

Base Menu Spreadsheet

Weighted Values

Sep 1, 2021 thru Sep 30, 2021

Menu Name: K-12 Breakfast Menu

Include Cost: No

Site:

Report Style: Detailed

Wednesday - 09/01/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000755 French Toast Sticks (2)	2 Sticks	1	269	52.16
900868 Poptart, Blueberry	package	1	180	38.00
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	90	21.00
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
Weighted Daily Average			869	163.85
% of Calories				75.4%
Weekly Nutrient Guideline			450 - 500	

Thursday - 09/02/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
900818 waffle, mini pillsbury, maple	each	1	200	37.00
900868 Poptart, Blueberry	package	1	180	38.00
000610 Cereal, variety (2)	2 Bowls	1	185	39.51

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000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	90	21.00
Weighted Daily Average			722	151.70
% of Calories				84.0%
Weekly Nutrient Guideline			450 - 500	

Friday - 09/03/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000863 Sausage Pattie-1, ckd, 1.5 oz	1 Pattie	1	190	0.00
900058 Biscuit, Southern	2.2 oz Biscuit	1	184	24.54
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	90	21.00
900499 Cereal, Froot Loops	each	1	110	24.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
Weighted Daily Average			905	122.23
% of Calories				54.0%
Weekly Nutrient Guideline			450 - 500	

Tuesday - 09/07/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000793 Mini Cinnis, Pillsbury (NK793)	Package	1	240	38.00
900868 Poptart, Blueberry	package	1	180	38.00
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	90	21.00
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
Weighted Daily Average			841	149.69
% of Calories				71.2%
Weekly Nutrient Guideline			450 - 500	

Wednesday - 09/08/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
900697 Pizza, Breakfast sausage WG	serving	1	160	16.00
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	90	21.00
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00

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Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
Weighted Daily Average			581	89.69
% of Calories				61.7%
Weekly Nutrient Guideline			450 - 500	

Thursday - 09/09/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000593 Cinnamon Bun, WG, wrapped	1 Bun	1	220	25.00
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	90	21.00
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
Weighted Daily Average			641	98.69
% of Calories				61.6%
Weekly Nutrient Guideline			450 - 500	

Friday - 09/10/2021

Reimbursable Meal Total 1

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Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
001005 Chicken and WG Biscuit (NK728)	1 WG	1	297	30.43
000610 Cereal, variety (2)	2 Bowls	1	185	39.51
900715 Poptart, Strawberry, WG	package	1	360	76.00
900867 Poptart, Fudge	package	1	360	76.00
900714 Poptart, Brown Sug Cinn	package	1	380	76.00
900868 Poptart, Blueberry	package	1	180	38.00
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	90	21.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
Weighted Daily Average			2183	409.62
% of Calories				75.1%
Weekly Nutrient Guideline			450 - 500	

Monday - 09/13/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
900474 Breakfast Wrap	Wrap	1	200	22.00
900868 Poptart, Blueberry	package	1	180	38.00
000610 Cereal, variety (2)	2 Bowls	1	185	39.51

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000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	90	21.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
Weighted Daily Average			986	173.19
% of Calories				70.3%
Weekly Nutrient Guideline			450 - 500	

Tuesday - 09/14/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
900595 Frudel, Cherry	1 Turnover	1	210	36.00
900868 Poptart, Blueberry	package	1	180	38.00
000610 Cereal, variety (2)	2 Bowls	1	185	39.51
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	90	21.00
Weighted Daily Average			732	150.70
% of Calories				82.3%
Weekly Nutrient Guideline			450 - 500	

Wednesday - 09/15/2021

Reimbursable Meal Total 1

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Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000755 French Toast Sticks (2)	2 Sticks	1	269	52.16
900868 Poptart, Blueberry	package	1	180	38.00
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	90	21.00
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
Weighted Daily Average			869	163.85
% of Calories				75.4%
Weekly Nutrient Guideline			450 - 500	

Thursday - 09/16/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
900818 waffle, mini pillsbury, maple	each	1	200	37.00
900868 Poptart, Blueberry	package	1	180	38.00
000610 Cereal, variety (2)	2 Bowls	1	185	39.51
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20

