

Base Menu Spreadsheet

Weighted Values

Sep 3, 2019 thru Sep 30, 2019

Menu Name: TURNER. BREAKFAST Pre - K
Site:

Include Cost: No
Report Style: Detailed

Tuesday - 09/03/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
001457 Sausage & Biscuit	sandwich	100	273	3	29.40	12.10
990182 Mandarin Oranges	1/4 cup	100	48	9	10.66	0.54
001487 Orange Juice	4.23oz box	100	60	13	15.01	0.00
000589 White Milk	each	100	100	12	12.00	8.00
Weighted Daily Average			481	37	67.07	20.64
% of Calories				30.8%	55.8%	17.2%
Weekly Nutrient Guideline			350 - 500			

Wednesday - 09/04/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000869 Breakfast Pizza	slice	100	210	9	25.01	10.01
001331 Apple Slices in Bag	2 oz bag	100	30	6	7.00	0.00
001487 Orange Juice	4.23oz box	100	60	13	15.01	0.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000589 White Milk	each	100	100	12	12.00	8.00
Weighted Daily Average			400	40	59.02	18.01
% of Calories				40.0%	59.0%	18.0%
Weekly Nutrient Guideline			350 - 500			

Thursday - 09/05/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
001068 Pancake on a Stick	1 Each	100	320	29	49.00	6.00
990182 Mandarin Oranges	1/4 cup	100	48	9	10.66	0.54
001487 Orange Juice	4.23oz box	100	60	13	15.01	0.00
000589 White Milk	each	100	100	12	12.00	8.00
Weighted Daily Average			528	63	86.67	14.54
% of Calories				47.7%	65.7%	11.0%
Weekly Nutrient Guideline			350 - 500			

Friday - 09/06/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000046 Cheerios	1oz. bowl	100	100	1	20.00	3.00

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990178 Applesauce	1/4 cup	100	44	8	9.83	0.00
001487 Orange Juice	4.23oz box	100	60	13	15.01	0.00
000589 White Milk	each	100	100	12	12.00	8.00
Weighted Daily Average			304	34	56.83	11.00
% of Calories				44.7%	74.8%	14.5%
Weekly Nutrient Guideline			350 - 500			

Monday - 09/09/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000196 Cinn. Toast Crunch	BOWL	100	110	6	22.00	1.00
990178 Applesauce	1/4 cup	100	44	8	9.83	0.00
001487 Orange Juice	4.23oz box	100	60	13	15.01	0.00
000589 White Milk	each	100	100	12	12.00	8.00
Weighted Daily Average			314	39	58.83	9.00
% of Calories				49.7%	74.9%	11.5%
Weekly Nutrient Guideline			350 - 500			

Tuesday - 09/10/2019

Reimbursable Meal Total 100

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Weighted Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000799 French Toast Sticks w/Syrup	3 sticks	100	390	30	70.02	7.00
990182 Mandarin Oranges	1/4 cup	100	48	9	10.66	0.54
001487 Orange Juice	4.23oz box	100	60	13	15.01	0.00
000589 White Milk	each	100	100	12	12.00	8.00
Weighted Daily Average			598	64	107.69	15.54
% of Calories				42.8%	72.0%	10.4%
Weekly Nutrient Guideline			350 - 500			

Wednesday - 09/11/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000869 Breakfast Pizza	slice	100	210	9	25.01	10.01
001331 Apple Slices in Bag	2 oz bag	100	30	6	7.00	0.00
001487 Orange Juice	4.23oz box	100	60	13	15.01	0.00
000589 White Milk	each	100	100	12	12.00	8.00
Weighted Daily Average			400	40	59.02	18.01
% of Calories				40.0%	59.0%	18.0%
Weekly Nutrient Guideline			350 - 500			

Thursday - 09/12/2019

Reimbursable Meal Total 100

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Weighted Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
001442 Hot Cakes w/Sausage	Serving	100	333	25	57.33	9.33
990182 Mandarin Oranges	1/4 cup	100	48	9	10.66	0.54
001487 Orange Juice	4.23oz box	100	60	13	15.01	0.00
000589 White Milk	each	100	100	12	12.00	8.00
Weighted Daily Average			541	59	95.01	17.87
% of Calories				43.6%	70.2%	13.2%
Weekly Nutrient Guideline			350 - 500			

Friday - 09/13/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000046 Cheerios	1oz. bowl	100	100	1	20.00	3.00
990178 Applesauce	1/4 cup	100	44	8	9.83	0.00
001487 Orange Juice	4.23oz box	100	60	13	15.01	0.00
000589 White Milk	each	100	100	12	12.00	8.00
Weighted Daily Average			304	34	56.83	11.00
% of Calories				44.7%	74.8%	14.5%
Weekly Nutrient Guideline			350 - 500			

Monday - 09/16/2019

Reimbursable Meal Total 100

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Weighted Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000196 Cinn. Toast Crunch	BOWL	100	110	6	22.00	1.00
990178 Applesauce	1/4 cup	100	44	8	9.83	0.00
001487 Orange Juice	4.23oz box	100	60	13	15.01	0.00
000589 White Milk	each	100	100	12	12.00	8.00
Weighted Daily Average			314	39	58.83	9.00
% of Calories				49.7%	74.9%	11.5%
Weekly Nutrient Guideline			350 - 500			

