

Planned Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Mar 27, 2025

Menu Name:	THS/BHS/TMS Breakfast	Include Cost:	No
Site:	1 - High School		
Use Alternate Menu Name:	No		

Monday - 03/03/2025Reimbursable Meal Total 90

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001626 *MUFFINS:PIONEER WG	EACH (1.5 oz G)	41	239	2.24	277	45.51
001590 *BREAKFAST,COMBO BAR/TOAST	SERV (1BAR +1TS)	41	279	4.97	498	23.96
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	8	108	0.16	167	23.31
990190 *FRUIT,FRESH,ASSORTE D-THS Breakfast Only	1 CUP	90	113	0.10	1	28.88
000959 *JUICE,ASSORTED	EACH	90	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	70	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	20	100	1.50	105	12.00
Weighted Daily Average			544	3.73	542	98.33
% of Calories				6.17%		72.3%
Weekly Nutrient Guideline			450 - 600	<10	640	

Tuesday - 03/04/2025Reimbursable Meal Total 90

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001332 *SCRAMBLED EGGS	1/4 CUP	41	89	1.54	99	3.19

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Portion Values

Mar 3, 2025 thru Mar 27, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001340 *TOAST,WHEAT,SLICE:W /MARG	1 Slice	41	80	0.00	150	16.00
001287 *BREAKFAST,BENEFIT BARS,ASST	each	41	288	2.77	238	47.83
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	8	108	0.16	167	23.31
990190 *FRUIT,FRESH,ASSORTE D-THS Breakfast Only	1 CUP	90	113	0.10	1	28.88
000959 *JUICE,ASSORTED	EACH	90	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	70	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	20	100	1.50	105	12.00
Weighted Daily Average			516	2.41	411	97.22
% of Calories				4.20%		75.4%
Weekly Nutrient Guideline			450 - 600	<10	640	

Wednesday - 03/05/2025 Reimbursable Meal Total 90

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000623 *BREAKFAST,FRENCH TOAST STICKS:ELEM	EACH (2 sticks)	41	300	3.00	380	43.00
000350 *SYRUP,PANCAKE	POUCH (1.5 OZ)	41	100	0.00	35	26.14
001522 *BREAKFAST ON A STICK:FOSTER F	each	41	200	2.50	310	17.00
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	8	108	0.16	167	23.31

Planned Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Mar 27, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990190 *FRUIT,FRESH,ASSORTE D-THS Breakfast Only	1 CUP	90	113	0.10	1	28.88
000959 *JUICE,ASSORTED	EACH	90	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	70	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	20	100	1.50	105	12.00
Weighted Daily Average			581	2.95	519	105.93
% of Calories				4.57%		72.9%
Weekly Nutrient Guideline			450 - 600	<10	640	

Thursday - 03/06/2025 Reimbursable Meal Total 90

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001202 *YOGURT PARFAIT	each	41	169	0.49	73	35.24
001620 *BREAKFAST:ULTRA BREAD SLICES	EACH	41	270	1.83	220	43.67
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	8	108	0.16	167	23.31
990190 *FRUIT,FRESH,ASSORTE D-THS Breakfast Only	1 CUP	90	113	0.10	1	28.88
000959 *JUICE,ASSORTED	EACH	90	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	70	135	0.00	180	24.00

Planned Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Mar 27, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001519 *MILK:WHITE Gossner 1%	Tetra Pak	20	100	1.50	105	12.00
Weighted Daily Average			508	1.51	322	102.63
% of Calories				2.68%		80.8%
Weekly Nutrient Guideline			450 - 600	<10	640	

Monday - 03/10/2025 Reimbursable Meal Total 90

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001477 *SMOOTHIE: FOOD COURT	CUP	41	154	0.33	62	33.97
001545 *CRACKERS, GRAHAMS, BUG BITES	BAG	41	120	1.00	115	21.00
990184 Pancake WG:Bake Crafter	each	41	80	*N/A*	90	14.94
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	8	108	0.16	167	23.31
990190 *FRUIT,FRESH,ASSORTE D-THS Breakfast Only	1 CUP	90	113	0.10	1	28.88
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	70	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	20	100	1.50	105	12.00
Weighted Daily Average			411	*1.06	301	84.13
% of Calories				*2.32%		81.9%
Weekly Nutrient Guideline			450 - 600	<10	640	

