

Base Menu Spreadsheet

Weighted Values

Sep 3, 2019 thru Sep 30, 2019

Menu Name: CLIFT BREAKFAST

Include Cost: No

Site:

Report Style: Detailed

Tuesday - 09/03/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990122 Lucky Charms	Bowl	50	105	10	23.00	2.00
001457 Sausage & Biscuit	sandwich	50	136	2	14.70	6.05
001476 Banana	each	75	113	16	29.05	1.39
001487 Orange Juice	4.23oz box	33	20	4	4.95	0.00
001486 Apple Juice	4.23oz box	44	26	5	6.16	0.00
000589 White Milk	each	31	31	4	3.72	2.48
000588 Chocolate Milk	each	61	67	11	11.59	4.88
Weighted Daily Average			499	51	93.17	16.80
% of Calories				40.9%	74.7%	13.5%
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)
990124 Cocoa Puffs	bowl	45	94	7	21.15	1.35
000869 Breakfast Pizza	slice	55	116	5	13.76	5.50

Base Menu Spreadsheet

Weighted Values

Sep 3, 2019 thru Sep 30, 2019

000904 Strawberry Craisins	1 bag	70	77	17	19.60	0.00
001487 Orange Juice	4.23oz box	22	13	3	3.30	0.00
001486 Apple Juice	4.23oz box	70	42	8	9.80	0.00
000589 White Milk	each	55	55	7	6.60	4.40
000588 Chocolate Milk	each	31	34	6	5.89	2.48
Weighted Daily Average			431	52	80.10	13.73
% of Calories				48.3%	74.3%	12.7%
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)
990125 Honey Nut Cheerios	bowl	40	84	8	18.00	2.00
001442 Hot Cakes w/Sausage	Serving	60	200	15	34.40	5.60
000247 Applesauce	1/2 cup	70	51	11	11.74	0.00
001487 Orange Juice	4.23oz box	41	25	5	6.15	0.00
001486 Apple Juice	4.23oz box	50	30	6	7.00	0.00
000589 White Milk	each	25	25	3	3.00	2.00

Base Menu Spreadsheet

Weighted Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000588 Chocolate Milk	each	60	66	11	11.40	4.80
Weighted Daily Average			480	58	91.69	14.40
% of Calories				48.3%	76.4%	12.0%
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)
990122 Lucky Charms	Bowl	40	84	8	18.40	1.60
001449 Cinnamon Roll	cinnamon roll	60	132	9	23.69	3.00
001331 Apple Slices in Bag	2 oz bag	65	20	4	4.55	0.00
001487 Orange Juice	4.23oz box	49	29	6	7.35	0.00
001486 Apple Juice	4.23oz box	37	22	4	5.18	0.00
000589 White Milk	each	28	28	3	3.36	2.24
000588 Chocolate Milk	each	63	69	11	11.97	5.04
Weighted Daily Average			384	46	74.51	11.88
% of Calories				47.9%	77.6%	12.4%
Weekly Nutrient Guideline			350 - 500			

Monday - 09/09/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990126 Cinnamon Toast Crunch	bowl	41	94	5	18.04	1.23
990174 Waffle w/ Bacon	serving	60	132	15	27.00	2.40
000247 Applesauce	1/2 cup	65	47	10	10.90	0.00
001487 Orange Juice	4.23oz box	71	43	9	10.66	0.00
001486 Apple Juice	4.23oz box	22	13	3	3.08	0.00
000589 White Milk	each	33	33	4	3.96	2.64
000588 Chocolate Milk	each	44	48	8	8.36	3.52
Weighted Daily Average			411	53	82.00	9.79
% of Calories				51.6%	79.8%	9.5%
Weekly Nutrient Guideline			350 - 500			

Tuesday - 09/10/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990122 Lucky Charms	Bowl	40	84	8	18.40	1.60
001068 Pancake on a Stick	1 Each	60	192	17	29.40	3.60
001476 Banana	each	70	106	15	27.11	1.29
001487 Orange Juice	4.23oz box	33	20	4	4.95	0.00
001486 Apple Juice	4.23oz box	44	26	5	6.16	0.00

Base Menu Spreadsheet

Weighted Values

Sep 3, 2019 thru Sep 30, 2019

000589 White Milk	each	31	31	4	3.72	2.48
000588 Chocolate Milk	each	61	67	11	11.59	4.88
Weighted Daily Average			526	64	101.34	13.85
% of Calories				48.7%	77.1%	10.5%
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)
990124 Cocoa Puffs	bowl	30	63	4	14.10	0.90
990175 Strawberry&Cream Pancakes	pancake	70	103	9	19.02	1.17
000904 Strawberry Craisins	1 bag	70	77	17	19.60	0.00
001487 Orange Juice	4.23oz box	22	13	3	3.30	0.00
001486 Apple Juice	4.23oz box	77	46	9	10.79	0.00
000589 White Milk	each	59	59	7	7.08	4.72
000588 Chocolate Milk	each	31	34	6	5.89	2.48
Weighted Daily Average			395	55	79.77	9.27
% of Calories				55.7%	80.8%	9.4%
Weekly Nutrient Guideline			350 - 500			

