

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Sep 30, 2021

Menu Name: Secondary Breakfast

Include Cost: No

Site:

Report Style: Detailed

Wednesday - 09/01/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000846 French Toast Sticks	3 Sticks	1	260	42.00	0.70
001022 Syrup	TBSP	1	46	12.06	0.01
000662 Cereal Variety	CEREAL	1	112	22.75	*N/A*
000495 Toast	SLICES	1	126	13.00	0.72
000093 Toast Cinn	SLICES	1	151	19.86	0.82
000983 Juice Cup	CUP	1	60	15.00	0.00
000317 Mik 1%	CARTON	1	100	11.00	0.00
Weighted Daily Average			855	135.67	*2.25
% of Calories				63.5%	
Weekly Nutrient Guideline			450 - 600		

Thursday - 09/02/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000541 Biscuit & Gravy	SERVING	1	300	32.59	*1.48
000662 Cereal Variety	CEREAL	1	112	22.75	*N/A*

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000495 Toast	SLICES	1	126	13.00	0.72
000093 Toast Cinn	SLICES	1	151	19.86	0.82
000983 Juice Cup	CUP	1	60	15.00	0.00
000489 Milk Variety	CARTON	1	118	17.00	0.00
Weighted Daily Average			867	120.20	*3.02
% of Calories				55.5%	
Weekly Nutrient Guideline			450 - 600		

Friday - 09/03/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
001113 Donut Holes	5 HOLES	1	220	24.00	0.72
001101 Donut Cake Mini	4 DONUTS	1	200	25.00	1.08
000495 Toast	SLICES	1	126	13.00	0.72
000093 Toast Cinn	SLICES	1	151	19.86	0.82
000662 Cereal Variety	CEREAL	1	112	22.75	*N/A*
000983 Juice Cup	CUP	1	60	15.00	0.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000317 Mik 1%	CARTON	1	100	11.00	0.00
Weighted Daily Average			970	130.61	*3.34
% of Calories				53.9%	
Weekly Nutrient Guideline			450 - 600		

Monday - 09/06/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000566 Egg Scrambled	cup	1	339	3.01	3.99
000662 Cereal Variety	CEREAL	1	112	22.75	*N/A*
000495 Toast	SLICES	1	126	13.00	0.72
000093 Toast Cinn	SLICES	1	151	19.86	0.82
000983 Juice Cup	CUP	1	60	15.00	0.00
000489 Milk Variety	CARTON	1	118	17.00	0.00
Weighted Daily Average			906	90.61	*5.53
% of Calories				40.0%	
Weekly Nutrient Guideline			450 - 600		

Tuesday - 09/07/2021

Reimbursable Meal Total 1

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Sep 1, 2021 thru Sep 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000504 Biscuit Sandwich	SANDWICH	1	420	26.27	*2.20
000662 Cereal Variety	CEREAL	1	112	22.75	*N/A*
000495 Toast	SLICES	1	126	13.00	0.72
000093 Toast Cinn	SLICES	1	151	19.86	0.82
000983 Juice Cup	CUP	1	60	15.00	0.00
000489 Milk Variety	CARTON	1	118	17.00	0.00
Weighted Daily Average			987	113.88	*3.74
% of Calories				46.2%	
Weekly Nutrient Guideline			450 - 600		

Wednesday - 09/08/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000891 Pancake Stick	STICK	1	200	17.00	10.00
000662 Cereal Variety	CEREAL	1	112	22.75	*N/A*
000495 Toast	SLICES	1	126	13.00	0.72
000093 Toast Cinn	SLICES	1	151	19.86	0.82
000983 Juice Cup	CUP	1	60	15.00	0.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000489 Milk Variety	CARTON	1	118	17.00	0.00
Weighted Daily Average			767	104.61	*11.54
% of Calories				54.6%	
Weekly Nutrient Guideline			450 - 600		

Thursday - 09/09/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000541 Biscuit & Gravy	SERVING	1	300	32.59	*1.48
000662 Cereal Variety	CEREAL	1	112	22.75	*N/A*
000495 Toast	SLICES	1	126	13.00	0.72
000093 Toast Cinn	SLICES	1	151	19.86	0.82
000983 Juice Cup	CUP	1	60	15.00	0.00
000489 Milk Variety	CARTON	1	118	17.00	0.00
Weighted Daily Average			867	120.20	*3.02
% of Calories				55.5%	
Weekly Nutrient Guideline			450 - 600		

