

Base Menu Spreadsheet

Weighted Values

Mar 2, 2020 thru Mar 31, 2020

Menu Name: CLIFT BREAKFAST

Include Cost: No

Site:

Report Style: Detailed

Monday - 03/02/2020

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 |
| 990242 Mixed Berry Cup | each | 65 | 58 | 10 | 13.00 | 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 | | | 506 | 55 | 96.06 | 11.16 |
| % of Calories | | | | 43.5% | 75.9% | 8.8% |
| Weekly Nutrient Guideline | | | 350 - 500 | | | |

Tuesday - 03/03/2020

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 |

Base Menu Spreadsheet

Weighted Values

Mar 2, 2020 thru Mar 31, 2020

| | | | | | | |
|---------------------------|------------|----|-----------|-------|-------|-------|
| 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 - 03/04/2020

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

Mar 2, 2020 thru Mar 31, 2020

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sugars (g) | Carb (g) | Protn (g) |
|---------------------------|--------------|-----------|--------------------------|------------|----------|-----------|
| 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 - 03/05/2020

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 | 46 | 9 | 10.50 | 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 | | | 475 | 57 | 90.46 | 14.40 |
| % of Calories | | | | 48.0% | 76.2% | 12.1% |
| Weekly Nutrient Guideline | | | 350 - 500 | | | |

Monday - 03/16/2020

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Mar 2, 2020 thru Mar 31, 2020

| | 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 |
| 990242 Mixed Berry Cup | each | 65 | 58 | 10 | 13.00 | 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 | | | 422 | 54 | 84.10 | 9.79 |
| % of Calories | | | | 51.2% | 79.7% | 9.3% |
| Weekly Nutrient Guideline | | | 350 - 500 | | | |

Tuesday - 03/17/2020

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 |
| 001290 Chicken Biscuit | 1 serving | 60 | 240 | 2 | 24.60 | 11.40 |
| 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

Mar 2, 2020 thru Mar 31, 2020

| | | | | | | |
|---------------------------|------|----|-----------|-------|-------|-------|
| 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 | | | 574 | 49 | 96.54 | 21.65 |
| % of Calories | | | | 34.1% | 67.3% | 15.1% |
| Weekly Nutrient Guideline | | | 350 - 500 | | | |

Wednesday - 03/18/2020

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 |
| 000370 Sausage Roll | 1 Roll | 70 | 119 | 4 | 19.60 | 3.50 |
| 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 | 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 | | | 412 | 50 | 80.36 | 11.60 |
| % of Calories | | | | 48.5% | 78.0% | 11.3% |
| Weekly Nutrient Guideline | | | 350 - 500 | | | |

Thursday - 03/19/2020

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Mar 2, 2020 thru Mar 31, 2020

| | 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 |
| 001068 Pancake on a Stick * | 1 Each | 60 | 192 | 17 | 29.40 | 3.60 |
| 000247 Applesauce | 1/2 cup | 75 | 49 | 10 | 11.25 | 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 | | | 486 | 63 | 88.91 | 13.36 |
| % of Calories | | | | 51.9% | 73.2% | 11.0% |
| Weekly Nutrient Guideline | | | 350 - 500 | | | |

Friday - 03/20/2020

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 | 133 | 9 | 23.99 | 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

Mar 2, 2020 thru Mar 31, 2020

| | | | | | | |
|---------------------------|------|----|-----------|-------|-------|-------|
| 000588 Chocolate Milk | each | 63 | 69 | 11 | 11.97 | 5.04 |
| Weighted Daily Average | | | 385 | 46 | 74.80 | 11.88 |
| % of Calories | | | | 47.8% | 77.7% | 12.3% |
| Weekly Nutrient Guideline | | | 350 - 500 | | | |

Monday - 03/23/2020

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 |
| 990242 Mixed Berry Cup | each | 65 | 58 | 10 | 13.00 | 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 | | | 506 | 55 | 96.06 | 11.16 |
| % of Calories | | | | 43.5% | 75.9% | 8.8% |
| Weekly Nutrient Guideline | | | 350 - 500 | | | |

Tuesday - 03/24/2020

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Mar 2, 2020 thru Mar 31, 2020

| | 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 - 03/25/2020

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

Mar 2, 2020 thru Mar 31, 2020

| | | | | | | |
|---------------------------|------|----|-----------|-------|-------|-------|
| 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 - 03/26/2020

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 | 46 | 9 | 10.50 | 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 | | | 475 | 57 | 90.46 | 14.40 |
| % of Calories | | | | 48.0% | 76.2% | 12.1% |
| Weekly Nutrient Guideline | | | 350 - 500 | | | |

Friday - 03/27/2020

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Mar 2, 2020 thru Mar 31, 2020

| | 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 | 133 | 9 | 23.99 | 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 | | | 385 | 46 | 74.80 | 11.88 |
| % of Calories | | | | 47.8% | 77.7% | 12.3% |
| Weekly Nutrient Guideline | | | 350 - 500 | | | |

Monday - 03/30/2020

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 |
| 990242 Mixed Berry Cup | each | 65 | 58 | 10 | 13.00 | 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

Mar 2, 2020 thru Mar 31, 2020

| | | | | | | |
|---------------------------|------|----|-----------|-------|-------|------|
| 000588 Chocolate Milk | each | 44 | 48 | 8 | 8.36 | 3.52 |
| Weighted Daily Average | | | 422 | 54 | 84.10 | 9.79 |
| % of Calories | | | | 51.2% | 79.7% | 9.3% |
| Weekly Nutrient Guideline | | | 350 - 500 | | | |

Tuesday - 03/31/2020

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 |
| 001290 Chicken Biscuit | 1 serving | 60 | 240 | 2 | 24.60 | 11.40 |
| 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 | | | 574 | 49 | 96.54 | 21.65 |
| % of Calories | | | | 34.1% | 67.3% | 15.1% |
| Weekly Nutrient Guideline | | | 350 - 500 | | | |

| | Cals ¹ (kcal) | Sugars (g) | Carb (g) | Protn (g) |
|-------------------|--------------------------|------------|----------|-----------|
| Weighted Averages | 468 | 53 | 87.48 | 13.99 |

Base Menu Spreadsheet

Weighted Values

Mar 2, 2020 thru Mar 31, 2020

| | | | | | | |
|---------------|--|--|--|-------|-------|-------|
| % of Calories | | | | 45.3% | 74.8% | 12.0% |
|---------------|--|--|--|-------|-------|-------|

**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.