

Base Menu Spreadsheet

Portion Values

Nov 3, 2025 thru Nov 30, 2025

Menu Name:	Nutrient Info Breakfast	Include Cost:	No
Site:			
Use Alternate Menu Name:	No		

Monday - 11/03/2025 Reimbursable Meal Total 3

	Portion Size	Reimb Qty	Carb (g)
990167 Week 1			
001712 2-Grilled Cheese - breakfast	ea	1	32.00
990454 2-French Toast Sticks, WG	Serving	1	38.00
990422 2-Breakfast Bar Oat Chocolate Chip, Benefit	EACH	1	47.00
990291 2-Cereal, Cocoa Puffs w/ graham cracker	bowl	1	44.53
990392 Other			
001039 TOTAL			
000493 2-Pear, diced, canned	1/2 cup	1	17.12
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	13.00
001036 .			
001039 TOTAL			
990404 j-Cracker Graham	Serving	1	21.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	16.00

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Nov 3, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Carb (g)
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	22.00
Weighted Daily Average			88.88
% of Calories			61.7%
Weekly Nutrient Guideline			

Tuesday - 11/04/2025 Reimbursable Meal Total 3

	Portion Size	Reimb Qty	Carb (g)
990167 Week 1			
990620 2-Burrito Ham Egg Potato & Cheese	each	1	2.66
990617 2-Banana Muffin-Batter WG	Servings	1	48.65
990500 2-Bagel w/ Cream Cheese 3 oz	serving	1	49.05
990586 2-Cereal, Honey Cheerios w/ graham cracker	1 oz	1	42.46
990392 Other			
001039 TOTAL			
990357 2-Grapes, fresh	1/2 cup	1	14.82
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	13.00
001036 .			
001039 TOTAL			

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990404 j-Cracker Graham	Serving	1	21.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	16.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	22.00
001666 2-Sauce, Taco, packet, 9 gram	1 each	1	1.00
Weighted Daily Average			82.21
% of Calories			66.0%
Weekly Nutrient Guideline			

Wednesday - 11/05/2025 Reimbursable Meal Total 3

	Portion Size	Reimb Qty	Carb (g)
990167 Week 1			
990621 2-Egg, Sausage, & Cheese English Muffin	ea	1	23.16
000840 2-Pancake on a Stick	Each	1	18.18
001711 2-PB&J - Breakfast	1 each	1	69.18
990226 2-Cereal, Cinn Toast Crunch w/ graham cracker	bowl	1	43.00
990392 Other			
001039 TOTAL			
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	1	13.98
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	13.00
001036 .			

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Portion Values

Nov 3, 2025 thru Nov 30, 2025

001039 TOTAL			
990404 j-Cracker Graham	Serving	1	21.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	16.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	22.00
Weighted Daily Average			85.17
% of Calories			52.1%
Weekly Nutrient Guideline			

Thursday - 11/06/2025

Reimbursable Meal Total 3

	Portion Size	Reimb Qty	Carb (g)
990167 Week 1			
990623 2-Pancake Sausage Cheese Sandwich	Serving	1	55.68
990615 2-Yogurt Fruit Cup-Peaches	servings	1	67.80
990594 2-Breakfast Scone Dough Chocolate Chip	each	1	73.90
990402 2-Cereal, Cinn Chex w/ graham cracker	1 each	1	44.00
990392 Other			
001039 TOTAL			
000813 2-Raisins,Individual-1.5oz box	1/2 cup equ	1	27.18
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	13.00

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Nov 3, 2025 thru Nov 30, 2025

001036 .			
001039 TOTAL			
990404 j-Cracker Graham	Serving	1	21.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	16.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	22.00
990206 2-Syrup-only	each	1	28.68
Weighted Daily Average			128.41
% of Calories			70.0%
Weekly Nutrient Guideline			

