

Base Menu Spreadsheet

Portion Values

Jun 1, 2026 thru Jun 5, 2026

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

Monday - 06/01/2026 Reimbursable Meal Total 3

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)
990167 Week 1																	
001712 2-Grilled Cheese - breakfast	ea	1	361	9.03	951	4.00	0.00	22.08	0.00	25	34.00	4.00	13.00	*0	210.0	0.00	1.50
990454 2-French Toast Sticks, WG	Serving	1	240	1.00	260	12.00	0.00	7.00	0.00	10	38.00	2.00	6.00	*N/A*	21.0	0.00	0.00
990422 2-Breakfast Bar Oat Chocolate Chip, Benefit	EACH	1	280	3.00	230	19.00	0.00	8.00	0.00	15	47.00	3.00	5.00	*N/A*	30.0	0.00	2.00
990291 2-Cereal, Cocoa Puffs w/ graham cracker	bowl	1	225	0.50	213	14.65	0.00	4.92	0.00	0	44.53	3.98	2.98	*N/A*	16.0	0.00	2.00
990392 Other																	
001039 TOTAL																	
000493 2-Pear, diced, canned	1/2 cup	1	63	0.00	0	0.00	0.00	0.00	0.00	0	17.12	2.70	0.00	*N/A*	11.7	1.08	0.00
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001036 .																	
001039 TOTAL																	
990404 j-Cracker Graham	Serving	1	120	0.50	100	7.00	0.00	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
Weighted Daily Average			576	5.68	741	39.22	0.00	16.83	0.00	28	89.55	5.90	18.99	*0	468.2	24.49	2.62
% of Calories				8.88%		27.24%	0.00%	26.3%	0.0%		62.2%		13.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=30					16.06		400.00	18.11	4.50

Tuesday - 06/02/2026

Reimbursable Meal Total 3

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990167 Week 1																	
990312 2-Cheese & Egg Breakfast Sandwich	each	1	331	6.52	811	4.00	0.00	17.07	0.00	152	34.01	3.00	15.04	*0	330.0	0.00	1.90
990617 2-Banana Muffin-Batter WG	Servings	1	316	1.42	201	20.47	15.61	12.26	0.00	37	48.65	3.34	5.17	0	95.5	0.00	1.73
990500 2-Bagel w/ Cream Cheese 3 oz	serving	1	281	3.54	542	3.00	0.00	5.56	0.00	15	49.05	2.00	10.03	*N/A*	28.4	0.00	2.60
990633 Vanilla Bean Cereal Bites - ONLY	each	1	250	2.00	0	6.00	2.00	13.00	0.00	5	26.00	10.00	14.00	0	104.0	0.00	2.70
990392 Other																	
001039 TOTAL																	
990357 2-Grapes, fresh	1/2 cup	1	58	0.10	2	14.04	0.00	0.30	0.00	0	14.82	0.78	0.54	*N/A*	12.1	3.46	0.25
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001036 .																	
001039 TOTAL																	

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Jun 1, 2026 thru Jun 5, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
001876	2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879	2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001666	2-Sauce, Taco, packet, 9 gram	1 each	1	5	0.00	95	0.00	0.00	0.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average				560	5.52	707	36.17	5.87	17.73	0.00	81	80.18	6.37	24.59	*0	556.7	25.29	3.18
% of Calories					8.87%		25.84%	4.19%	28.5%	0.0%		57.3%		17.6%				
Weekly Nutrient Guideline				450 - 600	<10	640		<10	<=30					16.06		400.00	18.11	4.50

Wednesday - 06/03/2026

Reimbursable Meal Total 3

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
990167	Week 1																	
990621	2-Egg, Sausage, & Cheese English Muffin	ea	1	301	5.98	785	0.92	0.92	15.99	0.00	159	24.16	1.84	15.22	*0	156.0	0.06	0.97
000840	2-Pancake on a Stick	Each	1	242	4.54	374	5.05	0.00	15.15	0.00	25	18.18	1.01	7.07	*N/A*	30.3	0.00	0.91
001711	2-PB&J - Breakfast	1 each	1	576	5.29	582	26.02	0.00	26.19	0.00	0	69.18	7.02	20.09	*0	97.0	0.00	2.46
990226	2-Cereal, Cinn Toast Crunch w/ graham cracker	bowl	1	230	1.00	260	15.00	0.00	6.50	0.00	0	43.00	4.00	2.00	*N/A*	96.0	4.80	5.60
990392	Other																	
001039	TOTAL																	
000108	2-Apple, fresh, wh, 163 ct	1/2 cup	1	53	0.00	1	10.51	0.00	0.17	0.00	0	13.98	2.40	0.26	*N/A*	6.0	4.61	0.12
001411	2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00