Thursday - 09/12/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990125 Honey Nut Cheerios	bowl	40	84	8	18.00	2.00
001290 Chicken Biscuit	1 serving	60	240	2	24.60	11.40
000247 Applesauce	1/2 cup	75	54	11	12.58	0.00
001487 Orange Juice	4.23oz box	41	25	5	6.15	0.00
001486 Apple Juice	4.23oz box	55	33	7	7.70	0.00
000589 White Milk	each	29	29	3	3.48	2.32
000588 Chocolate Milk	each	68	75	12	12.92	5.44
Weighted Daily Average			540	48	85.43	21.16
% of Calories				35.6%	63.3%	15.7%
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)
990122 Lucky Charms	Bowl	40	84	8	18.40	1.60
001449 Cinnamon Roll	cinnamon roll	60	132	9	23.69	3.00
001331 Apple Slices in Bag	2 oz bag	65	20	4	4.55	0.00
001487 Orange Juice	4.23oz box	49	29	6	7.35	0.00
001486 Apple Juice	4.23oz box	37	22	4	5.18	0.00
000589 White Milk	each	28	28	3	3.36	2.24

Base Menu Spreadsheet

Weighted Values

Sep 3, 2019 thru Sep 30, 2019

000588 Chocolate Milk	each	63	69	11	11.97	5.04
Weighted Daily Average			384	46	74.51	11.88
% of Calories				47.9%	77.6%	12.4%
Weekly Nutrient Guideline			350 - 500			

Monday - 09/16/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990126 Cinnamon Toast Crunch	bowl	50	115	6	22.00	1.50
000799 French Toast Sticks w/Syrup	3 sticks	50	195	15	35.01	3.50
000247 Applesauce	1/2 cup	65	47	10	10.90	0.00
001486 Apple Juice	4.23oz box	22	13	3	3.08	0.00
001487 Orange Juice	4.23oz box	71	43	9	10.66	0.00
000589 White Milk	each	33	33	4	3.96	2.64
000588 Chocolate Milk	each	44	48	8	8.36	3.52
Weighted Daily Average			494	54	93.96	11.16
% of Calories				43.7%	76.1%	9.0%
Weekly Nutrient Guideline			350 - 500			

Tuesday - 09/17/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990122 Lucky Charms	Bowl	50	105	10	23.00	2.00
001457 Sausage & Biscuit	sandwich	50	136	2	14.70	6.05
001476 Banana	each	75	113	16	29.05	1.39
001487 Orange Juice	4.23oz box	33	20	4	4.95	0.00
001486 Apple Juice	4.23oz box	44	26	5	6.16	0.00
000589 White Milk	each	31	31	4	3.72	2.48
000588 Chocolate Milk	each	61	67	11	11.59	4.88
Weighted Daily Average			499	51	93.17	16.80
% of Calories				40.9%	74.7%	13.5%
Weekly Nutrient Guideline			350 - 500			

Wednesday - 09/18/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990124 Cocoa Puffs	bowl	45	94	7	21.15	1.35
000869 Breakfast Pizza	slice	55	116	5	13.76	5.50
000904 Strawberry Craisins	1 bag	70	77	17	19.60	0.00
001487 Orange Juice	4.23oz box	22	13	3	3.30	0.00
001486 Apple Juice	4.23oz box	70	42	8	9.80	0.00
000589 White Milk	each	55	55	7	6.60	4.40

Base Menu Spreadsheet

Weighted Values

Sep 3, 2019 thru Sep 30, 2019

000588 Chocolate Milk	each	31	34	6	5.89	2.48
Weighted Daily Average			431	52	80.10	13.73
% of Calories				48.3%	74.3%	12.7%
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)
990125 Honey Nut Cheerios	bowl	40	84	8	18.00	2.00
001442 Hot Cakes w/Sausage	Serving	60	200	15	34.40	5.60
000247 Applesauce	1/2 cup	70	51	11	11.74	0.00
001487 Orange Juice	4.23oz box	41	25	5	6.15	0.00
001486 Apple Juice	4.23oz box	50	30	6	7.00	0.00
000589 White Milk	each	25	25	3	3.00	2.00
000588 Chocolate Milk	each	60	66	11	11.40	4.80
Weighted Daily Average			480	58	91.69	14.40
% of Calories				48.3%	76.4%	12.0%
Weekly Nutrient Guideline			350 - 500			

