

Base Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 16, 2022

Menu Name: K-12 Breakfast Menu

Include Cost: Yes

Site:

Report Style: Detailed

Thursday - 12/01/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
900676 Pancake, Mini Maple Flavor	1 Bag	1	35.00	\$0.000
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
900254 Juice, Variety, Asst 4 oz	4 oz	1	14.78	\$0.172
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000
900663 Muffin, Apple WG	each	1	19.15	\$0.000
900664 Muffin, Banana, WG	each	1	28.00	\$0.000
900665 Muffin, Blueberry WG	each	1	26.00	\$0.000
000825 Cereal Bars, Nutrigrain, all flavors (2)	2 Bar	1	45.23	\$0.187
900094 Cereal Bars, Cereal based WG, IW all flavors (2)	2 Bars	1	59.40	\$0.000
000943 Cereal variety (1) - NK943	2 oz bowl	1	35.80	\$0.146
900931 Breakfast Yogurt Parfait w/Froot Loops	1 Parfait	1	75.55	\$0.000

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Weighted Values

Dec 1, 2022 thru Dec 16, 2022

	Portion Size	Reimb Qty	Carb (g)	Cost
000609 Pop Tart (2)	2 Pastries	1	35.82	\$0.149
Weighted Daily Average			447.82	\$0.932
% of Calories			76.0%	
Weekly Nutrient Guideline				

Friday - 12/02/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
001005 Chicken and WG Biscuit (NK728)	1 WG	1	30.43	\$0.000
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
900254 Juice, Variety, Asst 4 oz	4 oz	1	14.78	\$0.172
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000
900663 Muffin, Apple WG	each	1	19.15	\$0.000
900664 Muffin, Banana, WG	each	1	28.00	\$0.000
900665 Muffin, Blueberry WG	each	1	26.00	\$0.000
000825 Cereal Bars, Nutrigrain, all flavors (2)	2 Bar	1	45.23	\$0.187
900094 Cereal Bars, Cereal based WG, IW all flavors (2)	2 Bars	1	59.40	\$0.000

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
000943 Cereal variety (1) - NK943	2 oz bowl	1	35.80	\$0.146
900931 Breakfast Yogurt Parfait w/Froot Loops	1 Parfait	1	75.55	\$0.000
000609 Pop Tart (2)	2 Pastries	1	35.82	\$0.149
Weighted Daily Average			443.25	\$0.932
% of Calories			72.6%	
Weekly Nutrient Guideline				

Saturday - 12/03/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
000609 Pop Tart (2)	2 Pastries	1	35.82	\$0.149
Weighted Daily Average			35.82	\$0.149
% of Calories			75.4%	
Weekly Nutrient Guideline				

Monday - 12/05/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
000793 Mini Cinnis, Pillsbury (NK793)	Package	1	38.00	\$0.000
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028

Base Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 16, 2022

	Portion Size	Reimb Qty	Carb (g)	Cost
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
900254 Juice, Variety, Asst 4 oz	4 oz	1	14.78	\$0.172
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000
900663 Muffin, Apple WG	each	1	19.15	\$0.000
900664 Muffin, Banana, WG	each	1	28.00	\$0.000
900665 Muffin, Blueberry WG	each	1	26.00	\$0.000
000825 Cereal Bars, Nutrigrain, all flavors (2)	2 Bar	1	45.23	\$0.187
900094 Cereal Bars, Cereal based WG, IW all flavors (2)	2 Bars	1	59.40	\$0.000
000943 Cereal variety (1) - NK943	2 oz bowl	1	35.80	\$0.146
900931 Breakfast Yogurt Parfait w/Froot Loops	1 Parfait	1	75.55	\$0.000
000609 Pop Tart (2)	2 Pastries	1	35.82	\$0.149
Weighted Daily Average			450.82	\$0.932
% of Calories			75.6%	
Weekly Nutrient Guideline				

Tuesday - 12/06/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 16, 2022

	Portion Size	Reimb Qty	Carb (g)	Cost
900930 Mini Bagels, Strawberry Creamy Cheese	each	1	42.00	\$0.000
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
900254 Juice, Variety, Asst 4 oz	4 oz	1	14.78	\$0.172
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000
900663 Muffin, Apple WG	each	1	19.15	\$0.000
900664 Muffin, Banana, WG	each	1	28.00	\$0.000
900665 Muffin, Blueberry WG	each	1	26.00	\$0.000
000825 Cereal Bars, Nutrigrain, all flavors (2)	2 Bar	1	45.23	\$0.187
900094 Cereal Bars, Cereal based WG, IW all flavors (2)	2 Bars	1	59.40	\$0.000
000943 Cereal variety (1) - NK943	2 oz bowl	1	35.80	\$0.146
900931 Breakfast Yogurt Parfait w/Froot Loops	1 Parfait	1	75.55	\$0.000
000609 Pop Tart (2)	2 Pastries	1	35.82	\$0.149
Weighted Daily Average			454.82	\$0.932
% of Calories			76.6%	
Weekly Nutrient Guideline				

