

Base Menu Spreadsheet

Weighted Values

Nov 1, 2019 thru Nov 22, 2019

Menu Name: SECONDARY BREAKFAST

Include Cost: Yes

Site:

Report Style: Detailed

Friday - 11/01/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Cholst (mg)	Carb (g)	Cost
000662 CEREAL VARIETY	CEREAL	1	112	0	22.75	\$0.000
000495 TOAST	SLICES	1	126	0	13.00	\$0.000
000093 TOAST CINNAMON	SLICES	1	151	0	19.86	\$0.000
000983 JUICE CUP	CUP	1	60	*N/A*	15.00	\$0.000
000489 MILK VARIETY	CARTON	1	118	10	17.00	\$0.000
000955 CINNAMON ROLL DOUGH PILSBURY	ROLL	1	260	0	36.00	\$0.000
000865 CINNAMON ROLLS ULTRAGRAIN	SERVINGS	1	230	*9	41.68	\$0.000
Weighted Daily Average			1057	*19	165.29	\$0.000
% of Calories					62.6%	
Weekly Nutrient Guideline			450 - 600			

Monday - 11/04/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Cholst (mg)	Carb (g)	Cost
000662 CEREAL VARIETY	CEREAL	1	112	0	22.75	\$0.000

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Cholst (mg)	Carb (g)	Cost
000495 TOAST	SLICES	1	126	0	13.00	\$0.000
000093 TOAST CINNAMON	SLICES	1	151	0	19.86	\$0.000
000983 JUICE CUP	CUP	1	60	*N/A*	15.00	\$0.000
000489 MILK VARIETY	CARTON	1	118	10	17.00	\$0.000
990029 SCRAMBLED EGGS *RESIZED*	1/2 CUP	1	182	374	6.40	\$0.000
Weighted Daily Average			749	*384	94.01	\$0.000
% of Calories					50.2%	
Weekly Nutrient Guideline			450 - 600			

Tuesday - 11/05/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Cholst (mg)	Carb (g)	Cost
000662 CEREAL VARIETY	CEREAL	1	112	0	22.75	\$0.000
000495 TOAST	SLICES	1	126	0	13.00	\$0.000
000093 TOAST CINNAMON	SLICES	1	151	0	19.86	\$0.000
000983 JUICE CUP	CUP	1	60	*N/A*	15.00	\$0.000
000489 MILK VARIETY	CARTON	1	118	10	17.00	\$0.000

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Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Cholst (mg)	Carb (g)	Cost
000504 BISCUIT SANDWICH	SANDWICH	1	420	152	27.00	\$0.000
Weighted Daily Average			987	*162	114.61	\$0.000
% of Calories					46.4%	
Weekly Nutrient Guideline			450 - 600			

Wednesday - 11/06/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Cholst (mg)	Carb (g)	Cost
000662 CEREAL VARIETY	CEREAL	1	112	0	22.75	\$0.000
000495 TOAST	SLICES	1	126	0	13.00	\$0.000
000093 TOAST CINNAMON	SLICES	1	151	0	19.86	\$0.000
000983 JUICE CUP	CUP	1	60	*N/A*	15.00	\$0.000
000489 MILK VARIETY	CARTON	1	118	10	17.00	\$0.000
000891 PANCAKE N SAUSAGE STICK	STICK	1	220	25	22.00	\$0.000
Weighted Daily Average			787	*35	109.61	\$0.000
% of Calories					55.7%	
Weekly Nutrient Guideline			450 - 600			

Thursday - 11/07/2019

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Nov 1, 2019 thru Nov 22, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Cholst (mg)	Carb (g)	Cost
000662 CEREAL VARIETY	CEREAL	1	112	0	22.75	\$0.000
000495 TOAST	SLICES	1	126	0	13.00	\$0.000
000093 TOAST CINNAMON	SLICES	1	151	0	19.86	\$0.000
000983 JUICE CUP	CUP	1	60	*N/A*	15.00	\$0.000
000489 MILK VARIETY	CARTON	1	118	10	17.00	\$0.000
000541 BISCUIT & GRAVY	SERVING	1	300	13	33.33	\$0.000
Weighted Daily Average			867	*23	120.94	\$0.000
% of Calories					55.8%	
Weekly Nutrient Guideline			450 - 600			