Friday - 09/20/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990122 Lucky Charms	Bowl	40	84	8	18.40	1.60
001449 Cinnamon Roll	cinnamon roll	60	132	9	23.69	3.00
001331 Apple Slices in Bag	2 oz bag	65	20	4	4.55	0.00
001487 Orange Juice	4.23oz box	49	29	6	7.35	0.00
001486 Apple Juice	4.23oz box	37	22	4	5.18	0.00
000589 White Milk	each	28	28	3	3.36	2.24
000588 Chocolate Milk	each	63	69	11	11.97	5.04
Weighted Daily Average			384	46	74.51	11.88
% of Calories				47.9%	77.6%	12.4%
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)
990126 Cinnamon Toast Crunch	bowl	41	94	5	18.04	1.23
990174 Waffle w/ Bacon	serving	60	132	15	27.00	2.40
000247 Applesauce	1/2 cup	65	47	10	10.90	0.00
001487 Orange Juice	4.23oz box	71	43	9	10.66	0.00
001486 Apple Juice	4.23oz box	22	13	3	3.08	0.00
000589 White Milk	each	33	33	4	3.96	2.64

Base Menu Spreadsheet

Weighted Values

Sep 3, 2019 thru Sep 30, 2019

000588 Chocolate Milk	each	44	48	8	8.36	3.52
Weighted Daily Average			411	53	82.00	9.79
% of Calories				51.6%	79.8%	9.5%
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)
990122 Lucky Charms	Bowl	40	84	8	18.40	1.60
001068 Pancake on a Stick	1 Each	60	192	17	29.40	3.60
001476 Banana	each	70	106	15	27.11	1.29
001487 Orange Juice	4.23oz box	33	20	4	4.95	0.00
001486 Apple Juice	4.23oz box	44	26	5	6.16	0.00
000589 White Milk	each	31	31	4	3.72	2.48
000588 Chocolate Milk	each	61	67	11	11.59	4.88
Weighted Daily Average			526	64	101.34	13.85
% of Calories				48.7%	77.1%	10.5%
Weekly Nutrient Guideline			350 - 500			

Wednesday - 09/25/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990124 Cocoa Puffs	bowl	30	63	4	14.10	0.90
990175 Strawberry&Cream Pancakes	pancake	70	103	9	19.02	1.17
000904 Strawberry Craisins	1 bag	70	77	17	19.60	0.00
001487 Orange Juice	4.23oz box	22	13	3	3.30	0.00
001486 Apple Juice	4.23oz box	77	46	9	10.79	0.00
000589 White Milk	each	59	59	7	7.08	4.72
000588 Chocolate Milk	each	31	34	6	5.89	2.48
Weighted Daily Average			395	55	79.77	9.27
% of Calories				55.7%	80.8%	9.4%
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)
990125 Honey Nut Cheerios	bowl	40	84	8	18.00	2.00
001290 Chicken Biscuit	1 serving	60	240	2	24.60	11.40
000247 Applesauce	1/2 cup	75	54	11	12.58	0.00
001487 Orange Juice	4.23oz box	41	25	5	6.15	0.00
001486 Apple Juice	4.23oz box	55	33	7	7.70	0.00
000589 White Milk	each	29	29	3	3.48	2.32

Base Menu Spreadsheet

Weighted Values

Sep 3, 2019 thru Sep 30, 2019

000588 Chocolate Milk	each	68	75	12	12.92	5.44
Weighted Daily Average			540	48	85.43	21.16
% of Calories				35.6%	63.3%	15.7%
Weekly Nutrient Guideline			350 - 500			

Friday - 09/27/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990122 Lucky Charms	Bowl	40	84	8	18.40	1.60
001449 Cinnamon Roll	cinnamon roll	60	132	9	23.69	3.00
001331 Apple Slices in Bag	2 oz bag	65	20	4	4.55	0.00
001487 Orange Juice	4.23oz box	49	29	6	7.35	0.00
001486 Apple Juice	4.23oz box	37	22	4	5.18	0.00
000589 White Milk	each	28	28	3	3.36	2.24
000588 Chocolate Milk	each	63	69	11	11.97	5.04
Weighted Daily Average			384	46	74.51	11.88
% of Calories				47.9%	77.6%	12.4%
Weekly Nutrient Guideline			350 - 500			

Monday - 09/30/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990126 Cinnamon Toast Crunch	bowl	50	115	6	22.00	1.50
000799 French Toast Sticks w/Syrup	3 sticks	50	195	15	35.01	3.50
000247 Applesauce	1/2 cup	65	47	10	10.90	0.00
001486 Apple Juice	4.23oz box	22	13	3	3.08	0.00
001487 Orange Juice	4.23oz box	71	43	9	10.66	0.00
000589 White Milk	each	33	33	4	3.96	2.64
000588 Chocolate Milk	each	44	48	8	8.36	3.52
Weighted Daily Average			494	54	93.96	11.16
% of Calories				43.7%	76.1%	9.0%
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.