Tuesday - 09/17/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
001457 Sausage & Biscuit	sandwich	100	273	3	29.40	12.10
990182 Mandarin Oranges	1/4 cup	100	48	9	10.66	0.54
001487 Orange Juice	4.23oz box	100	60	13	15.01	0.00
000589 White Milk	each	100	100	12	12.00	8.00
Weighted Daily Average			481	37	67.07	20.64
% of Calories				30.8%	55.8%	17.2%
Weekly Nutrient Guideline			350 - 500			

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Weighted Values

Sep 3, 2019 thru Sep 30, 2019

Wednesday - 09/18/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000869 Breakfast Pizza	slice	100	210	9	25.01	10.01
001331 Apple Slices in Bag	2 oz bag	100	30	6	7.00	0.00
001487 Orange Juice	4.23oz box	100	60	13	15.01	0.00
000589 White Milk	each	100	100	12	12.00	8.00
Weighted Daily Average			400	40	59.02	18.01
% of Calories				40.0%	59.0%	18.0%
Weekly Nutrient Guideline			350 - 500			

Thursday - 09/19/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
001068 Pancake on a Stick	1 Each	100	320	29	49.00	6.00
990182 Mandarin Oranges	1/4 cup	100	48	9	10.66	0.54
001487 Orange Juice	4.23oz box	100	60	13	15.01	0.00

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Weighted Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000589 White Milk	each	100	100	12	12.00	8.00
Weighted Daily Average			528	63	86.67	14.54
% of Calories				47.7%	65.7%	11.0%
Weekly Nutrient Guideline			350 - 500			

Friday - 09/20/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000046 Cheerios	1oz. bowl	100	100	1	20.00	3.00
990178 Applesauce	1/4 cup	100	44	8	9.83	0.00
001487 Orange Juice	4.23oz box	100	60	13	15.01	0.00
000589 White Milk	each	100	100	12	12.00	8.00
Weighted Daily Average			304	34	56.83	11.00
% of Calories				44.7%	74.8%	14.5%
Weekly Nutrient Guideline			350 - 500			

Monday - 09/23/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000196 Cinn. Toast Crunch	BOWL	100	110	6	22.00	1.00

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990178 Applesauce	1/4 cup	100	44	8	9.83	0.00
001487 Orange Juice	4.23oz box	100	60	13	15.01	0.00
000589 White Milk	each	100	100	12	12.00	8.00
Weighted Daily Average			314	39	58.83	9.00
% of Calories				49.7%	74.9%	11.5%
Weekly Nutrient Guideline			350 - 500			

Tuesday - 09/24/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000799 French Toast Sticks w/Syrup	3 sticks	100	390	30	70.02	7.00
990182 Mandarin Oranges	1/4 cup	100	48	9	10.66	0.54
001487 Orange Juice	4.23oz box	100	60	13	15.01	0.00
000589 White Milk	each	100	100	12	12.00	8.00
Weighted Daily Average			598	64	107.69	15.54
% of Calories				42.8%	72.0%	10.4%
Weekly Nutrient Guideline			350 - 500			

Wednesday - 09/25/2019

Reimbursable Meal Total 100

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Weighted Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000869 Breakfast Pizza	slice	100	210	9	25.01	10.01
001331 Apple Slices in Bag	2 oz bag	100	30	6	7.00	0.00
001487 Orange Juice	4.23oz box	100	60	13	15.01	0.00
000589 White Milk	each	100	100	12	12.00	8.00
Weighted Daily Average			400	40	59.02	18.01
% of Calories				40.0%	59.0%	18.0%
Weekly Nutrient Guideline			350 - 500			

Thursday - 09/26/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
001442 Hot Cakes w/Sausage	Serving	100	333	25	57.33	9.33
990182 Mandarin Oranges	1/4 cup	100	48	9	10.66	0.54
001487 Orange Juice	4.23oz box	100	60	13	15.01	0.00
000589 White Milk	each	100	100	12	12.00	8.00
Weighted Daily Average			541	59	95.01	17.87
% of Calories				43.6%	70.2%	13.2%
Weekly Nutrient Guideline			350 - 500			

Friday - 09/27/2019

Reimbursable Meal Total 100

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Weighted Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000046 Cheerios	1oz. bowl	100	100	1	20.00	3.00
990178 Applesauce	1/4 cup	100	44	8	9.83	0.00
001487 Orange Juice	4.23oz box	100	60	13	15.01	0.00
000589 White Milk	each	100	100	12	12.00	8.00
Weighted Daily Average			304	34	56.83	11.00
% of Calories				44.7%	74.8%	14.5%
Weekly Nutrient Guideline			350 - 500			

Monday - 09/30/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000196 Cinn. Toast Crunch	BOWL	100	110	6	22.00	1.00
990178 Applesauce	1/4 cup	100	44	8	9.83	0.00
001487 Orange Juice	4.23oz box	100	60	13	15.01	0.00
000589 White Milk	each	100	100	12	12.00	8.00
Weighted Daily Average			314	39	58.83	9.00
% of Calories				49.7%	74.9%	11.5%
Weekly Nutrient Guideline			350 - 500			

**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.*