Wednesday - 12/07/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
000918 Frudel, Apple	1 Turnover	1	58.46	\$0.441
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
900254 Juice, Variety, Asst 4 oz	4 oz	1	14.78	\$0.172
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000
900663 Muffin, Apple WG	each	1	19.15	\$0.000
900664 Muffin, Banana, WG	each	1	28.00	\$0.000
900665 Muffin, Blueberry WG	each	1	26.00	\$0.000
000825 Cereal Bars, Nutrigrain, all flavors (2)	2 Bar	1	45.23	\$0.187
900094 Cereal Bars, Cereal based WG, IW all flavors (2)	2 Bars	1	59.40	\$0.000
000943 Cereal variety (1) - NK943	2 oz bowl	1	35.80	\$0.146
900931 Breakfast Yogurt Parfait w/Froot Loops	1 Parfait	1	75.55	\$0.000
000609 Pop Tart (2)	2 Pastries	1	35.82	\$0.149
Weighted Daily Average			471.28	\$1.374
% of Calories			76.4%	
Weekly Nutrient Guideline				

Thursday - 12/08/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
000923 French Toast Minis, choc. chip	1 Bag	1	36.00	\$0.000
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
900254 Juice, Variety, Asst 4 oz	4 oz	1	14.78	\$0.172
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000
900663 Muffin, Apple WG	each	1	19.15	\$0.000
900664 Muffin, Banana, WG	each	1	28.00	\$0.000
900665 Muffin, Blueberry WG	each	1	26.00	\$0.000
000825 Cereal Bars, Nutrigrain, all flavors (2)	2 Bar	1	45.23	\$0.187
900094 Cereal Bars, Cereal based WG, IW all flavors (2)	2 Bars	1	59.40	\$0.000
000943 Cereal variety (1) - NK943	2 oz bowl	1	35.80	\$0.146
900931 Breakfast Yogurt Parfait w/Froot Loops	1 Parfait	1	75.55	\$0.000
000609 Pop Tart (2)	2 Pastries	1	35.82	\$0.149
Weighted Daily Average			448.82	\$0.932
% of Calories			76.2%	
Weekly Nutrient Guideline				

Base Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 16, 2022

Friday - 12/09/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
000728 Sausage n' WG Biscuit (NK728)	1 WG	1	23.43	\$0.000
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
900254 Juice, Variety, Asst 4 oz	4 oz	1	14.78	\$0.172
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000
900663 Muffin, Apple WG	each	1	19.15	\$0.000
900664 Muffin, Banana, WG	each	1	28.00	\$0.000
900665 Muffin, Blueberry WG	each	1	26.00	\$0.000
000825 Cereal Bars, Nutrigrain, all flavors (2)	2 Bar	1	45.23	\$0.187
900094 Cereal Bars, Cereal based WG, IW all flavors (2)	2 Bars	1	59.40	\$0.000
000943 Cereal variety (1) - NK943	2 oz bowl	1	35.80	\$0.146
000716 Yogurt Parfait (PreK-8) w/ Granola	1 Parfait	1	90.05	\$0.000

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Weighted Values

Dec 1, 2022 thru Dec 16, 2022

	Portion Size	Reimb Qty	Carb (g)	Cost
000609 Pop Tart (2)	2 Pastries	1	35.82	\$0.149
Weighted Daily Average			450.75	\$0.932
% of Calories			69.1%	
Weekly Nutrient Guideline				

Monday - 12/12/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
900927 Cinnamon Toast Crunch bar, Soft Filled	bar	1	41.00	\$0.000
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
900254 Juice, Variety, Asst 4 oz	4 oz	1	14.78	\$0.172
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000
900663 Muffin, Apple WG	each	1	19.15	\$0.000
900664 Muffin, Banana, WG	each	1	28.00	\$0.000
900665 Muffin, Blueberry WG	each	1	26.00	\$0.000
000825 Cereal Bars, Nutrigrain, all flavors (2)	2 Bar	1	45.23	\$0.187
900094 Cereal Bars, Cereal based WG, IW all flavors (2)	2 Bars	1	59.40	\$0.000

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
000943 Cereal variety (1) - NK943	2 oz bowl	1	35.80	\$0.146
900931 Breakfast Yogurt Parfait w/Froot Loops	1 Parfait	1	75.55	\$0.000
900931 Breakfast Yogurt Parfait w/Froot Loops	1 Parfait	1	75.55	\$0.000
000609 Pop Tart (2)	2 Pastries	1	35.82	\$0.149
Weighted Daily Average			529.37	\$0.932
% of Calories			77.5%	
Weekly Nutrient Guideline				

