

# Base Menu Spreadsheet

## Weighted Values

Mar 2, 2020 thru Mar 31, 2020

**Menu Name:** High School BREAKFAST-LINE 3

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Monday - 03/02/2020

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	Carb (g)	Protn (g)
990126 Cinnamon Toast Crunch	bowl	40	92	4	17.60	1.20
990177 Waffle w/ Bacon	serving	60	180	17	36.00	3.60
000247 Applesauce	1/2 cup	65	42	9	9.75	0.00
001126 Apple Juice	4oz SERVING	71	43	9	9.94	0.00
000733 Orange Juice	4oz SERVING	22	13	3	2.86	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			451	53	88.47	10.96
% of Calories				47.0%	78.5%	9.7%
Weekly Nutrient Guideline			450 - 600			

### Tuesday - 03/03/2020

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	Carb (g)	Protn (g)
990122 Lucky Charms	Bowl	40	84	8	18.40	1.60
001068 Pancake on a	1 Each	60	192	17	29.40	3.60

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Stick *						
001476 Banana	each	70	106	15	27.11	1.29
001126 Apple Juice	4oz SERVING	33	20	4	4.62	0.00
000733 Orange Juice	4oz SERVING	44	26	5	5.72	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	100.56	13.85
% of Calories				48.7%	76.5%	10.5%
Weekly Nutrient Guideline			450 - 600			

**Wednesday - 03/04/2020**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	Carb (g)	Protn (g)
990124 Cocoa Puffs	bowl	30	63	4	14.10	0.90
001401 Sausage Roll *	1 Roll	70	175	5	21.70	5.60
000904 Strawberry Craisins	1 bag	70	77	17	19.60	0.00
001126 Apple Juice	4oz SERVING	22	13	3	3.08	0.00
000733 Orange Juice	4oz SERVING	77	46	9	10.01	0.00
000589 White Milk	each	59	59	7	7.08	4.72

# Base Menu Spreadsheet

## Weighted Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	Carb (g)	Protn (g)
000588 Chocolate Milk	each	31	34	6	5.89	2.48
Weighted Daily Average			468	51	81.46	13.70
% of Calories				43.6%	69.6%	11.7%
Weekly Nutrient Guideline			450 - 600			

### Thursday - 03/05/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (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	49	10	11.25	0.00
001126 Apple Juice	4oz SERVING	41	25	5	5.74	0.00
000733 Orange Juice	4oz SERVING	55	33	7	7.15	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			534	47	83.14	21.16
% of Calories				35.2%	62.3%	15.9%
Weekly Nutrient Guideline			450 - 600			

### 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 <sup>1</sup> (kcal)	Sugars (g)	Carb (g)	Protn (g)
990126 Cinnamon Toast Crunch	bowl	40	92	4	17.60	1.20
990177 Waffle w/ Bacon	serving	60	180	17	36.00	3.60
000247 Applesauce	1/2 cup	65	42	9	9.75	0.00
001126 Apple Juice	4oz SERVING	71	43	9	9.94	0.00
000733 Orange Juice	4oz SERVING	22	13	3	2.86	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			451	53	88.47	10.96
% of Calories				47.0%	78.5%	9.7%
Weekly Nutrient Guideline			450 - 600			

**Tuesday - 03/17/2020**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (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
001126 Apple Juice	4oz SERVING	33	20	4	4.62	0.00
000733 Orange Juice	4oz SERVING	44	26	5	5.72	0.00

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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	100.56	13.85
% of Calories				48.7%	76.5%	10.5%
Weekly Nutrient Guideline			450 - 600			

### Wednesday - 03/18/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	Carb (g)	Protn (g)
990124 Cocoa Puffs	bowl	30	63	4	14.10	0.90
001401 Sausage Roll *	1 Roll	70	175	5	21.70	5.60
000904 Strawberry Craisins	1 bag	70	77	17	19.60	0.00
001126 Apple Juice	4oz SERVING	22	13	3	3.08	0.00
000733 Orange Juice	4oz SERVING	77	46	9	10.01	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			468	51	81.46	13.70
% of Calories				43.6%	69.6%	11.7%
Weekly Nutrient Guideline			450 - 600			