Friday - 11/07/2025

Reimbursable Meal Total 3

	Portion Size	Reimb Qty	Carb (g)
990167 Week 1			
990588 2-Hot Ham & Cheese Breakfast (Pork Ham)	each	1	33.03
990542 2-Muffin, Double Chocolate Chip	each	1	39.69
990557 2-Burrito, Los Cabos	each	1	40.86
990492 2-Cereal, Trix w/ graham cracker	bowl	1	45.00
990392 Other			
001039 TOTAL			
000477 2-Peaches, sliced,	1/2 cup	1	13.09

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canned			
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	13.00
001036 .			
001039 TOTAL			
990404 j-Cracker Graham	Serving	1	21.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	16.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	22.00
Weighted Daily Average			86.56
% of Calories			64.2%
Weekly Nutrient Guideline			

Monday - 11/10/2025

Reimbursable Meal Total 3

	Portion Size	Reimb Qty	Carb (g)
990168 Week 2			
003025 2-Pizza, Breakfast, I/W-Piazza	each	1	38.47
990422 2-Breakfast Bar Oat Chocolate Chip, Benefit	EACH	1	47.00
990387 2-Donut, WG, Powdered, Sugar, IW, 1932	Serving	1	49.00
990585 2-Cereal, Blueberry Chex w/ graham cracker	bowl	1	44.00
990392 Other			
001039 TOTAL			

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000493 2-Pear, diced, canned	1/2 cup	1	17.12
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	13.00
001036 .			
001039 TOTAL			
990404 j-Cracker Graham	Serving	1	21.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	16.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	22.00
001661 2-Ketchup, packet, 9 gram	1 each	1	2.00
Weighted Daily Average			95.20
% of Calories			60.7%
Weekly Nutrient Guideline			

Tuesday - 11/11/2025

Reimbursable Meal Total 3

	Portion Size	Reimb Qty	Carb (g)
990168 Week 2			
003507 2-Burrito Chorizo Egg & Potato	each	1	42.51
990541 2-Muffin, Blueberry	each	1	38.20
990500 2-Bagel w/ Cream Cheese 3 oz	serving	1	49.05
990492 2-Cereal, Trix w/ graham cracker	bowl	1	45.00
990392 Other			

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001039 TOTAL			
990357 2-Grapes, fresh	1/2 cup	1	14.82
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	13.00
001036 .			
001039 TOTAL			
990404 j-Cracker Graham	Serving	1	21.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	16.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	22.00
001666 2-Sauce, Taco, packet, 9 gram	1 each	1	1.00
Weighted Daily Average			92.86
% of Calories			63.3%
Weekly Nutrient Guideline			

Wednesday - 11/12/2025 Reimbursable Meal Total 3

	Portion Size	Reimb Qty	Carb (g)
990168 Week 2			
001712 2-Grilled Cheese - breakfast	ea	1	32.00
990594 2-Breakfast Scone Dough Chocolate Chip	each	1	73.90
001711 2-PB&J - Breakfast	1 each	1	69.18
990402 2-Cereal, Cinn	1 each	1	44.00

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Chex w/ graham cracker			
990392 Other			
001039 TOTAL			
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	1	13.98
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	13.00
001036 .			
001039 TOTAL			
990404 j-Cracker Graham	Serving	1	21.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	16.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	22.00
Weighted Daily Average			107.02
% of Calories			57.2%
Weekly Nutrient Guideline			

Thursday - 11/13/2025

Reimbursable Meal Total 3

	Portion Size	Reimb Qty	Carb (g)
990168 Week 2			
990537 2-Bagel, Egg & Cheese	each	1	48.04
001281 2-Cinnamon Roll 2.5oz RICH'S	each	1	57.26
990183 2-UBR Ultimate Breakfast Round	each	1	41.93

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990586 2-Cereal, Honey Cheerios w/ graham cracker	1 oz	1	42.46
990392 Other			
001039 TOTAL			
000813 2-Raisins,Individual-1.5oz box	1/2 cup equ	1	27.18
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	13.00
001036 .			
001039 TOTAL			
990404 j-Cracker Graham	Serving	1	21.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	16.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	22.00
Weighted Daily Average			101.62
% of Calories			68.2%
Weekly Nutrient Guideline			