Tuesday - 03/11/2025 Reimbursable Meal Total 90

Planned Menu Spreadsheet

Teton School Dist #401

Portion Values

Mar 3, 2025 thru Mar 27, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990183 German Pancakes	each	41	227	2.30	207	20.72
000604 *BREAKFAST SANDWICH:SEC	each	41	314	9.38	945	23.68
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	8	108	0.16	167	23.31
990190 *FRUIT,FRESH,ASSORTE D-THS Breakfast Only	1 CUP	90	113	0.10	1	28.88
000959 *JUICE,ASSORTED	EACH	90	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	70	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	20	100	1.50	105	12.00
Weighted Daily Average			554	5.77	713	86.91
% of Calories				9.37%		62.8%
Weekly Nutrient Guideline			450 - 600	<10	640	

Wednesday - 03/12/2025

Reimbursable Meal Total 90

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001625 *BREAKFAST BOWL,BACON:ELEM	SERV (@3/4 CUP)	41	163	2.00	236	18.57
001340 *TOAST,WHEAT,SLICE:W /MARG	1 Slice	41	80	0.00	150	16.00
990188 Banana Split Yogurt	each	41	16	0.04	5	3.49
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	8	108	0.16	167	23.31

Planned Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Mar 27, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990190 *FRUIT,FRESH,ASSORTE D-THS Breakfast Only	1 CUP	90	113	0.10	1	28.88
000959 *JUICE,ASSORTED	EACH	90	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	70	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	20	100	1.50	105	12.00
Weighted Daily Average			426	1.38	367	84.03
% of Calories				2.92%		78.9%
Weekly Nutrient Guideline			450 - 600	<10	640	

Thursday - 03/13/2025 Reimbursable Meal Total 90

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990124 *LONG JOHN DONUTS:ELEM	1/2 EACH	41	137	3.00	180	17.05
990166 *BREAKFAST,FRENCH TOAST STICKS:SEC	EACH (3 sticks)	41	300	3.00	380	43.00
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	8	108	0.16	167	23.31
990190 *FRUIT,FRESH,ASSORTE D-THS Breakfast Only	1 CUP	90	113	0.10	1	28.88
000959 *JUICE,ASSORTED	EACH	90	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	70	135	0.00	180	24.00

Planned Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Mar 27, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001519 *MILK:WHITE Gossner 1%	Tetra Pak	20	100	1.50	105	12.00
Weighted Daily Average			507	3.18	444	94.04
% of Calories				5.64%		74.2%
Weekly Nutrient Guideline			450 - 600	<10	640	

Monday - 03/17/2025 Reimbursable Meal Total 90

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001626 *MUFFINS:PIONEER WG	EACH (1.5 oz G)	41	239	2.24	277	45.51
001332 *SCRAMBLED EGGS	1/4 CUP	41	89	1.54	99	3.19
001340 *TOAST,WHEAT,SLICE:W /MARG	1 Slice	41	80	0.00	150	16.00
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	8	108	0.16	167	23.31
990190 *FRUIT,FRESH,ASSORTE D-THS Breakfast Only	1 CUP	90	113	0.10	1	28.88
000959 *JUICE,ASSORTED	EACH	90	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	70	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	20	100	1.50	105	12.00
Weighted Daily Average			493	2.17	428	96.16
% of Calories				3.96%		78.0%
Weekly Nutrient Guideline			450 - 600	<10	640	

Planned Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Mar 27, 2025

Tuesday - 03/18/2025 Reimbursable Meal Total 90

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001415 *BREAKFAST, COOKIE WH GRAIN	each	41	348	2.44	432	48.43
000979 *BREAKFAST TACO	EACH	41	290	6.96	568	14.68
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	8	108	0.16	167	23.31
990190 *FRUIT,FRESH,ASSORTE D-THS Breakfast Only	1 CUP	90	113	0.10	1	28.88
000959 *JUICE,ASSORTED	EACH	90	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	70	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	20	100	1.50	105	12.00
Weighted Daily Average			598	4.73	644	95.43
% of Calories				7.12%		63.8%
Weekly Nutrient Guideline			450 - 600	<10	640	

Wednesday - 03/19/2025 Reimbursable Meal Total 90

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	45	108	0.16	167	23.31
990190 *FRUIT,FRESH,ASSORTE D-THS Breakfast Only	1 CUP	90	113	0.10	1	28.88
000959 *JUICE,ASSORTED	EACH	90	58	0.00	9	14.40

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Portion Values

Mar 3, 2025 thru Mar 27, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	70	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	20	100	1.50	105	12.00
Weighted Daily Average			352	0.51	257	76.27
% of Calories				1.30%		86.7%
Weekly Nutrient Guideline			450 - 600	<10	640	

