

Base Menu Spreadsheet

Portion Values

Mar 1, 2019 thru Mar 29, 2019

Menu Name: K-8 School Breakfast

Include Cost: No

Site:

Report Style: Detailed

Friday - 03/01/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
000923 Breakfast Cinnamon Roll with Icing	roll	1	45.51
000829 Breakfast Muffin Blueberry WG	muffin	1	30.00
000830 Breakfast Muffin Double Chocolate WG	muffin	1	27.00
000362 Breakfast Biscuit & Gravy	Each	1	28.59
000354 Breakfast Biscuit Chicken	brkf sandwich	1	32.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	23.00
000348 Breakfast, Cereal Variety	Each	1	23.00
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	17.21
000086 Fruit Orange Whole Sliced	Each	1	21.00
000068 Fruit Bananas	EACH	1	29.00
000651 Salad Tossed with Tomatoes	1 cup	1	9.14
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	7.62
001021 Bottled Water 10oz	bottle	1	0.00
000230 Milk White 1%	half pint	1	12.00
990113 Milk Chocolate 1%	half pint	1	26.00

Base Menu Spreadsheet

Portion Values

000328 Milk Strawberry Fat Free	half pint	1	18.00
001017 Juice Assorted	each	1	23.33
Weighted Daily Average			372.40
% of Calories			59.6%
Weekly Nutrient Guideline			

Monday - 03/04/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
001226 Breakfast French Toast Stick with Cinnamon Glaze	3 sticks	1	28.00
000829 Breakfast Muffin Blueberry WG	muffin	1	30.00
000830 Breakfast Muffin Double Chocolate WG	muffin	1	27.00
000362 Breakfast Biscuit & Gravy	Each	1	28.59
000354 Breakfast Biscuit Chicken	brkf sandwich	1	32.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	23.00
000348 Breakfast, Cereal Variety	Each	1	23.00
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	17.21
000086 Fruit Orange Whole Sliced	Each	1	21.00
000068 Fruit Bananas	EACH	1	29.00
000651 Salad Tossed with Tomatoes	1 cup	1	9.14
000792 Vegetable Carrots	1/2 cup	1	7.62

Base Menu Spreadsheet

Portion Values

Baby Raw w/Lowfat Ranch			
001021 Bottled Water 10oz	bottle	1	0.00
000230 Milk White 1%	half pint	1	12.00
990113 Milk Chocolate 1%	half pint	1	26.00
000328 Milk Strawberry Fat Free	half pint	1	18.00
001017 Juice Assorted	each	1	23.33
Weighted Daily Average			354.89
% of Calories			58.8%
Weekly Nutrient Guideline			

Tuesday - 03/05/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
000806 Breakfast Biscuit Steak	brkf sandwich	1	32.00
000829 Breakfast Muffin Blueberry WG	muffin	1	30.00
000830 Breakfast Muffin Double Chocolate WG	muffin	1	27.00
000362 Breakfast Biscuit & Gravy	Each	1	28.59
000043 Vegetable Potato Tater Tot	1/2 cup	1	16.14
000354 Breakfast Biscuit Chicken	brkf sandwich	1	32.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	23.00
000348 Breakfast, Cereal Variety	Each	1	23.00

Base Menu Spreadsheet

Portion Values

000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	17.21
000086 Fruit Orange Whole Sliced	Each	1	21.00
000068 Fruit Bananas	EACH	1	29.00
000651 Salad Tossed with Tomatoes	1 cup	1	9.14
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	7.62
001021 Bottled Water 10oz	bottle	1	0.00
000230 Milk White 1%	half pint	1	12.00
990113 Milk Chocolate 1%	half pint	1	26.00
000328 Milk Strawberry Fat Free	half pint	1	18.00
001017 Juice Assorted	each	1	23.33
Weighted Daily Average			375.03
% of Calories			55.1%
Weekly Nutrient Guideline			