Friday - 11/08/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Cholst (mg)	Carb (g)	Cost
000662 CEREAL VARIETY	CEREAL	1	112	0	22.75	\$0.000
000495 TOAST	SLICES	1	126	0	13.00	\$0.000
000093 TOAST CINNAMON	SLICES	1	151	0	19.86	\$0.000
000983 JUICE CUP	CUP	1	60	*N/A*	15.00	\$0.000
000489 MILK VARIETY	CARTON	1	118	10	17.00	\$0.000

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Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Cholst (mg)	Carb (g)	Cost
000664 DONUT LONG JOHN RICHS	SERVING	1	406	0	53.17	\$0.000
Weighted Daily Average			973	*10	140.78	\$0.000
% of Calories					57.9%	
Weekly Nutrient Guideline			450 - 600			

Monday - 11/11/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Cholst (mg)	Carb (g)	Cost
001155 BURRITO CHEESY EGG	BURRITO	1	577	401	39.38	\$0.000
000495 TOAST	SLICES	1	126	0	13.00	\$0.000
000093 TOAST CINNAMON	SLICES	1	151	0	19.86	\$0.000
000662 CEREAL VARIETY	CEREAL	1	112	0	22.75	\$0.000
000983 JUICE CUP	CUP	1	60	*N/A*	15.00	\$0.000
000317 MILK 1% WHITE	CARTON	1	100	15	11.00	\$0.000
Weighted Daily Average			1126	*416	120.99	\$0.000
% of Calories					43.0%	
Weekly Nutrient Guideline			450 - 600			

Tuesday - 11/12/2019

Reimbursable Meal Total 1

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Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Cholst (mg)	Carb (g)	Cost
000662 CEREAL VARIETY	CEREAL	1	112	0	22.75	\$0.000
000495 TOAST	SLICES	1	126	0	13.00	\$0.000
000093 TOAST CINNAMON	SLICES	1	151	0	19.86	\$0.000
000983 JUICE CUP	CUP	1	60	*N/A*	15.00	\$0.000
000489 MILK VARIETY	CARTON	1	118	10	17.00	\$0.000
000504 BISCUIT SANDWICH	SANDWICH	1	420	152	27.00	\$0.000
Weighted Daily Average			987	*162	114.61	\$0.000
% of Calories					46.4%	
Weekly Nutrient Guideline			450 - 600			

Wednesday - 11/13/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Cholst (mg)	Carb (g)	Cost
000528 TORNADOS EGG BACON & CHEESE	EACH	1	220	50	23.00	\$0.000
000527 TORNADOS FRENCH TOAST & SAUSAG	EACH	1	190	25	22.00	\$0.000
000495 TOAST	SLICES	1	126	0	13.00	\$0.000
000093 TOAST CINNAMON	SLICES	1	151	0	19.86	\$0.000
000662 CEREAL VARIETY	CEREAL	1	112	0	22.75	\$0.000
000983 JUICE CUP	CUP	1	60	*N/A*	15.00	\$0.000

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Weighted Values

Nov 1, 2019 thru Nov 22, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Cholst (mg)	Carb (g)	Cost
000317 MILK 1% WHITE	CARTON	1	100	15	11.00	\$0.000
Weighted Daily Average			960	*90	126.61	\$0.000
% of Calories					52.8%	
Weekly Nutrient Guideline			450 - 600			

Thursday - 11/14/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Cholst (mg)	Carb (g)	Cost
000662 CEREAL VARIETY	CEREAL	1	112	0	22.75	\$0.000
000495 TOAST	SLICES	1	126	0	13.00	\$0.000
000093 TOAST CINNAMON	SLICES	1	151	0	19.86	\$0.000
000983 JUICE CUP	CUP	1	60	*N/A*	15.00	\$0.000
000489 MILK VARIETY	CARTON	1	118	10	17.00	\$0.000
000541 BISCUIT & GRAVY	SERVING	1	300	13	33.33	\$0.000
Weighted Daily Average			867	*23	120.94	\$0.000
% of Calories					55.8%	
Weekly Nutrient Guideline			450 - 600			

Friday - 11/15/2019

Reimbursable Meal Total 1

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Weighted Values

Nov 1, 2019 thru Nov 22, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Cholst (mg)	Carb (g)	Cost
000662 CEREAL VARIETY	CEREAL	1	112	0	22.75	\$0.000
000495 TOAST	SLICES	1	126	0	13.00	\$0.000
000093 TOAST CINNAMON	SLICES	1	151	0	19.86	\$0.000
000983 JUICE CUP	CUP	1	60	*N/A*	15.00	\$0.000
000489 MILK VARIETY	CARTON	1	118	10	17.00	\$0.000
001068 MUFFIN PUCK	MUFFIN	1	170	25	19.00	\$0.000
000951 MUFFIN I/W	PKG	1	180	40	30.00	\$0.000
Weighted Daily Average			917	*75	136.61	\$0.000
% of Calories					59.6%	
Weekly Nutrient Guideline			450 - 600			

