

Base Menu Spreadsheet

Portion Values

Nov 1, 2019 thru Nov 26, 2019

Menu Name: Elementary BIC

Include Cost: No

Site:

Report Style: Detailed

Friday - 11/01/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000662 CEREAL VARIETY	CEREAL	1	112	165	2.12	22.75	*N/A*
000551 GOLDFISH	PKG	1	100	170	3.50	14.00	0.36
000604 GOLDFISH GIANT GRAHAMS	PKG	1	120	50	4.50	19.00	0.72
000983 JUICE CUP	CUP	1	60	15	0.00	15.00	0.00
000317 MILK 1% WHITE	CARTON	1	100	120	2.50	11.00	0.00
Weighted Daily Average			492	520	12.62	81.75	*1.08
% of Calories					23.1%	66.5%	
Weekly Nutrient Guideline			0 - 0		<=0		

Monday - 11/04/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000983 JUICE CUP	CUP	1	60	15	0.00	15.00	0.00
000317 MILK 1% WHITE	CARTON	1	100	120	2.50	11.00	0.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000951 MUFFIN I/W	PKG	1	180	120	5.00	30.00	1.44
Weighted Daily Average			340	255	7.50	56.00	1.44
% of Calories					19.9%	65.9%	
Weekly Nutrient Guideline			0 - 0		<=0		

Tuesday - 11/05/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000983 JUICE CUP	CUP	1	60	15	0.00	15.00	0.00
000317 MILK 1% WHITE	CARTON	1	100	120	2.50	11.00	0.00
000891 PANCAKE N SAUSAGE STICK	STICK	1	220	460	13.00	22.00	1.08
Weighted Daily Average			380	595	15.50	48.00	1.08
% of Calories					36.7%	50.5%	
Weekly Nutrient Guideline			0 - 0		<=0		

Wednesday - 11/06/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000662 CEREAL VARIETY	CEREAL	1	112	165	2.12	22.75	*N/A*
000585 BUG BITES GRAHAM CRACKERS	PKG	1	140	125	4.50	23.00	0.72

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001161 ELF GRAHAM CHOCOLATE	PKG	1	120	125	4.00	20.00	1.08
000534 ELF GRAHAMS CINNAMON	PKG	1	120	105	4.00	21.00	0.72
000604 GOLDFISH GIANT GRAHAMS	PKG	1	120	50	4.50	19.00	0.72
000983 JUICE CUP	CUP	1	60	15	0.00	15.00	0.00
000317 MILK 1% WHITE	CARTON	1	100	120	2.50	11.00	0.00
Weighted Daily Average			772	705	21.62	131.75	*3.24
% of Calories					25.2%	68.3%	
Weekly Nutrient Guideline			0 - 0		<=0		

Thursday - 11/07/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000983 JUICE CUP	CUP	1	60	15	0.00	15.00	0.00
000317 MILK 1% WHITE	CARTON	1	100	120	2.50	11.00	0.00
Weighted Daily Average			160	135	2.50	26.00	0.00
% of Calories					14.1%	65.0%	
Weekly Nutrient Guideline			0 - 0		<=0		

Friday - 11/08/2019

Reimbursable Meal Total 1

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Nov 1, 2019 thru Nov 26, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000662 CEREAL VARIETY	CEREAL	1	112	165	2.12	22.75	*N/A*
000551 GOLDFISH	PKG	1	100	170	3.50	14.00	0.36
000604 GOLDFISH GIANT GRAHAMS	PKG	1	120	50	4.50	19.00	0.72
000983 JUICE CUP	CUP	1	60	15	0.00	15.00	0.00
000317 MILK 1% WHITE	CARTON	1	100	120	2.50	11.00	0.00
Weighted Daily Average			492	520	12.62	81.75	*1.08
% of Calories					23.1%	66.5%	
Weekly Nutrient Guideline			0 - 0		<=0		