Wednesday - 03/06/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
000363 Breakfast Egg Scrambled w/Toast	Serving	1	24.11
000829 Breakfast Muffin Blueberry WG	muffin	1	30.00
000830 Breakfast Muffin Double Chocolate WG	muffin	1	27.00
000362 Breakfast Biscuit & Gravy	Each	1	28.59

Base Menu Spreadsheet

Portion Values

000354 Breakfast Biscuit Chicken	brkf sandwich	1	32.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	23.00
000348 Breakfast, Cereal Variety	Each	1	23.00
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	17.21
000086 Fruit Orange Whole Sliced	Each	1	21.00
000068 Fruit Bananas	EACH	1	29.00
000651 Salad Tossed with Tomatoes	1 cup	1	9.14
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	7.62
001021 Bottled Water 10oz	bottle	1	0.00
000230 Milk White 1%	half pint	1	12.00
990113 Milk Chocolate 1%	half pint	1	26.00
000328 Milk Strawberry Fat Free	half pint	1	18.00
001017 Juice Assorted	each	1	23.33
Weighted Daily Average			351.00
% of Calories			58.5%
Weekly Nutrient Guideline			

Thursday - 03/07/2019

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Carb (g)
000365 Breakfast Taco Sausage Egg & Cheese	brkf taco	1	17.50
000829 Breakfast Muffin Blueberry WG	muffin	1	30.00
000830 Breakfast Muffin Double Chocolate WG	muffin	1	27.00
000362 Breakfast Biscuit & Gravy	Each	1	28.59
000043 Vegetable Potato Tater Tot	1/2 cup	1	16.14
000354 Breakfast Biscuit Chicken	brkf sandwich	1	32.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	23.00
000348 Breakfast, Cereal Variety	Each	1	23.00
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	17.21
000086 Fruit Orange Whole Sliced	Each	1	21.00
000068 Fruit Bananas	EACH	1	29.00
000651 Salad Tossed with Tomatoes	1 cup	1	9.14
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	7.62
001021 Bottled Water 10oz	bottle	1	0.00
000230 Milk White 1%	half pint	1	12.00
990113 Milk Chocolate 1%	half pint	1	26.00
000328 Milk Strawberry Fat Free	half pint	1	18.00

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Carb (g)
001017 Juice Assorted	each	1	23.33
Weighted Daily Average			360.53
% of Calories			54.2%
Weekly Nutrient Guideline			

Friday - 03/08/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
000923 Breakfast Cinnamon Roll with Icing	roll	1	45.51
000829 Breakfast Muffin Blueberry WG	muffin	1	30.00
000830 Breakfast Muffin Double Chocolate WG	muffin	1	27.00
000362 Breakfast Biscuit & Gravy	Each	1	28.59
000354 Breakfast Biscuit Chicken	brkf sandwich	1	32.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	23.00
000348 Breakfast, Cereal Variety	Each	1	23.00
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	17.21
000086 Fruit Orange Whole Sliced	Each	1	21.00
000068 Fruit Bananas	EACH	1	29.00
000651 Salad Tossed with Tomatoes	1 cup	1	9.14
000792 Vegetable Carrots	1/2 cup	1	7.62

Base Menu Spreadsheet

Portion Values

Baby Raw w/Lowfat Ranch			
001021 Bottled Water 10oz	bottle	1	0.00
000230 Milk White 1%	half pint	1	12.00
990113 Milk Chocolate 1%	half pint	1	26.00
000328 Milk Strawberry Fat Free	half pint	1	18.00
001017 Juice Assorted	each	1	23.33
Weighted Daily Average			372.40
% of Calories			59.6%
Weekly Nutrient Guideline			

Monday - 03/11/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
000834 Breakfast Pancake Stick WG	each	1	19.00
000829 Breakfast Muffin Blueberry WG	muffin	1	30.00
000830 Breakfast Muffin Double Chocolate WG	muffin	1	27.00
000362 Breakfast Biscuit & Gravy	Each	1	28.59
000354 Breakfast Biscuit Chicken	brkf sandwich	1	32.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	23.00
000348 Breakfast, Cereal Variety	Each	1	23.00
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	17.21