Friday - 11/14/2025

Reimbursable Meal Total 3

	Portion Size	Reimb Qty	Carb (g)
990168 Week 2			
990385 2-Waffle Buttery Maple	Each	1	37.00
990580 2-Muffin, English w/Sausage, Cheese	each	1	24.00
990544 2-Yogurt w/	serving	1	47.76

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Nov 3, 2025 thru Nov 30, 2025

Blueberries			
990226 2-Cereal, Cinn Toast Crunch w/ graham cracker	bowl	1	43.00
990392 Other			
001039 TOTAL			
000477 2-Peaches, sliced, canned	1/2 cup	1	13.09
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	13.00
001036 .			
001039 TOTAL			
990404 j-Cracker Graham	Serving	1	21.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	16.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	22.00
Weighted Daily Average			84.28
% of Calories			63.5%
Weekly Nutrient Guideline			

Monday - 11/17/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990167 Week 1			
001712 2-Grilled Cheese - breakfast	ea	1	32.00
990454 2-French Toast Sticks, WG	Serving	1	38.00

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Nov 3, 2025 thru Nov 30, 2025

990422 2-Breakfast Bar Oat Chocolate Chip, Benefit	EACH	1	47.00
990291 2-Cereal, Cocoa Puffs w/ graham cracker	bowl	1	44.53
001036 .			
001039 TOTAL			
003187 2-Applesauce, cup	1/2 cup	1	13.95
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	13.00
001036 .			
001039 TOTAL			
990404 j-Cracker Graham	Serving	1	21.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	16.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	22.00
Weighted Daily Average			247.48
% of Calories			62.1%
Weekly Nutrient Guideline			

Tuesday - 11/18/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990167 Week 1			
990620 2-Burrito Ham Egg Potato & Cheese	each	1	2.66
990617 2-Banana Muffin-	Servings	1	48.65

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Nov 3, 2025 thru Nov 30, 2025

Batter WG			
990500 2-Bagel w/ Cream Cheese 3 oz	serving	1	49.05
990378 2-Cereal, Cheerios w/ graham cracker	each	1	42.00
001036 .			
001039 TOTAL			
000493 2-Pear, diced, canned	1/2 cup	1	17.12
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	13.00
001036 .			
001039 TOTAL			
990404 j-Cracker Graham	Serving	1	21.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	16.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	22.00
001666 2-Sauce, Taco, packet, 9 gram	1 each	1	1.00
Weighted Daily Average			232.49
% of Calories			68.9%
Weekly Nutrient Guideline			

Wednesday - 11/19/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990167 Week 1			

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Portion Values

Nov 3, 2025 thru Nov 30, 2025

990621 2-Egg, Sausage, & Cheese English Muffin	ea	1	23.16
000840 2-Pancake on a Stick	Each	1	18.18
001711 2-PB&J - Breakfast	1 each	1	69.18
990226 2-Cereal, Cinn Toast Crunch w/ graham cracker	bowl	1	43.00
001036 .			
001039 TOTAL			
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	1	13.98
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	13.00
001036 .			
001039 TOTAL			
990404 j-Cracker Graham	Serving	1	21.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	16.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	22.00
Weighted Daily Average			239.50
% of Calories			52.3%
Weekly Nutrient Guideline			

Thursday - 11/20/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 3, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Carb (g)
990167 Week 1			
990623 2-Pancake Sausage Cheese Sandwich	Serving	1	55.68
990615 2-Yogurt Fruit Cup-Peaches	servings	1	67.80
990594 2-Breakfast Scone Dough Chocolate Chip	each	1	73.90
990402 2-Cereal, Cinn Chex w/ graham cracker	1 each	1	44.00
001036 .			
001039 TOTAL			
000813 2- Raisins,Individual-1.5oz box	1/2 cup equ	1	27.18
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	13.00
001036 .			
001039 TOTAL			
990404 j-Cracker Graham	Serving	1	21.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	16.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	22.00
Weighted Daily Average			340.56
% of Calories			69.4%
Weekly Nutrient Guideline			