Tuesday - 12/13/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
900818 Waffle, Mini, Maple	bag	1	37.00	\$0.000
900817 Waffle, Mini, Berry	bag	1	36.00	\$0.000
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
900254 Juice, Variety, Asst 4 oz	4 oz	1	14.78	\$0.172
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000
900663 Muffin, Apple WG	each	1	19.15	\$0.000

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Dec 1, 2022 thru Dec 16, 2022

	Portion Size	Reimb Qty	Carb (g)	Cost
900664 Muffin, Banana, WG	each	1	28.00	\$0.000
900665 Muffin, Blueberry WG	each	1	26.00	\$0.000
000825 Cereal Bars, Nutrigrain, all flavors (2)	2 Bar	1	45.23	\$0.187
900094 Cereal Bars, Cereal based WG, IW all flavors (2)	2 Bars	1	59.40	\$0.000
000943 Cereal variety (1) - NK943	2 oz bowl	1	35.80	\$0.146
900931 Breakfast Yogurt Parfait w/Froot Loops	1 Parfait	1	75.55	\$0.000
000609 Pop Tart (2)	2 Pastries	1	35.82	\$0.149
Weighted Daily Average			485.82	\$0.932
% of Calories			76.3%	
Weekly Nutrient Guideline				

Wednesday - 12/14/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
000970 Pizza, Sausage, Breakfast, WG, bulk	1 Slice	1	27.00	\$0.000
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
900254 Juice, Variety, Asst 4 oz	4 oz	1	14.78	\$0.172
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000
900663 Muffin, Apple WG	each	1	19.15	\$0.000
900664 Muffin, Banana, WG	each	1	28.00	\$0.000
900665 Muffin, Blueberry WG	each	1	26.00	\$0.000
000825 Cereal Bars, Nutrigrain, all flavors (2)	2 Bar	1	45.23	\$0.187
900094 Cereal Bars, Cereal based WG, IW all flavors (2)	2 Bars	1	59.40	\$0.000
000943 Cereal variety (1) - NK943	2 oz bowl	1	35.80	\$0.146
900931 Breakfast Yogurt Parfait w/Froot Loops	1 Parfait	1	75.55	\$0.000
000609 Pop Tart (2)	2 Pastries	1	35.82	\$0.149
Weighted Daily Average			439.82	\$0.932
% of Calories			74.7%	
Weekly Nutrient Guideline				

Thursday - 12/15/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
900676 Pancake, Mini Maple Flavor	1 Bag	1	35.00	\$0.000
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000

Base Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 16, 2022

	Portion Size	Reimb Qty	Carb (g)	Cost
900254 Juice, Variety, Asst 4 oz	4 oz	1	14.78	\$0.172
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000
900663 Muffin, Apple WG	each	1	19.15	\$0.000
900664 Muffin, Banana, WG	each	1	28.00	\$0.000
900665 Muffin, Blueberry WG	each	1	26.00	\$0.000
000825 Cereal Bars, Nutrigrain, all flavors (2)	2 Bar	1	45.23	\$0.187
900094 Cereal Bars, Cereal based WG, IW all flavors (2)	2 Bars	1	59.40	\$0.000
000943 Cereal variety (1) - NK943	2 oz bowl	1	35.80	\$0.146
900931 Breakfast Yogurt Parfait w/Froot Loops	1 Parfait	1	75.55	\$0.000
000609 Pop Tart (2)	2 Pastries	1	35.82	\$0.149
Weighted Daily Average			447.82	\$0.932
% of Calories			76.0%	
Weekly Nutrient Guideline				

Friday - 12/16/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
001005 Chicken and WG Biscuit (NK728)	1 WG	1	30.43	\$0.000

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
900254 Juice, Variety, Asst 4 oz	4 oz	1	14.78	\$0.172
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000
900663 Muffin, Apple WG	each	1	19.15	\$0.000
900664 Muffin, Banana, WG	each	1	28.00	\$0.000
900665 Muffin, Blueberry WG	each	1	26.00	\$0.000
000825 Cereal Bars, Nutrigrain, all flavors (2)	2 Bar	1	45.23	\$0.187
900094 Cereal Bars, Cereal based WG, IW all flavors (2)	2 Bars	1	59.40	\$0.000
000943 Cereal variety (1) - NK943	2 oz bowl	1	35.80	\$0.146
900931 Breakfast Yogurt Parfait w/Froot Loops	1 Parfait	1	75.55	\$0.000
000609 Pop Tart (2)	2 Pastries	1	35.82	\$0.149
Weighted Daily Average			443.25	\$0.932
% of Calories			72.6%	
Weekly Nutrient Guideline				

			Carb (g)	Cost
Weighted Averages			426.88	\$0.906

Base Menu Spreadsheet

Weighted Values

% of Calories			75.0%	
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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*

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.