Base Menu Spreadsheet

Portion Values

000086 Fruit Orange Whole Sliced	Each	1	21.00
000068 Fruit Bananas	EACH	1	29.00
000651 Salad Tossed with Tomatoes	1 cup	1	9.14
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	7.62
001021 Bottled Water 10oz	bottle	1	0.00
000230 Milk White 1%	half pint	1	12.00
990113 Milk Chocolate 1%	half pint	1	26.00
000328 Milk Strawberry Fat Free	half pint	1	18.00
001017 Juice Assorted	each	1	23.33
Weighted Daily Average			345.89
% of Calories			57.6%
Weekly Nutrient Guideline			

Tuesday - 03/12/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
000371 Breakfast Biscuit Egg & Cheese	brkf sandwich	1	24.00
000829 Breakfast Muffin Blueberry WG	muffin	1	30.00
000830 Breakfast Muffin Double Chocolate WG	muffin	1	27.00
000362 Breakfast Biscuit & Gravy	Each	1	28.59
000043 Vegetable Potato Tater Tot	1/2 cup	1	16.14

Base Menu Spreadsheet

Portion Values

000354 Breakfast Biscuit Chicken	brkf sandwich	1	32.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	23.00
000348 Breakfast, Cereal Variety	Each	1	23.00
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	17.21
000086 Fruit Orange Whole Sliced	Each	1	21.00
000068 Fruit Bananas	EACH	1	29.00
000651 Salad Tossed with Tomatoes	1 cup	1	9.14
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	7.62
001021 Bottled Water 10oz	bottle	1	0.00
000230 Milk White 1%	half pint	1	12.00
990113 Milk Chocolate 1%	half pint	1	26.00
000328 Milk Strawberry Fat Free	half pint	1	18.00
001017 Juice Assorted	each	1	23.33
Weighted Daily Average			367.03
% of Calories			55.3%
Weekly Nutrient Guideline			

Wednesday - 03/13/2019

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Carb (g)
001228 Breakfast Croissant Ham Egg & Cheese	brkf sandwich	1	16.50
000829 Breakfast Muffin Blueberry WG	muffin	1	30.00
000830 Breakfast Muffin Double Chocolate WG	muffin	1	27.00
000362 Breakfast Biscuit & Gravy	Each	1	28.59
000354 Breakfast Biscuit Chicken	brkf sandwich	1	32.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	23.00
000348 Breakfast, Cereal Variety	Each	1	23.00
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	17.21
000086 Fruit Orange Whole Sliced	Each	1	21.00
000068 Fruit Bananas	EACH	1	29.00
000651 Salad Tossed with Tomatoes	1 cup	1	9.14
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	7.62
001021 Bottled Water 10oz	bottle	1	0.00
000230 Milk White 1%	half pint	1	12.00
990113 Milk Chocolate 1%	half pint	1	26.00
000328 Milk Strawberry Fat Free	half pint	1	18.00

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Carb (g)
001017 Juice Assorted	each	1	23.33
Weighted Daily Average			343.39
% of Calories			55.2%
Weekly Nutrient Guideline			

Thursday - 03/14/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
000606 Breakfast Waffle Jumbo WG	2 waffles	1	55.00
000829 Breakfast Muffin Blueberry WG	muffin	1	30.00
000830 Breakfast Muffin Double Chocolate WG	muffin	1	27.00
000362 Breakfast Biscuit & Gravy	Each	1	28.59
000043 Vegetable Potato Tater Tot	1/2 cup	1	16.14
000354 Breakfast Biscuit Chicken	brkf sandwich	1	32.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	23.00
000348 Breakfast, Cereal Variety	Each	1	23.00
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	17.21
000086 Fruit Orange Whole Sliced	Each	1	21.00
000068 Fruit Bananas	EACH	1	29.00
000651 Salad Tossed with	1 cup	1	9.14

