

# Base Menu Spreadsheet

## Weighted Values

Dec 1, 2021 thru Dec 17, 2021

**Menu Name:** K-12 Breakfast Menu  
**Site:** All Sites

**Include Cost:** No  
**Report Style:** Detailed

### Wednesday - 12/01/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	T-Fat (g)	Carb (g)	Protn (g)
000755 French Toast Sticks (2)	2 Sticks	1	269	6.50	52.16	3.00
900868 Poptart, Blueberry	package	1	180	2.50	38.00	2.00
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	0.07	16.20	0.53
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	90	0.00	21.00	0.25
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	2.50	13.00	8.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	2.26	23.49	9.94
Weighted Daily Average			869	13.83	163.85	23.72
% of Calories				14.3%	75.4%	10.9%
Weekly Nutrient Guideline			450 - 500	<=30		

### Thursday - 12/02/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	T-Fat (g)	Carb (g)	Protn (g)
900818 waffle, mini pillsbury, maple	each	1	200	5.00	37.00	4.00
900868 Poptart, Blueberry	package	1	180	2.50	38.00	2.00
000610 Cereal, variety (2)	2 Bowls	1	185	3.00	39.51	2.50

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000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	0.07	16.20	0.53
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	90	0.00	21.00	0.25
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	2.26	23.49	9.94
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	2.50	13.00	8.00
<b>Weighted Daily Average</b>			<b>986</b>	<b>15.33</b>	<b>188.19</b>	<b>27.22</b>
% of Calories				14.0%	76.3%	11.0%
Weekly Nutrient Guideline			450 - 500	<=30		

## Friday - 12/03/2021

## Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	T-Fat (g)	Carb (g)	Protn (g)
000863 Sausage Pattie-1, ckd, 1.5 oz	1 Pattie	1	190	18.00	0.00	7.00
900058 Biscuit, Southern	2.2 oz Biscuit	1	184	7.89	24.54	4.38
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	0.07	16.20	0.53
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	90	0.00	21.00	0.25
900499 Cereal, Froot Loops	each	1	110	1.00	24.00	2.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	2.26	23.49	9.94

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Dec 1, 2021 thru Dec 17, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	T-Fat (g)	Carb (g)	Protn (g)
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	2.50	13.00	8.00
Weighted Daily Average			905	31.72	122.23	32.10
% of Calories				31.5%	54.0%	14.2%
Weekly Nutrient Guideline			450 - 500	<=30		

### Monday - 12/06/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	T-Fat (g)	Carb (g)	Protn (g)
900676 Pancake, Mini Maple Flavor	1 Bag	1	210	6.00	35.00	4.00
000610 Cereal, variety (2)	2 Bowls	1	185	3.00	39.51	2.50
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	0.07	16.20	0.53
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	90	0.00	21.00	0.25
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	2.50	13.00	8.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	2.26	23.49	9.94
Weighted Daily Average			816	13.83	148.19	25.22
% of Calories				15.3%	72.6%	12.4%
Weekly Nutrient Guideline			450 - 500	<=30		

### Tuesday - 12/07/2021

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Weighted Values

Dec 1, 2021 thru Dec 17, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	T-Fat (g)	Carb (g)	Protn (g)
000793 Mini Cinnis, Pillsbury (NK793)	Package	1	240	7.00	38.00	5.00
900868 Poptart, Blueberry	package	1	180	2.50	38.00	2.00
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	0.07	16.20	0.53
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	90	0.00	21.00	0.25
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	2.50	13.00	8.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	2.26	23.49	9.94
<b>Weighted Daily Average</b>			<b>841</b>	<b>14.33</b>	<b>149.69</b>	<b>25.72</b>
% of Calories				15.3%	71.2%	12.2%
Weekly Nutrient Guideline			450 - 500	<=30		

### Wednesday - 12/08/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	T-Fat (g)	Carb (g)	Protn (g)
900697 Pizza, Breakfast sausage WG	serving	1	160	7.00	16.00	8.00
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	0.07	16.20	0.53
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	90	0.00	21.00	0.25
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	2.50	13.00	8.00

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## Weighted Values

Dec 1, 2021 thru Dec 17, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	T-Fat (g)	Carb (g)	Protn (g)
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	2.26	23.49	9.94
Weighted Daily Average			581	11.83	89.69	26.72
% of Calories				18.3%	61.7%	18.4%
Weekly Nutrient Guideline			450 - 500	<=30		

### Thursday - 12/09/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	T-Fat (g)	Carb (g)	Protn (g)
900885 Turkey Sausage Pancake Wrap Mini	72g	1	180	9.00	15.00	6.00
900868 Poptart, Blueberry	package	1	180	2.50	38.00	2.00
000610 Cereal, variety (2)	2 Bowls	1	185	3.00	39.51	2.50
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	0.07	16.20	0.53
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	90	0.00	21.00	0.25
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	2.26	23.49	9.94
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	2.50	13.00	8.00
Weighted Daily Average			966	19.33	166.19	29.22
% of Calories				18.0%	68.8%	12.1%
Weekly Nutrient Guideline			450 - 500	<=30		

