

Planned Menu Spreadsheet

Weighted Values

Mar 1, 2019 thru Mar 29, 2019

Menu Name: CLIFT BREAKFAST **Include Cost:** No
Site: 111 - CLIFT ELEMENTARY SCHOOL **Report Style:** Detailed

Friday - 03/01/2019

Reimbursable Meal Total 236

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000803 Trix	EACH	86	78	106	5	16.58	1.47
001449 Cinnamon Roll	cinnamon roll	150	139	146	9	25.10	3.18
001331 Apple Slices in Bag	2oz bag	140	18	0	4	4.04	*N/A*
001487 Orange Juice	4.23oz box	90	23	6	5	5.72	0.00
001486 Apple Juice	4.23oz box	95	24	2	5	5.64	0.00
000589 White Milk	each	50	21	26	3	2.54	1.69
000588 Chocolate Milk	each	150	70	64	11	12.08	5.08
Weighted Daily Average			373	350	42	71.69	*11.43
% of Calories					45.0%	76.9%	*12.3%
Weekly Nutrient Guideline			350 - 500	540			

Monday - 03/04/2019

Reimbursable Meal Total 240

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000806 Cinnamon Toast Crunch	EACH	94	80	118	4	15.86	1.58
990089 French Toast w/	1	147	328	125	40	66.98	4.20

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Fruit							
001331 Apple Slices in Bag	2oz bag	145	18	0	4	4.11	*N/A*
001487 Orange Juice	4.23oz box	95	24	6	5	5.94	0.00
001486 Apple Juice	4.23oz box	95	24	2	5	5.54	0.00
000589 White Milk	each	50	21	26	2	2.50	1.67
000588 Chocolate Milk	each	150	69	62	11	11.88	5.00
Weighted Daily Average			563	339	71	112.81	*12.45
% of Calories					50.4%	80.1%	*8.8%
Weekly Nutrient Guideline			350 - 500	540			

Tuesday - 03/05/2019

Reimbursable Meal Total 240

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000810 Lucky Charms	EACH	94	80	125	6	16.25	1.97
990022 Berry Delish Oats	3/4 Cup	147	390	50	*5	73.16	10.39
000526 Pears, fresh	each	145	57	1	10	15.27	0.36
001487 Orange Juice	4.23oz box	95	24	6	5	5.94	0.00
001486 Apple Juice	4.23oz box	95	24	2	5	5.54	0.00
000589 White Milk	each	50	21	26	2	2.50	1.67

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000588 Chocolate Milk	each	150	69	62	11	11.88	5.00
Weighted Daily Average			664	272	*44	130.55	19.39
% of Calories					*26.5%	78.6%	11.7%
Weekly Nutrient Guideline			350 - 500	540			

Wednesday - 03/06/2019

Reimbursable Meal Total 240

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990028 Cocoa Puffs	Bowl	94	74	102	4	15.67	1.96
001243 Scrambled Taquito	servings	147	182	566	1	18.83	8.72
000151 Salsa Packet	PC PACKET	200	4	120	0	0.70	0.13
001331 Apple Slices in Bag	2oz bag	145	18	0	4	4.11	*N/A*
001487 Orange Juice	4.23oz box	95	24	6	5	5.94	0.00
001486 Apple Juice	4.23oz box	95	24	2	5	5.54	0.00
000589 White Milk	each	50	21	26	2	2.50	1.67
000588 Chocolate Milk	each	150	69	62	11	11.88	5.00
Weighted Daily Average			415	884	33	65.17	*17.47
% of Calories					31.8%	62.8%	*16.8%
Weekly Nutrient Guideline			350 - 500	540			

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Mar 1, 2019 thru Mar 29, 2019

Tuesday - 03/19/2019

Reimbursable Meal Total 215

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000810 Lucky Charms	EACH	118	111	176	8	22.78	2.76
001457 Sausage & Biscuit	sandwich	97	119	242	1	12.81	5.46
000215 Sliced Pears	1/2CUP	149	59	10	11	13.83	0.69
001487 Orange Juice	4.23oz box	95	27	7	6	6.63	0.00
001486 Apple Juice	4.23oz box	105	29	2	6	6.84	0.00
000589 White Milk	each	50	23	29	3	2.79	1.86
000588 Chocolate Milk	each	150	77	70	13	13.26	5.58
Weighted Daily Average			445	536	47	78.94	16.35
% of Calories					42.2%	71.0%	14.7%
Weekly Nutrient Guideline			350 - 500	540			

Wednesday - 03/20/2019

Reimbursable Meal Total 219

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990028 Cocoa Puffs	Bowl	94	82	112	4	17.17	2.15
000869 Breakfast Pizza	slice	125	120	246	5	14.28	5.71
001331 Apple Slices in Bag	2oz bag	145	20	0	4	4.50	*N/A*
001487 Orange Juice	4.23oz box	95	26	7	6	6.51	0.00

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001486 Apple Juice	4.23oz box	105	29	2	6	6.72	0.00
000589 White Milk	each	50	23	29	3	2.74	1.83
000588 Chocolate Milk	each	150	75	68	12	13.01	5.48
Weighted Daily Average			374	463	40	64.93	*15.16
% of Calories					42.8%	69.4%	*16.2%
Weekly Nutrient Guideline			350 - 500	540			