Base Menu Spreadsheet

Portion Values

Tomatoes			
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	7.62
001021 Bottled Water 10oz	bottle	1	0.00
000230 Milk White 1%	half pint	1	12.00
990113 Milk Chocolate 1%	half pint	1	26.00
000328 Milk Strawberry Fat Free	half pint	1	18.00
001017 Juice Assorted	each	1	23.33
Weighted Daily Average			398.03
% of Calories			60.6%
Weekly Nutrient Guideline			

Friday - 03/15/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
000923 Breakfast Cinnamon Roll with Icing	roll	1	45.51
000829 Breakfast Muffin Blueberry WG	muffin	1	30.00
000830 Breakfast Muffin Double Chocolate WG	muffin	1	27.00
000362 Breakfast Biscuit & Gravy	Each	1	28.59
000354 Breakfast Biscuit Chicken	brkf sandwich	1	32.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	23.00
000348 Breakfast, Cereal Variety	Each	1	23.00

Base Menu Spreadsheet

Portion Values

000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	17.21
000086 Fruit Orange Whole Sliced	Each	1	21.00
000068 Fruit Bananas	EACH	1	29.00
000651 Salad Tossed with Tomatoes	1 cup	1	9.14
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	7.62
001021 Bottled Water 10oz	bottle	1	0.00
000230 Milk White 1%	half pint	1	12.00
990113 Milk Chocolate 1%	half pint	1	26.00
000328 Milk Strawberry Fat Free	half pint	1	18.00
001017 Juice Assorted	each	1	23.33
Weighted Daily Average			372.40
% of Calories			59.6%
Weekly Nutrient Guideline			

Monday - 03/25/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
001226 Breakfast French Toast Stick with Cinnamon Glaze	3 sticks	1	28.00
000829 Breakfast Muffin Blueberry WG	muffin	1	30.00
000830 Breakfast Muffin Double Chocolate WG	muffin	1	27.00
000362 Breakfast Biscuit &	Each	1	28.59

Base Menu Spreadsheet

Portion Values

Gravy			
000354 Breakfast Biscuit Chicken	brkf sandwich	1	32.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	23.00
000348 Breakfast, Cereal Variety	Each	1	23.00
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	17.21
000086 Fruit Orange Whole Sliced	Each	1	21.00
000068 Fruit Bananas	EACH	1	29.00
000651 Salad Tossed with Tomatoes	1 cup	1	9.14
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	7.62
001021 Bottled Water 10oz	bottle	1	0.00
000230 Milk White 1%	half pint	1	12.00
990113 Milk Chocolate 1%	half pint	1	26.00
000328 Milk Strawberry Fat Free	half pint	1	18.00
001017 Juice Assorted	each	1	23.33
Weighted Daily Average			354.89
% of Calories			58.8%
Weekly Nutrient Guideline			

Tuesday - 03/26/2019

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Carb (g)
000806 Breakfast Biscuit Steak	brkf sandwich	1	32.00
000829 Breakfast Muffin Blueberry WG	muffin	1	30.00
000830 Breakfast Muffin Double Chocolate WG	muffin	1	27.00
000362 Breakfast Biscuit & Gravy	Each	1	28.59
000043 Vegetable Potato Tater Tot	1/2 cup	1	16.14
000354 Breakfast Biscuit Chicken	brkf sandwich	1	32.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	23.00
000348 Breakfast, Cereal Variety	Each	1	23.00
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	17.21
000086 Fruit Orange Whole Sliced	Each	1	21.00
000068 Fruit Bananas	EACH	1	29.00
000651 Salad Tossed with Tomatoes	1 cup	1	9.14
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	7.62
001021 Bottled Water 10oz	bottle	1	0.00
000230 Milk White 1%	half pint	1	12.00
990113 Milk Chocolate 1%	half pint	1	26.00
000328 Milk Strawberry Fat Free	half pint	1	18.00

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Carb (g)
001017 Juice Assorted	each	1	23.33
Weighted Daily Average			375.03
% of Calories			55.1%
Weekly Nutrient Guideline			

