Variety | CARTON | 1 | 118 | 17.00 |
| Weighted Daily Average | | | 406 | 82.47 |
| % of Calories | | | | 81.3% |
| Weekly Nutrient Guideline | | | 350 - 500 | |

Tuesday - 01/12/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|----------|
| 000650 Pancake Mini Maple | PKG | 1 | 220 | 39.00 |
| 990061 Fruit Variety | 1/2 CUP | 1 | 78 | 20.47 |
| 000983 Juice Cup | CUP | 1 | 60 | 15.00 |

Base Menu Spreadsheet

Portion Values

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|----------|
| 000489 Milk Variety | CARTON | 1 | 118 | 17.00 |
| Weighted Daily Average | | | 476 | 91.47 |
| % of Calories | | | | 76.9% |
| Weekly Nutrient Guideline | | | 350 - 500 | |

Wednesday - 01/13/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Carb (g) |
|---------------------------------|--------------|-----------|--------------------------|----------|
| 000662 Cereal Variety | CEREAL | 1 | 112 | 22.75 |
| 000585 Bug Bite Graham Crackers | PKG | 1 | 140 | 23.00 |
| 990061 Fruit Variety | 1/2 CUP | 1 | 78 | 20.47 |
| 000983 Juice Cup | CUP | 1 | 60 | 15.00 |
| 000489 Milk Variety | CARTON | 1 | 118 | 17.00 |
| Weighted Daily Average | | | 508 | 98.22 |
| % of Calories | | | | 77.3% |
| Weekly Nutrient Guideline | | | 350 - 500 | |

Thursday - 01/14/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Carb (g) |
|-----------------------------|--------------|-----------|--------------------------|----------|
| 000527 Tornado French Toast | EACH | 1 | 190 | 22.00 |
| 990061 Fruit Variety | 1/2 CUP | 1 | 78 | 20.47 |
| 000983 Juice Cup | CUP | 1 | 60 | 15.00 |
| 000489 Milk Variety | CARTON | 1 | 118 | 17.00 |
| Weighted Daily Average | | | 446 | 74.47 |
| % of Calories | | | | 66.8% |
| Weekly Nutrient Guideline | | | 350 - 500 | |

Friday - 01/15/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|----------|
| 000662 Cereal Variety | CEREAL | 1 | 112 | 22.75 |
| 000551 Goldfish | PKG | 1 | 100 | 14.00 |
| 990061 Fruit Variety | 1/2 CUP | 1 | 78 | 20.47 |
| 000983 Juice Cup | CUP | 1 | 60 | 15.00 |
| 000489 Milk Variety | CARTON | 1 | 118 | 17.00 |
| Weighted Daily Average | | | 468 | 89.22 |
| % of Calories | | | | 76.3% |
| Weekly Nutrient Guideline | | | 350 - 500 | |

Base Menu Spreadsheet

Portion Values

Monday - 01/18/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|----------|
| 990068 No School | PKG | 1 | *N/A* | *N/A* |
| Weighted Daily Average | | | 0 | 0 |
| % of Calories | | | | 0% |
| Weekly Nutrient Guideline | | | 350 - 500 | |

Tuesday - 01/19/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|----------|
| 000891 Pancake Stick | STICK | 1 | 220 | 22.00 |
| 990061 Fruit Variety | 1/2 CUP | 1 | 78 | 20.47 |
| 000983 Juice Cup | CUP | 1 | 60 | 15.00 |
| 000489 Milk Variety | CARTON | 1 | 118 | 17.00 |
| Weighted Daily Average | | | 476 | 74.47 |
| % of Calories | | | | 62.6% |
| Weekly Nutrient Guideline | | | 350 - 500 | |

Wednesday - 01/20/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|----------|
| 000662 Cereal Variety | CEREAL | 1 | 112 | 22.75 |
| 001161 Elf Graham Choc | PKG | 1 | 120 | 20.00 |
| 990061 Fruit Variety | 1/2 CUP | 1 | 78 | 20.47 |
| 000983 Juice Cup | CUP | 1 | 60 | 15.00 |
| 000489 Milk Variety | CARTON | 1 | 118 | 17.00 |
| Weighted Daily Average | | | 488 | 95.22 |
| % of Calories | | | | 78.0% |
| Weekly Nutrient Guideline | | | 350 - 500 | |

