

Base Menu Spreadsheet

Weighted Values

Apr 1, 2019 thru Apr 30, 2019

Menu Name: CLIFT BREAKFAST

Include Cost: No

Site:

Report Style: Detailed

Monday - 04/01/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000806 Cinnamon Toast Crunch	EACH	41	83	123	4	16.60	1.65
001442 Hot Cakes w/Sausage	Serving	59	154	145	14	26.18	4.57
001331 Apple Slices in Bag	2oz bag	65	20	0	4	4.42	*N/A*
001487 Orange Juice	4.23oz box	18	11	3	2	2.70	0.00
001486 Apple Juice	4.23oz box	71	43	4	9	9.94	0.00
000589 White Milk	each	49	49	61	6	5.88	3.92
000588 Chocolate Milk	each	51	56	51	9	9.69	4.08
Weighted Daily Average			415	386	48	75.42	*14.23
% of Calories					46.3%	72.7%	*13.7%
Weekly Nutrient Guideline			350 - 500	540			

Tuesday - 04/02/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000810 Lucky Charms	EACH	54	110	173	8	22.41	2.72
000869 Breakfast Pizza	slice	46	97	198	4	11.51	4.60

Base Menu Spreadsheet

Weighted Values

Apr 1, 2019 thru Apr 30, 2019

000215 Sliced Pears	1/2CUP	65	55	10	10	12.97	0.65
001487 Orange Juice	4.23oz box	75	45	11	10	11.26	0.00
001486 Apple Juice	4.23oz box	25	15	1	3	3.50	0.00
000589 White Milk	each	25	25	31	3	3.00	2.00
000588 Chocolate Milk	each	75	82	75	14	14.25	6.00
Weighted Daily Average			429	499	51	78.90	15.97
% of Calories					47.6%	73.6%	14.9%
Weekly Nutrient Guideline			350 - 500	540			

Wednesday - 04/03/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990028 Cocoa Puffs	Bowl	75	142	195	8	30.00	3.75
000859 Sausage,Egg,&Cheese Biscuit	EACH	25	81	171	1	7.41	3.94
001331 Apple Slices in Bag	2oz bag	65	20	0	4	4.42	*N/A*
001487 Orange Juice	4.23oz box	21	13	3	3	3.15	0.00
001486 Apple Juice	4.23oz box	75	45	4	9	10.50	0.00
000589 White Milk	each	27	27	34	3	3.24	2.16

Base Menu Spreadsheet

Weighted Values

Apr 1, 2019 thru Apr 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000588 Chocolate Milk	each	73	80	73	13	13.87	5.84
Weighted Daily Average			408	479	40	72.60	*15.69
% of Calories					39.2%	71.2%	*15.4%
Weekly Nutrient Guideline			350 - 500	540			

Thursday - 04/04/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000809 Golden Grahams	EACH	25	51	90	3	10.62	1.01
990026 Confetti Pancakes	3.03oz	75	165	225	8	27.00	3.00
000103 Mandarin Oranges	1/2 cup	65	60	6	14	15.24	0.63
001487 Orange Juice	4.23oz box	75	45	11	10	11.26	0.00
001486 Apple Juice	4.23oz box	25	15	1	3	3.50	0.00
000588 Chocolate Milk	each	75	82	75	14	14.25	6.00
000589 White Milk	each	25	25	31	3	3.00	2.00
Weighted Daily Average			444	440	55	84.87	12.64
% of Calories					49.5%	76.5%	11.4%
Weekly Nutrient Guideline			350 - 500	540			

Friday - 04/05/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Apr 1, 2019 thru Apr 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000803 Trix	EACH	75	160	218	11	34.12	3.03
990024 Mini Powdered Donuts	3oz	25	68	58	5	10.25	1.00
001331 Apple Slices in Bag	2oz bag	65	20	0	4	4.42	*N/A*
001487 Orange Juice	4.23oz box	75	45	11	10	11.26	0.00
001486 Apple Juice	4.23oz box	25	15	1	3	3.50	0.00
000589 White Milk	each	25	25	31	3	3.00	2.00
000588 Chocolate Milk	each	75	82	75	14	14.25	6.00
Weighted Daily Average			414	394	50	80.80	*12.03
% of Calories					48.3%	78.1%	*11.6%
Weekly Nutrient Guideline			350 - 500	540			