Wednesday - 03/27/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
000363 Breakfast Egg Scrambled w/Toast	Serving	1	24.11
000829 Breakfast Muffin Blueberry WG	muffin	1	30.00
000830 Breakfast Muffin Double Chocolate WG	muffin	1	27.00
000362 Breakfast Biscuit & Gravy	Each	1	28.59
000354 Breakfast Biscuit Chicken	brkf sandwich	1	32.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	23.00
000348 Breakfast, Cereal Variety	Each	1	23.00
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	17.21
000086 Fruit Orange Whole Sliced	Each	1	21.00
000068 Fruit Bananas	EACH	1	29.00
000651 Salad Tossed with Tomatoes	1 cup	1	9.14
000792 Vegetable Carrots	1/2 cup	1	7.62

Base Menu Spreadsheet

Portion Values

Baby Raw w/Lowfat Ranch			
001021 Bottled Water 10oz	bottle	1	0.00
000230 Milk White 1%	half pint	1	12.00
990113 Milk Chocolate 1%	half pint	1	26.00
000328 Milk Strawberry Fat Free	half pint	1	18.00
001017 Juice Assorted	each	1	23.33
Weighted Daily Average			351.00
% of Calories			58.5%
Weekly Nutrient Guideline			

Thursday - 03/28/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
000365 Breakfast Taco Sausage Egg & Cheese	brkf taco	1	17.50
000829 Breakfast Muffin Blueberry WG	muffin	1	30.00
000830 Breakfast Muffin Double Chocolate WG	muffin	1	27.00
000362 Breakfast Biscuit & Gravy	Each	1	28.59
000043 Vegetable Potato Tater Tot	1/2 cup	1	16.14
000354 Breakfast Biscuit Chicken	brkf sandwich	1	32.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	23.00
000348 Breakfast, Cereal Variety	Each	1	23.00

Base Menu Spreadsheet

Portion Values

000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	17.21
000086 Fruit Orange Whole Sliced	Each	1	21.00
000068 Fruit Bananas	EACH	1	29.00
000651 Salad Tossed with Tomatoes	1 cup	1	9.14
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	7.62
001021 Bottled Water 10oz	bottle	1	0.00
000230 Milk White 1%	half pint	1	12.00
990113 Milk Chocolate 1%	half pint	1	26.00
000328 Milk Strawberry Fat Free	half pint	1	18.00
001017 Juice Assorted	each	1	23.33
Weighted Daily Average			360.53
% of Calories			54.2%
Weekly Nutrient Guideline			

Friday - 03/29/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)
000923 Breakfast Cinnamon Roll with Icing	roll	1	45.51
000829 Breakfast Muffin Blueberry WG	muffin	1	30.00
000830 Breakfast Muffin Double Chocolate WG	muffin	1	27.00
000362 Breakfast Biscuit & Gravy	Each	1	28.59

Base Menu Spreadsheet

Portion Values

000354 Breakfast Biscuit Chicken	brkf sandwich	1	32.00
000350 Breakfast Biscuit Sausage	brkf sandwich	1	23.00
000348 Breakfast, Cereal Variety	Each	1	23.00
000317 Fruit Chilled Variety (Canned & Fresh)	1/2 cup	1	17.21
000086 Fruit Orange Whole Sliced	Each	1	21.00
000068 Fruit Bananas	EACH	1	29.00
000651 Salad Tossed with Tomatoes	1 cup	1	9.14
000792 Vegetable Carrots Baby Raw w/Lowfat Ranch	1/2 cup	1	7.62
001021 Bottled Water 10oz	bottle	1	0.00
000230 Milk White 1%	half pint	1	12.00
990113 Milk Chocolate 1%	half pint	1	26.00
000328 Milk Strawberry Fat Free	half pint	1	18.00
001017 Juice Assorted	each	1	23.33
Weighted Daily Average			372.40
% of Calories			59.6%
Weekly Nutrient Guideline			

**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.