

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

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

Wednesday - 10/01/2025Reimbursable Meal Total 1

	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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990294 2-Biscuit, Egg & Cheese	each	1	311	10.02	676	0.00	0.00	19.57	0.00	139	25.01	2.00	9.54	*N/A*	235.0	0.00	1.40
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	*N/A*	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
003574 2-Cereal, Cinn Toast Crunch-only	bowl	1	110	0.50	160	8.00	0.00	3.00	0.00	0	22.00	2.00	1.00	*N/A*	80.0	4.80	3.60
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
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
001876 2-Milk, White, Crystal Creamery	8 oz	1	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			1953	23.35	2463	117.58	0.00	76.58	0.00	184	263.35	20.44	59.96	*0	1260.3	85.41	16.45
% of Calories				10.76 %		24.08%	0.00%	35.3%	0.0%		53.9%		12.3%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=30					16.06		400.00	18.11	4.50

Thursday - 10/02/2025Reimbursable Meal Total 1

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990455 2-Pancakes & Sausage Pattie	Serving	1	319	1.50	530	26.77	0.00	8.50	0.00	26	55.68	2.00	10.00	*N/A*	0.0	0.06	0.00
990538 2-Yogurt w/ Chia Seeds	serving	1	291	1.17	233	17.67	0.00	5.54	0.00	7	51.30	2.79	9.32	*N/A*	323.7	0.00	2.19
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
990402 2-Cereal, Cinn Chex w/ graham cracker	1 each	1	230	0.50	260	13.00	0.00	6.00	0.00	0	44.00	3.00	2.00	*N/A*	94.0	0.00	9.20
990501 2-Cereal, Cinn Chex-only	1 each	1	110	0.00	160	6.00	0.00	2.50	0.00	0	23.00	1.00	1.00	*N/A*	78.0	0.00	7.20
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
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
001876 2-Milk, White, Crystal Creamery	8 oz	1	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			1959	15.57	1947	152.94	0.00	45.44	0.00	88	347.06	14.54	48.70	*0	1389.2	73.06	24.24
% of Calories				7.15%		31.23%	0.00%	20.9%	0.0%		70.9%		9.9%				
Weekly Nutrient Guideline			450 - 600	<10	640		<10	<=30					16.06		400.00	18.11	4.50

Friday - 10/03/2025

Reimbursable Meal Total 1

	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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001713 2-Hot Ham& Cheese Breakfast	each	1	281	3.51	890	5.01	0.00	10.04	0.00	48	32.01	3.00	18.61	*N/A*	275.0	0.00	2.89

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	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 (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990542 2-Muffin, Double Chocolate Chip	each	1	227	0.89	124	18.36	0.00	5.95	0.00	30	39.69	3.08	3.77	*N/A*	3.5	0.20	0.99
990557 2-Burrito, Los Cabos	each	1	296	4.05	499	1.09	0.00	8.94	0.00	18	40.86	8.81	15.12	*N/A*	200.0	1.20	2.70
990492 2-Cereal, Trix w/ graham cracker	bowl	1	230	0.50	240	14.00	0.00	5.00	0.00	0	45.00	3.00	2.00	*N/A*	16.0	0.00	2.00
990296 2-Cereal, Trix-only	bowl	1	110	0.00	140	7.00	0.00	1.50	0.00	0	24.00	1.00	1.00	*N/A*	0.0	0.00	0.00
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
990469 2-Strawberries,frzn,cupped	1/2 cup	1	80	0.00	1	15.95	0.00	0.00	0.00	0	20.93	1.99	0.00	*N/A*	0.0	37.38	0.28
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
001876 2-Milk, White, Crystal Creamery	8 oz	1	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			1659	10.96	2399	114.40	0.00	37.44	0.00	115	275.49	22.88	60.50	*0	1210.5	109.97	11.22
% of Calories				5.95%		27.58%	0.00%	20.3%	0.0%		66.4%		14.6%				
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)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	1857	17	2270	128	0	53.15	0.00	129	295.30	19.29	56.39	*0	1287	89.48	17.30
% of Calories		8.06%		27.64%	0.00%	25.8%	0.0%		63.6%		12.1%				

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	1857		450-600	310%		1257.00		Correction Required - Calories too High
Saturated Fat	16.63 g	8.06%	<10.000%					

Portion Values

Oct 1, 2025 thru Oct 31, 2025

Sodium	2270 mg		640.000	355%		1630.00		Correction Required - Sodium too High
Total Sugars	128.31 g	27.64%						
Added Sugars¹	0.00 g	0.00%	<10.00%					
Total Fat	53.15 g	25.8%	<=30.000%					
Trans Fat	0.00 g	0.0%						
Cholesterol	129 mg							
Carbohydrate	295.30 g	63.6%						
Fiber	19.29 g							
Protein	56.39 g	12.1%	16.057	351%				
Vitamin A	*0 RAE						Missing Data	
Calcium	1286.7 mg		400.000	322%				
Vitamin C	89.48 mg		18.114	494%				
Iron	17.30 mg		4.500	384%				

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.