Monday - 04/08/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000806 Cinnamon Toast Crunch	EACH	30	61	90	3	12.15	1.21
000799 French Toast Sticks w/Syrup	3 sticks	70	262	231	21	46.87	4.89
001331 Apple Slices in Bag	2oz bag	65	20	0	4	4.42	*N/A*
001487 Orange Juice	4.23oz box	60	36	9	8	9.00	0.00
001486 Apple Juice	4.23oz box	40	24	2	5	5.60	0.00

Base Menu Spreadsheet

Weighted Values

000589 White Milk	each	68	68	85	8	8.16	5.44
000588 Chocolate Milk	each	32	35	32	6	6.08	2.56
Weighted Daily Average			506	449	55	92.29	*14.10
% of Calories					43.5%	73.0%	*11.1%
Weekly Nutrient Guideline			350 - 500	540			

Tuesday - 04/09/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000810 Lucky Charms	EACH	75	152	240	11	31.12	3.78
001457 Sausage & Biscuit	sandwich	25	66	134	1	7.10	3.02
000215 Sliced Pears	1/2CUP	65	55	10	10	12.97	0.65
001487 Orange Juice	4.23oz box	80	48	12	10	12.01	0.00
001486 Apple Juice	4.23oz box	20	12	1	2	2.80	0.00
000589 White Milk	each	25	25	31	3	3.00	2.00
000588 Chocolate Milk	each	75	82	75	14	14.25	6.00
Weighted Daily Average			441	503	51	83.25	15.45
% of Calories					46.3%	75.5%	14.0%
Weekly Nutrient Guideline			350 - 500	540			

Wednesday - 04/10/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Apr 1, 2019 thru Apr 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990028 Cocoa Puffs	Bowl	75	142	195	8	30.00	3.75
000869 Breakfast Pizza	slice	25	53	108	2	6.25	2.50
001331 Apple Slices in Bag	2oz bag	65	20	0	4	4.42	*N/A*
001487 Orange Juice	4.23oz box	80	48	12	10	12.01	0.00
001486 Apple Juice	4.23oz box	20	12	1	2	2.80	0.00
000589 White Milk	each	25	25	31	3	3.00	2.00
000588 Chocolate Milk	each	75	82	75	14	14.25	6.00
Weighted Daily Average			382	422	43	72.73	*14.25
% of Calories					45.0%	76.2%	*14.9%
Weekly Nutrient Guideline			350 - 500	540			

Thursday - 04/11/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000809 Golden Grahams	EACH	80	162	288	10	34.00	3.23
001068 Pancake on a Stick w/Syrup	1 Each	20	64	82	6	9.81	1.20
000103 Mandarin Oranges	1/2 cup	65	60	6	14	15.24	0.63
001487 Orange Juice	4.23oz box	40	24	6	5	6.00	0.00
001486 Apple Juice	4.23oz box	60	36	3	7	8.40	0.00
000589 White Milk	each	20	20	25	2	2.40	1.60

Base Menu Spreadsheet

Weighted Values

Apr 1, 2019 thru Apr 30, 2019

000588 Chocolate Milk	each	80	88	80	14	15.20	6.40
Weighted Daily Average			455	491	60	91.05	13.06
% of Calories					52.7%	80.0%	11.5%
Weekly Nutrient Guideline			350 - 500	540			

Friday - 04/12/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000803 Trix	EACH	47	100	136	7	21.38	1.90
001449 Cinnamon Roll	cinnamon roll	53	116	122	8	20.93	2.65
001331 Apple Slices in Bag	2oz bag	65	20	0	4	4.42	*N/A*
001487 Orange Juice	4.23oz box	46	28	7	6	6.90	0.00
001486 Apple Juice	4.23oz box	38	23	2	5	5.32	0.00
000589 White Milk	each	31	31	39	4	3.72	2.48
000588 Chocolate Milk	each	54	59	54	10	10.26	4.32
Weighted Daily Average			377	360	43	72.94	*11.35
% of Calories					45.6%	77.4%	*12.0%
Weekly Nutrient Guideline			350 - 500	540			