Monday - 11/18/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Cholst (mg)	Carb (g)	Cost
990042 Egg Casserole	1 cup	1	272	54	2.38	\$0.000
000495 TOAST	SLICES	1	126	0	13.00	\$0.000
000093 TOAST CINNAMON	SLICES	1	151	0	19.86	\$0.000
000983 JUICE CUP	CUP	1	60	*N/A*	15.00	\$0.000
000317 MILK 1% WHITE	CARTON	1	100	15	11.00	\$0.000

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Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Cholst (mg)	Carb (g)	Cost
000662 CEREAL VARIETY	CEREAL	1	112	0	22.75	\$0.000
Weighted Daily Average			822	*69	83.99	\$0.000
% of Calories					40.9%	
Weekly Nutrient Guideline			450 - 600			

Tuesday - 11/19/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Cholst (mg)	Carb (g)	Cost
000662 CEREAL VARIETY	CEREAL	1	112	0	22.75	\$0.000
000495 TOAST	SLICES	1	126	0	13.00	\$0.000
000093 TOAST CINNAMON	SLICES	1	151	0	19.86	\$0.000
000983 JUICE CUP	CUP	1	60	*N/A*	15.00	\$0.000
000489 MILK VARIETY	CARTON	1	118	10	17.00	\$0.000
000504 BISCUIT SANDWICH	SANDWICH	1	420	152	27.00	\$0.000
Weighted Daily Average			987	*162	114.61	\$0.000
% of Calories					46.4%	
Weekly Nutrient Guideline			450 - 600			

Wednesday - 11/20/2019

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Cholst (mg)	Carb (g)	Cost
000846 FRENCH TOAST STICKS	4 STICKS	1	300	0	43.00	\$0.000
001022 SYRUP PANCAKE	TBSP	1	46	0	12.06	\$0.000
000662 CEREAL VARIETY	CEREAL	1	112	0	22.75	\$0.000
000495 TOAST	SLICES	1	126	0	13.00	\$0.000
000093 TOAST CINNAMON	SLICES	1	151	0	19.86	\$0.000
000983 JUICE CUP	CUP	1	60	*N/A*	15.00	\$0.000
000317 MILK 1% WHITE	CARTON	1	100	15	11.00	\$0.000
Weighted Daily Average			895	*15	136.67	\$0.000
% of Calories					61.1%	
Weekly Nutrient Guideline			450 - 600			

Thursday - 11/21/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Cholst (mg)	Carb (g)	Cost
000662 CEREAL VARIETY	CEREAL	1	112	0	22.75	\$0.000
000495 TOAST	SLICES	1	126	0	13.00	\$0.000
000093 TOAST CINNAMON	SLICES	1	151	0	19.86	\$0.000
000983 JUICE CUP	CUP	1	60	*N/A*	15.00	\$0.000
000489 MILK VARIETY	CARTON	1	118	10	17.00	\$0.000

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Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Cholst (mg)	Carb (g)	Cost
000541 BISCUIT & GRAVY	SERVING	1	300	13	33.33	\$0.000
Weighted Daily Average			867	*23	120.94	\$0.000
% of Calories					55.8%	
Weekly Nutrient Guideline			450 - 600			

Friday - 11/22/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Cholst (mg)	Carb (g)	Cost
001113 DONUT HOLES	5 HOLES	1	220	0	24.00	\$0.000
001101 DONUTS CAKE MINI	4 DONUTS	1	200	20	25.00	\$0.000
000495 TOAST	SLICES	1	126	0	13.00	\$0.000
000093 TOAST CINNAMON	SLICES	1	151	0	19.86	\$0.000
000662 CEREAL VARIETY	CEREAL	1	112	0	22.75	\$0.000
000983 JUICE CUP	CUP	1	60	*N/A*	15.00	\$0.000
000317 MILK 1% WHITE	CARTON	1	100	15	11.00	\$0.000
Weighted Daily Average			970	*35	130.61	\$0.000
% of Calories					53.9%	
Weekly Nutrient Guideline			450 - 600			

Base Menu Spreadsheet

Weighted Values

			Cals ¹ (kcal)	Cholst (mg)	Carb (g)	Cost
Weighted Averages			926	*106	121.99	
% of Calories					52.7%	

**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.