Friday - 09/10/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Sep 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000664 Donut Long John	Donut	1	406	53.17	*0.02
000662 Cereal Variety	CEREAL	1	112	22.75	*N/A*
000495 Toast	SLICES	1	126	13.00	0.72
000093 Toast Cinn	SLICES	1	151	19.86	0.82
000983 Juice Cup	CUP	1	60	15.00	0.00
000489 Milk Variety	CARTON	1	118	17.00	0.00
Weighted Daily Average			973	140.78	*1.56
% of Calories				57.9%	
Weekly Nutrient Guideline			450 - 600		

Monday - 09/13/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
001155 Egg Burrito	BURRITO	1	577	39.38	*1.96
000495 Toast	SLICES	1	126	13.00	0.72
000093 Toast Cinn	SLICES	1	151	19.86	0.82
000662 Cereal Variety	CEREAL	1	112	22.75	*N/A*
000983 Juice Cup	CUP	1	60	15.00	0.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000317 Mik 1%	CARTON	1	100	11.00	0.00
Weighted Daily Average			1126	120.99	*3.50
% of Calories				43.0%	
Weekly Nutrient Guideline			450 - 600		

Tuesday - 09/14/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000504 Biscuit Sandwich	SANDWICH	1	420	26.27	*2.20
000662 Cereal Variety	CEREAL	1	112	22.75	*N/A*
000495 Toast	SLICES	1	126	13.00	0.72
000093 Toast Cinn	SLICES	1	151	19.86	0.82
000983 Juice Cup	CUP	1	60	15.00	0.00
000489 Milk Variety	CARTON	1	118	17.00	0.00
Weighted Daily Average			987	113.88	*3.74
% of Calories				46.2%	
Weekly Nutrient Guideline			450 - 600		

Wednesday - 09/15/2021

Reimbursable Meal Total 1

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Sep 1, 2021 thru Sep 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000528 Tornado Bacon	EACH	1	220	23.00	1.44
000527 Tornado French Toast	EACH	1	190	22.00	2.70
000495 Toast	SLICES	1	126	13.00	0.72
000093 Toast Cinn	SLICES	1	151	19.86	0.82
000662 Cereal Variety	CEREAL	1	112	22.75	*N/A*
000983 Juice Cup	CUP	1	60	15.00	0.00
000317 Mik 1%	CARTON	1	100	11.00	0.00
Weighted Daily Average			960	126.61	*5.68
% of Calories				52.8%	
Weekly Nutrient Guideline			450 - 600		

Thursday - 09/16/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000541 Biscuit & Gravy	SERVING	1	300	32.59	*1.48
000662 Cereal Variety	CEREAL	1	112	22.75	*N/A*
000495 Toast	SLICES	1	126	13.00	0.72
000093 Toast Cinn	SLICES	1	151	19.86	0.82
000983 Juice Cup	CUP	1	60	15.00	0.00
000489 Milk Variety	CARTON	1	118	17.00	0.00

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Sep 1, 2021 thru Sep 30, 2021

Weighted Daily Average			867	120.20	*3.02
% of Calories				55.5%	
Weekly Nutrient Guideline			450 - 600		

Friday - 09/17/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
001068 Muffin Puck	MUFFIN	1	170	19.00	1.08
000951 Muffin I/W	PKG	1	180	30.00	1.44
000662 Cereal Variety	CEREAL	1	112	22.75	*N/A*
000495 Toast	SLICES	1	126	13.00	0.72
000093 Toast Cinn	SLICES	1	151	19.86	0.82
000983 Juice Cup	CUP	1	60	15.00	0.00
000489 Milk Variety	CARTON	1	118	17.00	0.00
Weighted Daily Average			917	136.61	*4.06
% of Calories				59.6%	
Weekly Nutrient Guideline			450 - 600		

Monday - 09/20/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Sep 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
990042 Egg Casserole	1 cup	1	272	2.38	*0.00
000495 Toast	SLICES	1	126	13.00	0.72
000093 Toast Cinn	SLICES	1	151	19.86	0.82
000983 Juice Cup	CUP	1	60	15.00	0.00
000317 Mik 1%	CARTON	1	100	11.00	0.00
000662 Cereal Variety	CEREAL	1	112	22.75	*N/A*
Weighted Daily Average			822	83.99	*1.54
% of Calories				40.9%	
Weekly Nutrient Guideline			450 - 600		

Tuesday - 09/21/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000504 Biscuit Sandwich	SANDWICH	1	420	26.27	*2.20
000662 Cereal Variety	CEREAL	1	112	22.75	*N/A*
000495 Toast	SLICES	1	126	13.00	0.72
000093 Toast Cinn	SLICES	1	151	19.86	0.82
000983 Juice Cup	CUP	1	60	15.00	0.00