### 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 <sup>1</sup> (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	49	10	11.25	0.00
001126 Apple Juice	4oz SERVING	41	25	5	5.74	0.00
000733 Orange Juice	4oz SERVING	55	33	7	7.15	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			534	47	83.14	21.16
% of Calories				35.2%	62.3%	15.9%
Weekly Nutrient Guideline			450 - 600			

### Friday - 03/20/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (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
000064 Fresh Apple	apple	75	54	11	14.29	0.27
001126 Apple Juice	4oz SERVING	49	29	6	6.86	0.00
000733 Orange Juice	4oz SERVING	37	22	4	4.81	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			419	53	83.68	12.15
% of Calories				50.6%	79.9%	11.6%
Weekly Nutrient Guideline			450 - 600			

### Monday - 03/23/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (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	42	9	9.75	0.00
000733 Orange Juice	4oz SERVING	22	13	3	2.86	0.00
001126 Apple Juice	4oz SERVING	71	43	9	9.94	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			489	52	91.88	11.16
% of Calories				42.5%	75.2%	9.1%
Weekly Nutrient Guideline			450 - 600			

### 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 <sup>1</sup> (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
001126 Apple Juice	4oz SERVING	33	20	4	4.62	0.00
000733 Orange Juice	4oz SERVING	44	26	5	5.72	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	92.40	16.80
% of Calories				40.9%	74.1%	13.5%
Weekly Nutrient Guideline			450 - 600			

### Wednesday - 03/25/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	Carb (g)	Protn (g)
990124 Cocoa Puffs	bowl	45	94	7	21.15	1.35
001494 Hachie Breakfast	1 Each	55	156	1	12.60	10.50
000904 Strawberry Craisins	1 bag	70	77	17	19.60	0.00
001126 Apple Juice	4oz SERVING	22	13	3	3.08	0.00
000733 Orange Juice	4oz SERVING	70	42	8	9.10	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			471	47	78.02	18.74
% of Calories				39.9%	66.3%	15.9%
Weekly Nutrient Guideline			450 - 600			

### Thursday - 03/26/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (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
001126 Apple Juice	4oz SERVING	41	25	5	5.74	0.00
000733 Orange Juice	4oz SERVING	50	30	6	6.50	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	89.54	14.40
% of Calories				48.0%	75.4%	12.1%
Weekly Nutrient Guideline			450 - 600			

### 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 <sup>1</sup> (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
000064 Fresh Apple	apple	75	54	11	14.29	0.27
001126 Apple Juice	4oz SERVING	49	29	6	6.86	0.00
000733 Orange Juice	4oz SERVING	37	22	4	4.81	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			419	53	83.68	12.15
% of Calories				50.6%	79.9%	11.6%
Weekly Nutrient Guideline			450 - 600			

### Monday - 03/30/2020

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	Carb (g)	Protn (g)
990126 Cinnamon Toast Crunch	bowl	40	92	4	17.60	1.20
990177 Waffle w/ Bacon	serving	60	180	17	36.00	3.60
000247 Applesauce	1/2 cup	65	42	9	9.75	0.00
001126 Apple Juice	4oz SERVING	71	43	9	9.94	0.00
000733 Orange Juice	4oz SERVING	22	13	3	2.86	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			451	53	88.47	10.96
% of Calories				47.0%	78.5%	9.7%
Weekly Nutrient Guideline			450 - 600			

**Tuesday - 03/31/2020**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (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
001126 Apple Juice	4oz SERVING	33	20	4	4.62	0.00
000733 Orange Juice	4oz SERVING	44	26	5	5.72	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	100.56	13.85
% of Calories				48.7%	76.5%	10.5%
Weekly Nutrient Guideline			450 - 600			

	Cals <sup>1</sup> (kcal)	Sugars (g)	Carb (g)	Protn (g)
Weighted Averages	482	54	88.47	14.35

# Base Menu Spreadsheet

## Weighted Values

Mar 2, 2020 thru Mar 31, 2020

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% of Calories				44.8%	73.4%	11.9%
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*\*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*

*<sup>1</sup> - denotes required nutrient values*

*<sup>2</sup> - 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.