### Friday - 12/10/2021

### Reimbursable Meal Total 1

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## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	T-Fat (g)	Carb (g)	Protn (g)
001005 Chicken and WG Biscuit (NK728)	1 WG	1	297	12.53	30.43	13.18
000610 Cereal, variety (2)	2 Bowls	1	185	3.00	39.51	2.50
900715 Poptart, Strawberry, WG	package	1	360	5.00	76.00	4.00
900867 Poptart, Fudge	package	1	360	6.00	76.00	6.00
900714 Poptart, Brown Sug Cinn	package	1	380	6.00	76.00	4.00
900868 Poptart, Blueberry	package	1	180	2.50	38.00	2.00
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	0.07	16.20	0.53
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	90	0.00	21.00	0.25
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	2.26	23.49	9.94
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	2.50	13.00	8.00
<b>Weighted Daily Average</b>			<b>2183</b>	<b>39.86</b>	<b>409.62</b>	<b>50.41</b>
<b>% of Calories</b>				<b>16.4%</b>	<b>75.1%</b>	<b>9.2%</b>
<b>Weekly Nutrient Guideline</b>			<b>450 - 500</b>	<b>&lt;=30</b>		

### Monday - 12/13/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	T-Fat (g)	Carb (g)	Protn (g)
000726 Bagel w/ saus & cheese (NK726)	1 Bagel	1	191	7.94	19.29	10.38
900868 Poptart, Blueberry	package	1	180	2.50	38.00	2.00

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000610 Cereal, variety (2)	2 Bowls	1	185	3.00	39.51	2.50
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	0.07	16.20	0.53
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	90	0.00	21.00	0.25
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	2.26	23.49	9.94
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	2.50	13.00	8.00
Weighted Daily Average			977	18.27	170.48	33.60
% of Calories				16.8%	69.8%	13.8%
Weekly Nutrient Guideline			450 - 500	<=30		

**Tuesday - 12/14/2021**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	T-Fat (g)	Carb (g)	Protn (g)
900595 Frudel, Cherry	1 Turnover	1	210	6.00	36.00	5.00
900868 Poptart, Blueberry	package	1	180	2.50	38.00	2.00
000610 Cereal, variety (2)	2 Bowls	1	185	3.00	39.51	2.50
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	0.07	16.20	0.53
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	90	0.00	21.00	0.25
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	2.26	23.49	9.94

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## Weighted Values

Dec 1, 2021 thru Dec 17, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	T-Fat (g)	Carb (g)	Protn (g)
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	2.50	13.00	8.00
Weighted Daily Average			996	16.33	187.19	28.22
% of Calories				14.8%	75.2%	11.3%
Weekly Nutrient Guideline			450 - 500	<=30		

### Wednesday - 12/15/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	T-Fat (g)	Carb (g)	Protn (g)
000755 French Toast Sticks (2)	2 Sticks	1	269	6.50	52.16	3.00
900868 Poptart, Blueberry	package	1	180	2.50	38.00	2.00
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	0.07	16.20	0.53
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	90	0.00	21.00	0.25
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	2.50	13.00	8.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	2.26	23.49	9.94
Weighted Daily Average			869	13.83	163.85	23.72
% of Calories				14.3%	75.4%	10.9%
Weekly Nutrient Guideline			450 - 500	<=30		

### Thursday - 12/16/2021

### Reimbursable Meal Total 1



# Base Menu Spreadsheet

## Weighted Values

Dec 1, 2021 thru Dec 17, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	T-Fat (g)	Carb (g)	Protn (g)
900818 waffle, mini pillsbury, maple	each	1	200	5.00	37.00	4.00
900868 Poptart, Blueberry	package	1	180	2.50	38.00	2.00
000610 Cereal, variety (2)	2 Bowls	1	185	3.00	39.51	2.50
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	0.07	16.20	0.53
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	90	0.00	21.00	0.25
<b>Weighted Daily Average</b>			<b>722</b>	<b>10.57</b>	<b>151.70</b>	<b>9.28</b>
<b>% of Calories</b>				<b>13.2%</b>	<b>84.0%</b>	<b>5.1%</b>
<b>Weekly Nutrient Guideline</b>			<b>450 - 500</b>	<b>&lt;=30</b>		

### Friday - 12/17/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	T-Fat (g)	Carb (g)	Protn (g)
000863 Sausage Pattie-1, ckd, 1.5 oz	1 Pattie	1	190	18.00	0.00	7.00
900058 Biscuit, Southern	2.2 oz Biscuit	1	184	7.89	24.54	4.38
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	0.07	16.20	0.53
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	90	0.00	21.00	0.25
900499 Cereal, Froot Loops	each	1	110	1.00	24.00	2.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	2.26	23.49	9.94

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## Weighted Values

Dec 1, 2021 thru Dec 17, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	T-Fat (g)	Carb (g)	Protn (g)
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	2.50	13.00	8.00
Weighted Daily Average			905	31.72	122.23	32.10
% of Calories				31.5%	54.0%	14.2%
Weekly Nutrient Guideline			450 - 500	<=30		

			Cals <sup>1</sup> (kcal)	T-Fat (g)	Carb (g)	Protn (g)
Weighted Averages			970	19.29	171.78	28.25
% of Calories				17.9%	70.8%	11.6%

**\*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.