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Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000489 Milk Variety	CARTON	1	118	17.00	0.00
Weighted Daily Average			987	113.88	*3.74
% of Calories				46.2%	
Weekly Nutrient Guideline			450 - 600		

Wednesday - 09/22/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000846 French Toast Sticks	3 Sticks	1	260	42.00	0.70
001022 Syrup	TBSP	1	46	12.06	0.01
000662 Cereal Variety	CEREAL	1	112	22.75	*N/A*
000495 Toast	SLICES	1	126	13.00	0.72
000093 Toast Cinn	SLICES	1	151	19.86	0.82
000983 Juice Cup	CUP	1	60	15.00	0.00
000317 Mik 1%	CARTON	1	100	11.00	0.00
Weighted Daily Average			855	135.67	*2.25
% of Calories				63.5%	
Weekly Nutrient Guideline			450 - 600		

Thursday - 09/23/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000541 Biscuit & Gravy	SERVING	1	300	32.59	*1.48
000662 Cereal Variety	CEREAL	1	112	22.75	*N/A*
000495 Toast	SLICES	1	126	13.00	0.72
000093 Toast Cinn	SLICES	1	151	19.86	0.82
000983 Juice Cup	CUP	1	60	15.00	0.00
000489 Milk Variety	CARTON	1	118	17.00	0.00
Weighted Daily Average			867	120.20	*3.02
% of Calories				55.5%	
Weekly Nutrient Guideline			450 - 600		

Friday - 09/24/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
001113 Donut Holes	5 HOLES	1	220	24.00	0.72
001101 Donut Cake Mini	4 DONUTS	1	200	25.00	1.08
000495 Toast	SLICES	1	126	13.00	0.72
000093 Toast Cinn	SLICES	1	151	19.86	0.82
000662 Cereal Variety	CEREAL	1	112	22.75	*N/A*
000983 Juice Cup	CUP	1	60	15.00	0.00

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000317 Mik 1%	CARTON	1	100	11.00	0.00
Weighted Daily Average			970	130.61	*3.34
% of Calories				53.9%	
Weekly Nutrient Guideline			450 - 600		

Monday - 09/27/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000566 Egg Scrambled	cup	1	339	3.01	3.99
000495 Toast	SLICES	1	126	13.00	0.72
000093 Toast Cinn	SLICES	1	151	19.86	0.82
000662 Cereal Variety	CEREAL	1	112	22.75	*N/A*
000983 Juice Cup	CUP	1	60	15.00	0.00
000317 Mik 1%	CARTON	1	100	11.00	0.00
Weighted Daily Average			889	84.61	*5.53
% of Calories				38.1%	
Weekly Nutrient Guideline			450 - 600		

Tuesday - 09/28/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Sep 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000504 Biscuit Sandwich	SANDWICH	1	420	26.27	*2.20
000662 Cereal Variety	CEREAL	1	112	22.75	*N/A*
000495 Toast	SLICES	1	126	13.00	0.72
000093 Toast Cinn	SLICES	1	151	19.86	0.82
000983 Juice Cup	CUP	1	60	15.00	0.00
000489 Milk Variety	CARTON	1	118	17.00	0.00
Weighted Daily Average			987	113.88	*3.74
% of Calories				46.2%	
Weekly Nutrient Guideline			450 - 600		

Wednesday - 09/29/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000616 Dutch Waffle	Funnel Cake	1	330	38.00	1.50
000662 Cereal Variety	CEREAL	1	112	22.75	*N/A*
000495 Toast	SLICES	1	126	13.00	0.72

Base Menu Spreadsheet

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000093 Toast Cinn	SLICES	1	151	19.86	0.82
Weighted Daily Average			720	93.61	*3.04
% of Calories				52.0%	
Weekly Nutrient Guideline			450 - 600		

Thursday - 09/30/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000541 Biscuit & Gravy	SERVING	1	300	32.59	*1.48
000662 Cereal Variety	CEREAL	1	112	22.75	*N/A*
000495 Toast	SLICES	1	126	13.00	0.72
000093 Toast Cinn	SLICES	1	151	19.86	0.82
000983 Juice Cup	CUP	1	60	15.00	0.00
000489 Milk Variety	CARTON	1	118	17.00	0.00
Weighted Daily Average			867	120.20	*3.02
% of Calories				55.5%	
Weekly Nutrient Guideline			450 - 600		

			Cals ¹ (kcal)	Carb (g)	Iron (mg)
Weighted Averages			910	116.89	*3.78

Base Menu Spreadsheet

Portion Values

% of Calories				51.4%	
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**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.