Monday - 11/11/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000983 JUICE CUP	CUP	1	60	15	0.00	15.00	0.00
000317 MILK 1% WHITE	CARTON	1	100	120	2.50	11.00	0.00
000662 CEREAL VARIETY	CEREAL	1	112	165	2.12	22.75	*N/A*
000585 BUG BITES GRAHAM CRACKERS	PKG	1	140	125	4.50	23.00	0.72
001161 ELF GRAHAM CHOCOLATE	PKG	1	120	125	4.00	20.00	1.08
000534 ELF GRAHAMS CINNAMON	PKG	1	120	105	4.00	21.00	0.72

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Nov 1, 2019 thru Nov 26, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000604 GOLDFISH GIANT GRAHAMS	PKG	1	120	50	4.50	19.00	0.72
Weighted Daily Average			772	705	21.62	131.75	*3.24
% of Calories					25.2%	68.3%	
Weekly Nutrient Guideline			0 - 0		<=0		

Tuesday - 11/12/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000983 JUICE CUP	CUP	1	60	15	0.00	15.00	0.00
000317 MILK 1% WHITE	CARTON	1	100	120	2.50	11.00	0.00
000796 MINI FRENCH TOAST HOMESTYLE	PKG	1	170	190	6.00	25.00	*N/A*
Weighted Daily Average			330	325	8.50	51.00	*0.00
% of Calories					23.2%	61.8%	
Weekly Nutrient Guideline			0 - 0		<=0		

Wednesday - 11/13/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000585 BUG BITES GRAHAM CRACKERS	PKG	1	140	125	4.50	23.00	0.72
001161 ELF GRAHAM CHOCOLATE	PKG	1	120	125	4.00	20.00	1.08

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000534 ELF GRAHAMS CINNAMON	PKG	1	120	105	4.00	21.00	0.72
000604 GOLDFISH GIANT GRAHAMS	PKG	1	120	50	4.50	19.00	0.72
000983 JUICE CUP	CUP	1	60	15	0.00	15.00	0.00
000317 MILK 1% WHITE	CARTON	1	100	120	2.50	11.00	0.00
001113 DONUT HOLES	5 HOLES	1	220	240	12.00	24.00	0.72
001101 DONUTS CAKE MINI	4 DONUTS	1	200	270	10.00	25.00	1.08
Weighted Daily Average			1080	1050	41.50	158.00	5.04
% of Calories					34.6%	58.5%	
Weekly Nutrient Guideline			0 - 0		<=0		

Thursday - 11/14/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000983 JUICE CUP	CUP	1	60	15	0.00	15.00	0.00
000317 MILK 1% WHITE	CARTON	1	100	120	2.50	11.00	0.00
000662 CEREAL VARIETY	CEREAL	1	112	165	2.12	22.75	*N/A*
000585 BUG BITES GRAHAM CRACKERS	PKG	1	140	125	4.50	23.00	0.72
001161 ELF GRAHAM CHOCOLATE	PKG	1	120	125	4.00	20.00	1.08
000534 ELF GRAHAMS CINNAMON	PKG	1	120	105	4.00	21.00	0.72

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Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000604 GOLDFISH GIANT GRAHAMS	PKG	1	120	50	4.50	19.00	0.72
Weighted Daily Average			772	705	21.62	131.75	*3.24
% of Calories					25.2%	68.3%	
Weekly Nutrient Guideline			0 - 0		<=0		

Friday - 11/15/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000983 JUICE CUP	CUP	1	60	15	0.00	15.00	0.00
000317 MILK 1% WHITE	CARTON	1	100	120	2.50	11.00	0.00
Weighted Daily Average			160	135	2.50	26.00	0.00
% of Calories					14.1%	65.0%	
Weekly Nutrient Guideline			0 - 0		<=0		

Monday - 11/18/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000983 JUICE CUP	CUP	1	60	15	0.00	15.00	0.00
000317 MILK 1% WHITE	CARTON	1	100	120	2.50	11.00	0.00
000951 MUFFIN I/W	PKG	1	180	120	5.00	30.00	1.44