Thursday - 01/21/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|----------|
| 000661 Poptart Variety | PKGS | 1 | 180 | 37.50 |
| 990061 Fruit Variety | 1/2 CUP | 1 | 78 | 20.47 |
| 000983 Juice Cup | CUP | 1 | 60 | 15.00 |
| 000489 Milk Variety | CARTON | 1 | 118 | 17.00 |
| Weighted Daily Average | | | 436 | 89.97 |
| % of Calories | | | | 82.5% |
| Weekly Nutrient Guideline | | | 350 - 500 | |

Base Menu Spreadsheet

Portion Values

Jan 4, 2021 thru Jan 29, 2021

Friday - 01/22/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|----------|
| 000662 Cereal Variety | CEREAL | 1 | 112 | 22.75 |
| 000551 Goldfish | PKG | 1 | 100 | 14.00 |
| 990061 Fruit Variety | 1/2 CUP | 1 | 78 | 20.47 |
| 000983 Juice Cup | CUP | 1 | 60 | 15.00 |
| 000489 Milk Variety | CARTON | 1 | 118 | 17.00 |
| Weighted Daily Average | | | 468 | 89.22 |
| % of Calories | | | | 76.3% |
| Weekly Nutrient Guideline | | | 350 - 500 | |

Monday - 01/25/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Carb (g) |
|----------------------|--------------|-----------|--------------------------|----------|
| 000690 Mini Cinnis | PKG | 1 | 240 | 40.00 |
| 990061 Fruit Variety | 1/2 CUP | 1 | 78 | 20.47 |
| 000983 Juice Cup | CUP | 1 | 60 | 15.00 |

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Portion Values

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|----------|
| 000489 Milk Variety | CARTON | 1 | 118 | 17.00 |
| Weighted Daily Average | | | 496 | 92.47 |
| % of Calories | | | | 74.6% |
| Weekly Nutrient Guideline | | | 350 - 500 | |

Tuesday - 01/26/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|----------|
| 000797 Mini Waffles Maple | PKG | 1 | 210 | 38.00 |
| 990061 Fruit Variety | 1/2 CUP | 1 | 78 | 20.47 |
| 000983 Juice Cup | CUP | 1 | 60 | 15.00 |
| 000489 Milk Variety | CARTON | 1 | 118 | 17.00 |
| Weighted Daily Average | | | 466 | 90.47 |
| % of Calories | | | | 77.7% |
| Weekly Nutrient Guideline | | | 350 - 500 | |

Wednesday - 01/27/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Carb (g) |
|-----------------------|--------------|-----------|--------------------------|----------|
| 000662 Cereal Variety | CEREAL | 1 | 112 | 22.75 |

Base Menu Spreadsheet

Portion Values

| | | | | |
|------------------------------|---------|---|-----------|-------|
| 000639 Cracker Scooby Graham | PKG | 1 | 120 | 21.00 |
| 990061 Fruit Variety | 1/2 CUP | 1 | 78 | 20.47 |
| 000983 Juice Cup | CUP | 1 | 60 | 15.00 |
| 000489 Milk Variety | CARTON | 1 | 118 | 17.00 |
| Weighted Daily Average | | | 488 | 96.22 |
| % of Calories | | | | 78.9% |
| Weekly Nutrient Guideline | | | 350 - 500 | |

Thursday - 01/28/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|----------|
| 000528 Tornado Bacon | EACH | 1 | 220 | 23.00 |
| 990061 Fruit Variety | 1/2 CUP | 1 | 78 | 20.47 |
| 000983 Juice Cup | CUP | 1 | 60 | 15.00 |
| 000489 Milk Variety | CARTON | 1 | 118 | 17.00 |
| Weighted Daily Average | | | 476 | 75.47 |
| % of Calories | | | | 63.4% |
| Weekly Nutrient Guideline | | | 350 - 500 | |

Friday - 01/29/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Carb (g) |
|---------------------------|--------------|-----------|--------------------------|----------|
| 000662 Cereal Variety | CEREAL | 1 | 112 | 22.75 |
| 000551 Goldfish | PKG | 1 | 100 | 14.00 |
| 990061 Fruit Variety | 1/2 CUP | 1 | 78 | 20.47 |
| 000983 Juice Cup | CUP | 1 | 60 | 15.00 |
| 000489 Milk Variety | CARTON | 1 | 118 | 17.00 |
| Weighted Daily Average | | | 468 | 89.22 |
| % of Calories | | | | 76.3% |
| Weekly Nutrient Guideline | | | 350 - 500 | |

| | | | Cals ¹ (kcal) | Carb (g) |
|-------------------|--|--|--------------------------|----------|
| Weighted Averages | | | 440 | 82.87 |
| % of Calories | | | | 75.3% |

**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.