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Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	90	21.00
Weighted Daily Average			722	151.70
% of Calories				84.0%
Weekly Nutrient Guideline			450 - 500	

Friday - 09/17/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000863 Sausage Pattie-1, ckd, 1.5 oz	1 Pattie	1	190	0.00
900058 Biscuit, Southern	2.2 oz Biscuit	1	184	24.54
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	90	21.00
900499 Cereal, Froot Loops	each	1	110	24.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
Weighted Daily Average			905	122.23
% of Calories				54.0%
Weekly Nutrient Guideline			450 - 500	

Monday - 09/20/2021

Reimbursable Meal Total 1

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Weighted Values

Sep 1, 2021 thru Sep 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
900676 Pancake, Mini Maple Flavor	1 Bag	1	210	35.00
000610 Cereal, variety (2)	2 Bowls	1	185	39.51
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	90	21.00
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
Weighted Daily Average			816	148.19
% of Calories				72.6%
Weekly Nutrient Guideline			450 - 500	

Tuesday - 09/21/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000793 Mini Cinnis, Pillsbury (NK793)	Package	1	240	38.00
900868 Poptart, Blueberry	package	1	180	38.00
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	90	21.00
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49

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Weighted Values

Weighted Daily Average			841	149.69
% of Calories				71.2%
Weekly Nutrient Guideline			450 - 500	

Wednesday - 09/22/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
900697 Pizza, Breakfast sausage WG	serving	1	160	16.00
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	90	21.00
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
Weighted Daily Average			581	89.69
% of Calories				61.7%
Weekly Nutrient Guideline			450 - 500	

Thursday - 09/23/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000593 Cinnamon Bun, WG, wrapped	1 Bun	1	220	25.00
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	90	21.00

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oz. SS				
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
Weighted Daily Average			641	98.69
% of Calories				61.6%
Weekly Nutrient Guideline			450 - 500	

Friday - 09/24/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
001005 Chicken and WG Biscuit (NK728)	1 WG	1	297	30.43
000610 Cereal, variety (2)	2 Bowls	1	185	39.51
900715 Poptart, Strawberry, WG	package	1	360	76.00
900867 Poptart, Fudge	package	1	360	76.00
900714 Poptart, Brown Sug Cinn	package	1	380	76.00
900868 Poptart, Blueberry	package	1	180	38.00
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	90	21.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49

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Weighted Values

Sep 1, 2021 thru Sep 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
Weighted Daily Average			2183	409.62
% of Calories				75.1%
Weekly Nutrient Guideline			450 - 500	

Monday - 09/27/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
900474 Breakfast Wrap	Wrap	1	200	22.00
900868 Poptart, Blueberry	package	1	180	38.00
000610 Cereal, variety (2)	2 Bowls	1	185	39.51
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	90	21.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
Weighted Daily Average			986	173.19
% of Calories				70.3%
Weekly Nutrient Guideline			450 - 500	

Tuesday - 09/28/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Sep 1, 2021 thru Sep 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
900595 Frudel, Cherry	1 Turnover	1	210	36.00
900868 Poptart, Blueberry	package	1	180	38.00
000610 Cereal, variety (2)	2 Bowls	1	185	39.51
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	90	21.00
Weighted Daily Average			732	150.70
% of Calories				82.3%
Weekly Nutrient Guideline			450 - 500	

Wednesday - 09/29/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000755 French Toast Sticks (2)	2 Sticks	1	269	52.16
900868 Poptart, Blueberry	package	1	180	38.00
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	90	21.00
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00

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Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
Weighted Daily Average			869	163.85
% of Calories				75.4%
Weekly Nutrient Guideline			450 - 500	

Thursday - 09/30/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
900818 waffle, mini pillsbury, maple	each	1	200	37.00
900868 Poptart, Blueberry	package	1	180	38.00
000610 Cereal, variety (2)	2 Bowls	1	185	39.51
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000938 Juice, assorted, 4 oz. SS	4 oz. Box	1	90	21.00
Weighted Daily Average			722	151.70
% of Calories				84.0%
Weekly Nutrient Guideline			450 - 500	

			Cals ¹ (kcal)	Carb (g)
Weighted Averages			920	165.83
% of Calories				72.1%

**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.*