Friday - 11/21/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990167 Week 1			
001713 2-Hot Ham& Cheese Breakfast	each	1	32.01
990542 2-Muffin, Double Chocolate Chip	each	1	39.69
990557 2-Burrito, Los Cabos	each	1	40.86
990492 2-Cereal, Trix w/ graham cracker	bowl	1	45.00
001036 .			
001039 TOTAL			
990469 2- Strawberries,frzn,cupped	1/2 cup	1	20.93
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	13.00
001036 .			
001039 TOTAL			
990404 j-Cracker Graham	Serving	1	21.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	16.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	22.00
001666 2-Sauce, Taco, packet, 9 gram	1 each	1	1.00
Weighted Daily Average			251.49
% of Calories			64.9%
Weekly Nutrient Guideline			

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Nov 3, 2025 thru Nov 30, 2025

Monday - 11/24/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990168 Week 2			
003025 2-Pizza, Breakfast, I/W-Piazza	each	1	38.47
990422 2-Breakfast Bar Oat Chocolate Chip, Benefit	EACH	1	47.00
990387 2-Donut, WG, Powdered, Sugar, IW, 1932	Serving	1	49.00
990585 2-Cereal, Blueberry Chex w/ graham cracker	bowl	1	44.00
001036 .			
001039 TOTAL			
003187 2-Applesauce, cup	1/2 cup	1	13.95
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	13.00
001036 .			
001039 TOTAL			
990404 j-Cracker Graham	Serving	1	21.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	16.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	22.00

Base Menu Spreadsheet

Portion Values

Nov 3, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Carb (g)
001661 2-Ketchup, packet, 9 gram	1 each	1	2.00
Weighted Daily Average			266.42
% of Calories			61.0%
Weekly Nutrient Guideline			

Tuesday - 11/25/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990168 Week 2			
003507 2-Burrito Chorizo Egg & Potato	each	1	42.51
990541 2-Muffin, Blueberry	each	1	38.20
990500 2-Bagel w/ Cream Cheese 3 oz	serving	1	49.05
990492 2-Cereal, Trix w/ graham cracker	bowl	1	45.00
001036 .			
001039 TOTAL			
000493 2-Pear, diced, canned	1/2 cup	1	17.12
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	13.00
001036 .			
001039 TOTAL			
990404 j-Cracker Graham	Serving	1	21.00

Base Menu Spreadsheet

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Nov 3, 2025 thru Nov 30, 2025

001876 2-Milk, White, Crystal Creamery	8 oz	1	16.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	22.00
001666 2-Sauce, Taco, packet, 9 gram	1 each	1	1.00
Weighted Daily Average			264.88
% of Calories			64.7%
Weekly Nutrient Guideline			

Wednesday - 11/26/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
990168 Week 2			
001712 2-Grilled Cheese - breakfast	ea	1	32.00
990594 2-Breakfast Scone Dough Chocolate Chip	each	1	73.90
001711 2-PB&J - Breakfast	1 each	1	69.18
990402 2-Cereal, Cinn Chex w/ graham cracker	1 each	1	44.00
001036 .			
001039 TOTAL			
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	1	13.98
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	13.00
001036 .			

Portion Values

Nov 3, 2025 thru Nov 30, 2025

001039 TOTAL			
990404 j-Cracker Graham	Serving	1	21.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	16.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	22.00
Weighted Daily Average			305.06
% of Calories			57.7%
Weekly Nutrient Guideline			

		Carb (g)
Weighted Averages		172.23
% of Calories		62.4%

**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
Added Sugars target is informational only, with an effective date of July 1, 2027.

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.