Thursday - 03/21/2019

Reimbursable Meal Total 241

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000809 Golden Grahams	EACH	94	79	140	5	16.58	1.57
001068 Pancake on a Stick w/Syrup	1 Each	147	195	251	18	29.91	3.67
000103 Mandarin Oranges	1/2 cup	149	57	6	14	14.49	0.60
001487 Orange Juice	4.23oz box	95	24	6	5	5.92	0.00
001486 Apple Juice	4.23oz box	105	26	2	5	6.10	0.00
000589 White Milk	each	50	21	26	2	2.49	1.66
000588 Chocolate Milk	each	150	68	62	11	11.83	4.98
Weighted Daily Average			471	493	60	87.32	12.48
% of Calories					51.0%	74.2%	10.6%
Weekly Nutrient Guideline			350 - 500	540			

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Friday - 03/22/2019

Reimbursable Meal Total 215

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000803 Trix	EACH	94	93	127	6	19.89	1.76
001449 Cinnamon Roll	cinnamon roll	147	150	157	10	27.00	3.42
001331 Apple Slices in Bag	2oz bag	145	20	0	4	4.59	*N/A*
001487 Orange Juice	4.23oz box	95	27	7	6	6.63	0.00
001486 Apple Juice	4.23oz box	105	29	2	6	6.84	0.00
000589 White Milk	each	50	23	29	3	2.79	1.86
000588 Chocolate Milk	each	150	77	70	13	13.26	5.58
Weighted Daily Average			419	392	47	80.99	*12.62
% of Calories					44.9%	77.3%	*12.0%
Weekly Nutrient Guideline			350 - 500	540			

Monday - 03/25/2019

Reimbursable Meal Total 215

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000806 Cinnamon Toast Crunch	EACH	94	89	131	5	17.71	1.76
001442 Hot Cakes w/Sausage	Serving	147	178	168	16	30.34	5.30
001331 Apple Slices in Bag	2oz bag	145	20	0	4	4.59	*N/A*
001487 Orange Juice	4.23oz box	95	27	7	6	6.63	0.00

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001486 Apple Juice	4.23oz box	105	29	2	6	6.84	0.00
000589 White Milk	each	50	23	29	3	2.79	1.86
000588 Chocolate Milk	each	150	77	70	13	13.26	5.58
Weighted Daily Average			443	407	52	82.15	*14.51
% of Calories					47.0%	74.2%	*13.1%
Weekly Nutrient Guideline			350 - 500	540			

Tuesday - 03/26/2019

Reimbursable Meal Total 215

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000810 Lucky Charms	EACH	94	89	140	6	18.14	2.20
000869 Breakfast Pizza	slice	147	144	294	6	17.10	6.84
000215 Sliced Pears	1/2CUP	149	59	10	11	13.83	0.69
001487 Orange Juice	4.23oz box	95	27	7	6	6.63	0.00
001486 Apple Juice	4.23oz box	105	29	2	6	6.84	0.00
000589 White Milk	each	50	23	29	3	2.79	1.86
000588 Chocolate Milk	each	150	77	70	13	13.26	5.58
Weighted Daily Average			447	552	50	78.60	17.17
% of Calories					44.7%	70.3%	15.4%
Weekly Nutrient Guideline			350 - 500	540			

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Wednesday - 03/27/2019

Reimbursable Meal Total 215

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990028 Cocoa Puffs	Bowl	94	83	114	4	17.49	2.19
000859 Sausage,Egg,&Cheese Biscuit	EACH	147	214	461	3	20.81	11.04
001331 Apple Slices in Bag	2oz bag	145	20	0	4	4.59	*N/A*
001487 Orange Juice	4.23oz box	95	27	7	6	6.63	0.00
001486 Apple Juice	4.23oz box	105	29	2	6	6.84	0.00
000589 White Milk	each	50	23	29	3	2.79	1.86
000588 Chocolate Milk	each	150	77	70	13	13.26	5.58
Weighted Daily Average			474	683	38	72.40	*20.67
% of Calories					32.1%	61.1%	*17.4%
Weekly Nutrient Guideline			350 - 500	540			

Thursday - 03/28/2019

Reimbursable Meal Total 215

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000809 Golden Grahams	EACH	94	89	157	6	18.58	1.76
990026 Confetti Pancakes	3.03oz	147	150	205	8	24.61	2.73
000103 Mandarin Oranges	1/2 cup	149	64	7	15	16.24	0.68
001487 Orange Juice	4.23oz box	95	27	7	6	6.63	0.00

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001486 Apple Juice	4.23oz box	105	29	2	6	6.84	0.00
000588 Chocolate Milk	each	50	26	23	4	4.42	1.86
000589 White Milk	each	150	70	87	8	8.37	5.58
Weighted Daily Average			455	489	53	85.70	12.62
% of Calories					46.6%	75.3%	11.1%
Weekly Nutrient Guideline			350 - 500	540			

Friday - 03/29/2019

Reimbursable Meal Total 215

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000803 Trix	EACH	94	93	127	6	19.89	1.76
990024 Mini Powdered Donuts	3oz	147	185	157	14	28.03	2.73
001331 Apple Slices in Bag	2oz bag	145	20	0	4	4.59	*N/A*
001487 Orange Juice	4.23oz box	95	27	7	6	6.63	0.00
001486 Apple Juice	4.23oz box	105	29	2	6	6.84	0.00
000589 White Milk	each	50	23	29	3	2.79	1.86
000588 Chocolate Milk	each	150	77	70	13	13.26	5.58
Weighted Daily Average			454	392	52	82.03	*11.94
% of Calories					45.8%	72.3%	*10.5%
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.