

Base Menu Spreadsheet

Weighted Values

Mar 1, 2019 thru Mar 29, 2019

Menu Name: TURNER. BREAKFAST Pre - K

Include Cost: No

Site:

Report Style: Detailed

Friday - 03/01/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000046 Cheerios	1 OZ	100	100	140	1	20.00	3.00
001331 Apple Slices in Bag	2oz bag	65	20	0	4	4.42	*N/A*
001486 Apple Juice	4.23oz box	79	47	4	9	11.07	0.00
000589 White Milk	each	81	81	101	10	9.72	6.48
Weighted Daily Average			248	245	24	45.21	*9.48
% of Calories					38.7%	72.9%	*15.3%
Weekly Nutrient Guideline			350 - 500	540			

Monday - 03/04/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990089 French Toast w/ Fruit	1	100	536	204	65	109.35	6.86
001331 Apple Slices in Bag	2oz bag	65	20	0	4	4.42	*N/A*
001486 Apple Juice	4.23oz box	86	52	4	10	12.05	0.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000589 White Milk	each	76	76	95	9	9.12	6.08
Weighted Daily Average			683	303	88	134.94	*12.94
% of Calories					51.5%	79.0%	*7.6%
Weekly Nutrient Guideline			350 - 500	540			

Tuesday - 03/05/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990022 Berry Delish Oats	3/4 Cup	100	636	81	*8	119.45	16.96
990073 Strawberry Banana Applesauce	4.5oz	65	32	0	8	9.10	0.00
001486 Apple Juice	4.23oz box	73	44	4	9	10.22	0.00
000589 White Milk	each	64	64	80	8	7.68	5.12
Weighted Daily Average			777	165	*32	146.46	22.08
% of Calories					*16.5%	75.4%	11.4%
Weekly Nutrient Guideline			350 - 500	540			

Wednesday - 03/06/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000869 Breakfast Pizza	slice	100	210	430	9	25.01	10.01

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001331 Apple Slices in Bag	2oz bag	65	20	0	4	4.42	*N/A*
001486 Apple Juice	4.23oz box	69	41	3	8	9.66	0.00
000589 White Milk	each	82	82	102	10	9.84	6.56
Weighted Daily Average			353	536	31	48.94	*16.57
% of Calories					35.1%	55.5%	*18.8%
Weekly Nutrient Guideline			350 - 500	540			

Thursday - 03/07/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001425 Chocolate Donut	Donut	100	333	301	18	42.42	*5.49
001331 Apple Slices in Bag	2oz bag	65	20	0	4	4.42	*N/A*
001486 Apple Juice	4.23oz box	79	47	4	9	11.07	0.00
000589 White Milk	each	81	81	101	10	9.72	6.48
Weighted Daily Average			481	406	42	67.63	*11.97
% of Calories					34.9%	56.2%	*10.0%
Weekly Nutrient Guideline			350 - 500	540			

Friday - 03/08/2019

Reimbursable Meal Total 1

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000145 NO SCHOOL TODAY							
Weighted Daily Average			0	0	0	0.00	0.00
% of Calories					0%	0%	0%
Weekly Nutrient Guideline			350 - 500	540			

Monday - 03/11/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001111 SPRING BREAK							
Weighted Daily Average			0	0	0	0.00	0.00
% of Calories					0%	0%	0%
Weekly Nutrient Guideline			350 - 500	540			

Tuesday - 03/12/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001111 SPRING BREAK							
Weighted Daily Average			0	0	0	0.00	0.00
% of Calories					0%	0%	0%
Weekly Nutrient Guideline			350 - 500	540			

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Wednesday - 03/13/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001111 SPRING BREAK							
Weighted Daily Average			0	0	0	0.00	0.00
% of Calories					0%	0%	0%
Weekly Nutrient Guideline			350 - 500	540			

Thursday - 03/14/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001111 SPRING BREAK							
Weighted Daily Average			0	0	0	0.00	0.00
% of Calories					0%	0%	0%
Weekly Nutrient Guideline			350 - 500	540			

Friday - 03/15/2019

Reimbursable Meal Total 1

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Mar 1, 2019 thru Mar 29, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001111 SPRING BREAK							
Weighted Daily Average			0	0	0	0.00	0.00
% of Calories					0%	0%	0%
Weekly Nutrient Guideline			350 - 500	540			

Monday - 03/18/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000145 NO SCHOOL TODAY							
Weighted Daily Average			0	0	0	0.00	0.00
% of Calories					0%	0%	0%
Weekly Nutrient Guideline			350 - 500	540			