Monday - 04/15/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Apr 1, 2019 thru Apr 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000806 Cinnamon Toast Crunch	EACH	41	83	123	4	16.60	1.65
001442 Hot Cakes w/Sausage	Serving	59	154	145	14	26.18	4.57
001331 Apple Slices in Bag	2oz bag	65	20	0	4	4.42	*N/A*
001487 Orange Juice	4.23oz box	18	11	3	2	2.70	0.00
001486 Apple Juice	4.23oz box	71	43	4	9	9.94	0.00
000589 White Milk	each	49	49	61	6	5.88	3.92
000588 Chocolate Milk	each	51	56	51	9	9.69	4.08
Weighted Daily Average			415	386	48	75.42	*14.23
% of Calories					46.3%	72.7%	*13.7%
Weekly Nutrient Guideline			350 - 500	540			

Tuesday - 04/16/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000810 Lucky Charms	EACH	54	110	173	8	22.41	2.72
000869 Breakfast Pizza	slice	46	97	198	4	11.51	4.60
000215 Sliced Pears	1/2CUP	65	55	10	10	12.97	0.65
001487 Orange Juice	4.23oz box	75	45	11	10	11.26	0.00
001486 Apple Juice	4.23oz box	25	15	1	3	3.50	0.00
000589 White Milk	each	25	25	31	3	3.00	2.00

Base Menu Spreadsheet

Weighted Values

Apr 1, 2019 thru Apr 30, 2019

000588 Chocolate Milk	each	75	82	75	14	14.25	6.00
Weighted Daily Average			429	499	51	78.90	15.97
% of Calories					47.6%	73.6%	14.9%
Weekly Nutrient Guideline			350 - 500	540			

Wednesday - 04/17/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990028 Cocoa Puffs	Bowl	75	142	195	8	30.00	3.75
000859 Sausage,Egg,&Cheese Biscuit	EACH	25	81	171	1	7.41	3.94
001331 Apple Slices in Bag	2oz bag	65	20	0	4	4.42	*N/A*
001487 Orange Juice	4.23oz box	21	13	3	3	3.15	0.00
001486 Apple Juice	4.23oz box	75	45	4	9	10.50	0.00
000589 White Milk	each	27	27	34	3	3.24	2.16
000588 Chocolate Milk	each	73	80	73	13	13.87	5.84
Weighted Daily Average			408	479	40	72.60	*15.69
% of Calories					39.2%	71.2%	*15.4%
Weekly Nutrient Guideline			350 - 500	540			

Thursday - 04/18/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Apr 1, 2019 thru Apr 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000809 Golden Grahams	EACH	25	51	90	3	10.62	1.01
990026 Confetti Pancakes	3.03oz	75	165	225	8	27.00	3.00
000103 Mandarin Oranges	1/2 cup	65	60	6	14	15.24	0.63
001487 Orange Juice	4.23oz box	75	45	11	10	11.26	0.00
001486 Apple Juice	4.23oz box	25	15	1	3	3.50	0.00
000588 Chocolate Milk	each	75	82	75	14	14.25	6.00
000589 White Milk	each	25	25	31	3	3.00	2.00
Weighted Daily Average			444	440	55	84.87	12.64
% of Calories					49.5%	76.5%	11.4%
Weekly Nutrient Guideline			350 - 500	540			

Friday - 04/19/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000153 HOLIDAY							
Weighted Daily Average			0	0	0	0.00	0.00
% of Calories					0%	0%	0%
Weekly Nutrient Guideline			350 - 500	540			

Monday - 04/22/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Apr 1, 2019 thru Apr 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000806 Cinnamon Toast Crunch	EACH	30	61	90	3	12.15	1.21
000799 French Toast Sticks w/Syrup	3 sticks	70	262	231	21	46.87	4.89
001331 Apple Slices in Bag	2oz bag	65	20	0	4	4.42	*N/A*
001487 Orange Juice	4.23oz box	60	36	9	8	9.00	0.00
001486 Apple Juice	4.23oz box	40	24	2	5	5.60	0.00
000589 White Milk	each	68	68	85	8	8.16	5.44
000588 Chocolate Milk	each	32	35	32	6	6.08	2.56
Weighted Daily Average			506	449	55	92.29	*14.10
% of Calories					43.5%	73.0%	*11.1%
Weekly Nutrient Guideline			350 - 500	540			

Tuesday - 04/23/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000810 Lucky Charms	EACH	75	152	240	11	31.12	3.78
001457 Sausage & Biscuit	sandwich	25	66	134	1	7.10	3.02
000215 Sliced Pears	1/2CUP	65	55	10	10	12.97	0.65
001487 Orange Juice	4.23oz box	80	48	12	10	12.01	0.00
001486 Apple Juice	4.23oz box	20	12	1	2	2.80	0.00