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000585 BUG BITES GRAHAM CRACKERS	PKG	1	140	125	4.50	23.00	0.72
001161 ELF GRAHAM CHOCOLATE	PKG	1	120	125	4.00	20.00	1.08
000534 ELF GRAHAMS CINNAMON	PKG	1	120	105	4.00	21.00	0.72
000604 GOLDFISH GIANT GRAHAMS	PKG	1	120	50	4.50	19.00	0.72
Weighted Daily Average			840	660	24.50	139.00	4.68
% of Calories					26.2%	66.2%	
Weekly Nutrient Guideline			0 - 0		<=0		

Tuesday - 11/19/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000983 JUICE CUP	CUP	1	60	15	0.00	15.00	0.00
000317 MILK 1% WHITE	CARTON	1	100	120	2.50	11.00	0.00
000650 PANCAKES MINI MAPLE	PKG	1	220	130	6.00	39.00	0.72
000651 PANCAKES MINI STRAWBERRY	PKG	1	220	130	6.00	40.00	0.72
Weighted Daily Average			600	395	14.50	105.00	1.44
% of Calories					21.8%	70.0%	
Weekly Nutrient Guideline			0 - 0		<=0		

Wednesday - 11/20/2019

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 1, 2019 thru Nov 26, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000662 CEREAL VARIETY	CEREAL	1	112	165	2.12	22.75	*N/A*
000585 BUG BITES GRAHAM CRACKERS	PKG	1	140	125	4.50	23.00	0.72
001161 ELF GRAHAM CHOCOLATE	PKG	1	120	125	4.00	20.00	1.08
000534 ELF GRAHAMS CINNAMON	PKG	1	120	105	4.00	21.00	0.72
000604 GOLDFISH GIANT GRAHAMS	PKG	1	120	50	4.50	19.00	0.72
000983 JUICE CUP	CUP	1	60	15	0.00	15.00	0.00
000317 MILK 1% WHITE	CARTON	1	100	120	2.50	11.00	0.00
Weighted Daily Average			772	705	21.62	131.75	*3.24
% of Calories					25.2%	68.3%	
Weekly Nutrient Guideline			0 - 0		<=0		

Thursday - 11/21/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000983 JUICE CUP	CUP	1	60	15	0.00	15.00	0.00
000317 MILK 1% WHITE	CARTON	1	100	120	2.50	11.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2019 thru Nov 26, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
001042 MINI BAGELS STRAWBERRY	PKG	1	230	180	6.00	41.00	1.08
Weighted Daily Average			390	315	8.50	67.00	1.08
% of Calories					19.6%	68.7%	
Weekly Nutrient Guideline			0 - 0		<=0		

Friday - 11/22/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000662 CEREAL VARIETY	CEREAL	1	112	165	2.12	22.75	*N/A*
000551 GOLDFISH	PKG	1	100	170	3.50	14.00	0.36
000604 GOLDFISH GIANT GRAHAMS	PKG	1	120	50	4.50	19.00	0.72
000983 JUICE CUP	CUP	1	60	15	0.00	15.00	0.00
000317 MILK 1% WHITE	CARTON	1	100	120	2.50	11.00	0.00
Weighted Daily Average			492	520	12.62	81.75	*1.08
% of Calories					23.1%	66.5%	
Weekly Nutrient Guideline			0 - 0		<=0		

Monday - 11/25/2019

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 1, 2019 thru Nov 26, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000983 JUICE CUP	CUP	1	60	15	0.00	15.00	0.00
000317 MILK 1% WHITE	CARTON	1	100	120	2.50	11.00	0.00
Weighted Daily Average			160	135	2.50	26.00	0.00
% of Calories					14.1%	65.0%	
Weekly Nutrient Guideline			0 - 0		<=0		

Tuesday - 11/26/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000983 JUICE CUP	CUP	1	60	15	0.00	15.00	0.00
000317 MILK 1% WHITE	CARTON	1	100	120	2.50	11.00	0.00
Weighted Daily Average			160	135	2.50	26.00	0.00
% of Calories					14.1%	65.0%	
Weekly Nutrient Guideline			0 - 0		<=0		

	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
Weighted Averages	509	473	14.16	83.35	*1.72
% of Calories			25.0%	65.5%	

Base Menu Spreadsheet

Jefferson City School District

Portion Values

Nov 1, 2019 thru Nov 26, 2019

**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.