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Jun 1, 2026 thru Jun 5, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001036 .																	
001039 TOTAL																	
990404 j-Cracker Graham	Serving	1	120	0.50	100	7.00	0.00	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
Weighted Daily Average			654	6.77	857	41.83	0.31	24.17	0.00	73	85.50	6.09	24.88	*0	500.4	27.29	4.14
% of Calories				9.32%		25.58%	0.19%	33.3%	0.0%		52.3%		15.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=30					16.06		400.00	18.11	4.50

Thursday - 06/04/2026

Reimbursable Meal Total 3

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990167 Week 1																	
990623 2-Pancake Sausage Cheese Sandwich	Serving	1	369	4.00	780	26.77	0.00	13.00	0.00	38	56.68	2.00	12.50	*0	65.0	0.06	0.05
001969 2-Yogurt Parfait, Peach	servings	1	288	0.91	179	28.26	0.00	4.68	0.00	3	57.15	4.44	6.60	*N/A*	162.9	168.00	2.55
990594 2-Breakfast Scone Dough Chocolate Chip	each	1	465	10.40	345	36.50	0.00	16.90	0.00	35	73.90	2.00	5.50	*N/A*	160.0	1.80	2.34
990493 2-Cereal, Apple Cinnamon Cheerios/ Cracker	serving	1	230	0.50	230	13.00	0.00	5.50	0.00	0	43.00	4.00	4.00	*N/A*	16.0	0.00	2.00
990392 Other																	
001039 TOTAL																	

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000813 2-Raisins, Individual-1.5oz box	1/2 cup equ	1	114	0.00	9	0.00	0.00	0.00	0.00	0	27.18	1.75	0.88	*N/A*	17.5	0.00	0.95
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
001036 .																	
001039 TOTAL																	
990404 j-Cracker Graham	Serving	1	120	0.50	100	7.00	0.00	3.50	0.00	0	21.00	2.00	1.00	*N/A*	16.0	0.00	2.00
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
990206 2-Syrup-only	each	1	109	0.00	20	20.77	0.00	0.00	0.00	0	28.68	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			712	6.44	711	64.43	0.00	16.19	0.00	37	124.86	5.40	19.82	*0	512.5	80.75	3.42
% of Calories				8.14%		36.20%	0.00%	20.5%	0.0%		70.1%		11.1%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=30					16.06		400.00	18.11	4.50

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	626	6.10	754	45.41	1.54	18.73	0.00	55	95.02	5.94	22.07	*0	509.40	39.46	3.34
% of Calories		8.77%		29.02%	0.98%	26.9%	0.0%		60.7%		14.1%				

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	626		450-600	104%		26.00		Correction Required - Calories too High
Saturated Fat	6.10 g	8.77%	<10.000%					
Sodium	754 mg		640.000	118%		114.00		Correction Required - Sodium too High
Total Sugars	45.41 g	29.02%						
Added Sugars'	1.54 g	0.98%	<10.00%					

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Portion Values

Jun 1, 2026 thru Jun 5, 2026

Total Fat	18.73 g	26.9%	<=30.000%				
Trans Fat	0.00 g	0.0%					
Cholesterol	55 mg						
Carbohydrate	95.02 g	60.7%					
Fiber	5.94 g						
Protein	22.07 g	14.1%	16.057	137%			
Vitamin A	*0 mcg RAE					Missing Data	
Calcium	509.4 mg		400.000	127%			
Vitamin C	39.46 mg		18.114	218%			
Iron	3.34 mg		4.500	74%	1.16		Correction Required - Iron is Low

**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.