Base Menu Spreadsheet

Weighted Values

000589 White Milk	each	25	25	31	3	3.00	2.00
000588 Chocolate Milk	each	75	82	75	14	14.25	6.00
Weighted Daily Average			441	503	51	83.25	15.45
% of Calories					46.3%	75.5%	14.0%
Weekly Nutrient Guideline			350 - 500	540			

Wednesday - 04/24/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990028 Cocoa Puffs	Bowl	75	142	195	8	30.00	3.75
000869 Breakfast Pizza	slice	25	53	108	2	6.25	2.50
001331 Apple Slices in Bag	2oz bag	65	20	0	4	4.42	*N/A*
001487 Orange Juice	4.23oz box	80	48	12	10	12.01	0.00
001486 Apple Juice	4.23oz box	20	12	1	2	2.80	0.00
000589 White Milk	each	25	25	31	3	3.00	2.00
000588 Chocolate Milk	each	75	82	75	14	14.25	6.00
Weighted Daily Average			382	422	43	72.73	*14.25
% of Calories					45.0%	76.2%	*14.9%
Weekly Nutrient Guideline			350 - 500	540			

Thursday - 04/25/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Apr 1, 2019 thru Apr 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000809 Golden Grahams	EACH	80	162	288	10	34.00	3.23
001068 Pancake on a Stick w/Syrup	1 Each	20	64	82	6	9.81	1.20
000103 Mandarin Oranges	1/2 cup	65	60	6	14	15.24	0.63
001487 Orange Juice	4.23oz box	40	24	6	5	6.00	0.00
001486 Apple Juice	4.23oz box	60	36	3	7	8.40	0.00
000589 White Milk	each	20	20	25	2	2.40	1.60
000588 Chocolate Milk	each	80	88	80	14	15.20	6.40
Weighted Daily Average			455	491	60	91.05	13.06
% of Calories					52.7%	80.0%	11.5%
Weekly Nutrient Guideline			350 - 500	540			

Friday - 04/26/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000803 Trix	EACH	47	100	136	7	21.38	1.90
001449 Cinnamon Roll	cinnamon roll	53	116	122	8	20.93	2.65
001331 Apple Slices in Bag	2oz bag	65	20	0	4	4.42	*N/A*
001487 Orange Juice	4.23oz box	46	28	7	6	6.90	0.00
001486 Apple Juice	4.23oz box	38	23	2	5	5.32	0.00
000589 White Milk	each	31	31	39	4	3.72	2.48

Base Menu Spreadsheet

Weighted Values

Apr 1, 2019 thru Apr 30, 2019

000588 Chocolate Milk	each	54	59	54	10	10.26	4.32
Weighted Daily Average			377	360	43	72.94	*11.35
% of Calories					45.6%	77.4%	*12.0%
Weekly Nutrient Guideline			350 - 500	540			

Monday - 04/29/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000806 Cinnamon Toast Crunch	EACH	41	83	123	4	16.60	1.65
001442 Hot Cakes w/Sausage	Serving	59	154	145	14	26.18	4.57
001331 Apple Slices in Bag	2oz bag	65	20	0	4	4.42	*N/A*
001487 Orange Juice	4.23oz box	18	11	3	2	2.70	0.00
001486 Apple Juice	4.23oz box	71	43	4	9	9.94	0.00
000589 White Milk	each	49	49	61	6	5.88	3.92
000588 Chocolate Milk	each	51	56	51	9	9.69	4.08
Weighted Daily Average			415	386	48	75.42	*14.23
% of Calories					46.3%	72.7%	*13.7%
Weekly Nutrient Guideline			350 - 500	540			

Tuesday - 04/30/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Apr 1, 2019 thru Apr 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000810 Lucky Charms	EACH	54	110	173	8	22.41	2.72
000869 Breakfast Pizza	slice	46	97	198	4	11.51	4.60
000215 Sliced Pears	1/2CUP	65	55	10	10	12.97	0.65
001487 Orange Juice	4.23oz box	75	45	11	10	11.26	0.00
001486 Apple Juice	4.23oz box	25	15	1	3	3.50	0.00
000589 White Milk	each	25	25	31	3	3.00	2.00
000588 Chocolate Milk	each	75	82	75	14	14.25	6.00
Weighted Daily Average			429	499	51	78.90	15.97
% of Calories					47.6%	73.6%	14.9%
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.