Tuesday - 03/19/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000370 Sausage Roll	1 Roll	100	170	360	4	16.00	6.00
990073 Strawberry Banana Applesauce	4.5oz	65	32	0	8	9.10	0.00
001486 Apple Juice	4.23oz box	73	44	4	9	10.22	0.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000589 White Milk	each	64	64	80	8	7.68	5.12
Weighted Daily Average			310	444	28	43.00	11.12
% of Calories					36.1%	55.5%	14.3%
Weekly Nutrient Guideline			350 - 500	540			

Wednesday - 03/20/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000869 Breakfast Pizza	slice	100	210	430	9	25.01	10.01
001331 Apple Slices in Bag	2oz bag	65	20	0	4	4.42	*N/A*
001486 Apple Juice	4.23oz box	69	41	3	8	9.66	0.00
000589 White Milk	each	82	82	102	10	9.84	6.56
Weighted Daily Average			353	536	31	48.94	*16.57
% of Calories					35.1%	55.5%	*18.8%
Weekly Nutrient Guideline			350 - 500	540			

Thursday - 03/21/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001426 Pancake on a stick	SERVING	100	293	521	12	37.54	9.05

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990073 Strawberry Banana Applesauce	4.5oz	65	32	0	8	9.10	0.00
001486 Apple Juice	4.23oz box	74	44	4	9	10.36	0.00
000589 White Milk	each	76	76	95	9	9.12	6.08
Weighted Daily Average			446	620	38	66.13	15.13
% of Calories					34.1%	59.3%	13.6%
Weekly Nutrient Guideline			350 - 500	540			

Friday - 03/22/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000046 Cheerios	1 OZ	100	100	140	1	20.00	3.00
001331 Apple Slices in Bag	2oz bag	65	20	0	4	4.42	*N/A*
001486 Apple Juice	4.23oz box	79	47	4	9	11.07	0.00
000589 White Milk	each	81	81	101	10	9.72	6.48
Weighted Daily Average			248	245	24	45.21	*9.48
% of Calories					38.7%	72.9%	*15.3%
Weekly Nutrient Guideline			350 - 500	540			

Monday - 03/25/2019

Reimbursable Meal Total 100

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000196 Cinn. Toast Crunch	BOWL	100	110	160	6	22.00	1.00
001331 Apple Slices in Bag	2oz bag	65	20	0	4	4.42	*N/A*
001486 Apple Juice	4.23oz box	97	58	5	12	13.59	0.00
000589 White Milk	each	72	72	90	9	8.64	5.76
Weighted Daily Average			260	255	30	48.65	*6.76
% of Calories					46.2%	74.8%	*10.4%
Weekly Nutrient Guideline			350 - 500	540			

Tuesday - 03/26/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000739 MINI WAFFLES, WG	PACKAGE	100	200	220	10	35.00	4.00
990073 Strawberry Banana Applesauce	4.5oz	65	32	0	8	9.10	0.00
001486 Apple Juice	4.23oz box	64	38	3	8	8.96	0.00
000589 White Milk	each	85	85	106	10	10.20	6.80
Weighted Daily Average			356	329	36	63.26	10.80
% of Calories					40.4%	71.1%	12.1%
Weekly Nutrient Guideline			350 - 500	540			

Wednesday - 03/27/2019

Reimbursable Meal Total 100

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Mar 1, 2019 thru Mar 29, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001526 Breakfast Burrito, Egg & Chees	3.15 Each	100	192	344	0	25.02	8.66
001331 Apple Slices in Bag	2oz bag	65	20	0	4	4.42	*N/A*
001486 Apple Juice	4.23oz box	73	44	4	9	10.22	0.00
000589 White Milk	each	64	64	80	8	7.68	5.12
Weighted Daily Average			320	427	20	47.35	*13.78
% of Calories					25.0%	59.2%	*17.2%
Weekly Nutrient Guideline			350 - 500	540			

Thursday - 03/28/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000735 Pancakes Mini	Package	100	210	320	11	35.00	4.00
990073 Strawberry Banana Applesauce	4.5oz	65	32	0	8	9.10	0.00
001486 Apple Juice	4.23oz box	79	47	4	9	11.07	0.00
000589 White Milk	each	84	84	105	10	10.08	6.72
Weighted Daily Average			374	429	38	65.25	10.72
% of Calories					40.6%	69.8%	11.5%
Weekly Nutrient Guideline			350 - 500	540			

Friday - 03/29/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Mar 1, 2019 thru Mar 29, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000046 Cheerios	1 OZ	100	100	140	1	20.00	3.00
001331 Apple Slices in Bag	2oz bag	65	20	0	4	4.42	*N/A*
001486 Apple Juice	4.23oz box	79	47	4	9	11.07	0.00
000589 White Milk	each	81	81	101	10	9.72	6.48
Weighted Daily Average			248	245	24	45.21	*9.48
% of Calories					38.7%	72.9%	*15.3%
Weekly Nutrient Guideline			350 - 500	540			

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.