Thursday - 03/20/2025

Reimbursable Meal Total 90

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000637 *YOGURT	4 oz	41	110	0.50	60	22.08
001545 *CRACKERS, GRAHAMS, BUG BITES	BAG	41	120	1.00	115	21.00
001590 *BREAKFAST, COMBO BAR/TOAST	SERV (1BAR +1TS)	41	279	4.97	498	23.96
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	8	108	0.16	167	23.31
990190 *FRUIT, FRESH, ASSORTE D-THS Breakfast Only	1 CUP	90	113	0.10	1	28.88
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	70	135	0.00	180	24.00

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Portion Values

Mar 3, 2025 thru Mar 27, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001519 *MILK:WHITE Gossner 1%	Tetra Pak	20	100	1.50	105	12.00
Weighted Daily Average			482	3.40	486	82.82
% of Calories				6.35%		68.7%
Weekly Nutrient Guideline			450 - 600	<10	640	

Monday - 03/24/2025 Reimbursable Meal Total 90

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990152 *BREAKFAST SAND:BAKECRAFTER	EACH	41	140	1.00	240	16.00
001477 *SMOOTHIE: FOOD COURT	CUP	41	154	0.33	62	33.97
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	8	108	0.16	167	23.31
990190 *FRUIT,FRESH,ASSORTE D-THS Breakfast Only	1 CUP	90	113	0.10	1	28.88
000959 *JUICE,ASSORTED	EACH	90	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	70	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	20	100	1.50	105	12.00
Weighted Daily Average			442	1.06	326	89.45
% of Calories				2.16%		81.0%
Weekly Nutrient Guideline			450 - 600	<10	640	

Tuesday - 03/25/2025 Reimbursable Meal Total 90

Planned Menu Spreadsheet

Teton School Dist #401

Portion Values

Mar 3, 2025 thru Mar 27, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990184 Pancake WG:Bake Crafter	each	41	80	*N/A*	90	14.94
000350 *SYRUP,PANCAKE	POUCH (1.5 OZ)	41	100	0.00	35	26.14
990166 *BREAKFAST,FRENCH TOAST STICKS:SEC	EACH (3 sticks)	41	300	3.00	380	43.00
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	8	108	0.16	167	23.31
990190 *FRUIT,FRESH,ASSORTE D-THS Breakfast Only	1 CUP	90	113	0.10	1	28.88
000959 *JUICE,ASSORTED	EACH	90	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	70	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	20	100	1.50	105	12.00
Weighted Daily Average			526	*1.82	418	104.99
% of Calories				*3.11%		79.8%
Weekly Nutrient Guideline			450 - 600	<10	640	

Wednesday - 03/26/2025

Reimbursable Meal Total 90

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001522 *BREAKFAST ON A STICK:FOSTER F	each	41	200	2.50	310	17.00
990187 Apple Nachos	each	41	358	*0.93	128	73.84
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	8	108	0.16	167	23.31

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Portion Values

Mar 3, 2025 thru Mar 27, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990190 *FRUIT,FRESH,ASSORTE D-THS Breakfast Only	1 CUP	90	113	0.10	1	28.88
000959 *JUICE,ASSORTED	EACH	90	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	70	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	20	100	1.50	105	12.00
Weighted Daily Average			562	*2.01	388	108.07
% of Calories				*3.22%		76.9%
Weekly Nutrient Guideline			450 - 600	<10	640	

Thursday - 03/27/2025

Reimbursable Meal Total 90

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990182 Overnight Oats:Strawberry	each	41	245	0.56	75	46.70
001626 *MUFFINS:PIONEER WG	EACH (1.5 oz G)	41	239	2.24	277	45.51
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	8	108	0.16	167	23.31
990190 *FRUIT,FRESH,ASSORTE D-THS Breakfast Only	1 CUP	90	113	0.10	1	28.88
000959 *JUICE,ASSORTED	EACH	90	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	70	135	0.00	180	24.00

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Portion Values

Mar 3, 2025 thru Mar 27, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001519 *MILK:WHITE Gossner 1%	Tetra Pak	20	100	1.50	105	12.00
Weighted Daily Average			528	1.72	349	108.69
% of Calories				2.93%		82.3%
Weekly Nutrient Guideline			450 - 600	<10	640	

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
Weighted Averages		502	*2.46	432	94.69
% of Calories			*4.41%		75.5%

**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.