

# Planned Menu Spreadsheet

## Portion Values

May 1, 2024 thru May 31, 2024

**Menu Name:** Elementary Breakfast K-5

**Include Cost:** No

**Site:** All Sites

**Report Style:** Detailed

**Use Alternate Menu Name:** No

### Wednesday - 05/01/2024

**Reimbursable Meal Total 270**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001588 *BREAKFAST,DONUT HOLES:ELEM	SERV (3 EACH)	270	140	3.50	150	15.00
000245 *FRUIT,FRESH,ASSORTED	EACH (1/2 c. F)	270	61	0.05	1	15.66
000959 *JUICE,ASSORTED	EACH	270	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00
Weighted Daily Average			374	3.88	325	63.29
% of Calories				9.34%		67.7%
Weekly Nutrient Guideline			350 - 500	<10	540	

### Thursday - 05/02/2024

**Reimbursable Meal Total 270**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000637 *YOGURT	4 oz	270	110	0.50	60	22.08
001047 *GRAIN & FRUIT BARS	EACH	270	140	0.63	79	23.01

# Planned Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
990125 *FRUIT,FRESH,ASSORTE D	1 CUP	270	113	0.10	1	28.88
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00
Weighted Daily Average			479	1.56	306	92.19
% of Calories				2.93%		77.0%
Weekly Nutrient Guideline			350 - 500	<10	540	

### Friday - 05/03/2024

**Reimbursable Meal Total 270**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000623 *BREAKFAST,FRENCH TOAST STICKS:ELEM	EACH (2 sticks)	270	300	3.00	380	43.00
000350 *SYRUP,PANCAKE	POUCH (1.5 OZ)	270	100	0.00	35	26.14
000245 *FRUIT,FRESH,ASSORTE D	EACH (1/2 c. F)	270	61	0.05	1	15.66
000959 *JUICE,ASSORTED	EACH	270	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00

# Planned Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00
Weighted Daily Average			634	3.38	590	117.43
% of Calories				4.80%		74.1%
Weekly Nutrient Guideline			350 - 500	<10	540	

### Monday - 05/06/2024

Reimbursable Meal Total 270

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001620 *BREAKFAST:ULTRA BREAD SLICES	EACH	270	270	1.83	220	43.67
000245 *FRUIT,FRESH,ASSORTED	EACH (1/2 c. F)	270	61	0.05	1	15.66
000959 *JUICE,ASSORTED	EACH	270	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00
Weighted Daily Average			504	2.21	395	91.95
% of Calories				3.95%		73.0%
Weekly Nutrient Guideline			350 - 500	<10	540	

### Tuesday - 05/07/2024

Reimbursable Meal Total 270

# Planned Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001415 *BREAKFAST, COOKIE WH GRAIN	each	270	348	2.44	432	48.43
000245 *FRUIT,FRESH,ASSORTED	EACH (1/2 c. F)	270	61	0.05	1	15.66
000959 *JUICE,ASSORTED	EACH	270	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00
Weighted Daily Average			582	2.82	607	96.72
% of Calories				4.36%		66.5%
Weekly Nutrient Guideline			350 - 500	<10	540	

### Wednesday - 05/08/2024

Reimbursable Meal Total 270

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
990152 *BREAKFAST SAND:BAKECRAFTER	EACH	0	140	1.00	240	16.00
990125 *FRUIT,FRESH,ASSORTED	1 CUP	270	113	0.10	1	28.88
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00
Weighted Daily Average			228	0.43	167	47.10
% of Calories				1.70%		82.6%
Weekly Nutrient Guideline			350 - 500	<10	540	

# Planned Menu Spreadsheet

## Portion Values

May 1, 2024 thru May 31, 2024

### Thursday - 05/09/2024

Reimbursable Meal Total 270

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000979 *BREAKFAST TACO	EACH	270	290	6.96	568	14.68
000245 *FRUIT,FRESH,ASSORTED	EACH (1/2 c. F)	270	61	0.05	1	15.66
000959 *JUICE,ASSORTED	EACH	270	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00
Weighted Daily Average			524	7.34	743	62.96
% of Calories				12.61 %		48.1%
Weekly Nutrient Guideline			350 - 500	<10	540	

### Friday - 05/10/2024

Reimbursable Meal Total 270

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
990157 MUFFIN TOP	EACH	270	159	0.50	94	25.86
000245 *FRUIT,FRESH,ASSORTED	EACH (1/2 c. F)	270	61	0.05	1	15.66
000959 *JUICE,ASSORTED	EACH	270	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00

# Planned Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00
Weighted Daily Average			393	0.88	270	74.15
% of Calories				2.02%		75.5%
Weekly Nutrient Guideline			350 - 500	<10	540	

### Monday - 05/13/2024

Reimbursable Meal Total 270

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	270	108	0.16	167	23.31
000245 *FRUIT,FRESH,ASSORTED	EACH (1/2 c. F)	270	61	0.05	1	15.66
000959 *JUICE,ASSORTED	EACH	270	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00
Weighted Daily Average			342	0.54	342	71.60
% of Calories				1.42%		83.7%
Weekly Nutrient Guideline			350 - 500	<10	540	

### Tuesday - 05/14/2024

Reimbursable Meal Total 270

# Planned Menu Spreadsheet

## Portion Values

May 1, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001625 *BREAKFAST BOWL,BACON:ELEM	SERV (@3/4 CUP)	0	163	2.00	236	18.57
001340 *TOAST,WHEAT,SLICE:W/MARG	1 Slice	270	80	0.00	150	16.00
000245 *FRUIT,FRESH,ASSORTED	EACH (1/2 c. F)	270	61	0.05	1	15.66
000959 *JUICE,ASSORTED	EACH	270	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00
Weighted Daily Average			314	0.38	325	64.29
% of Calories				1.09%		81.9%
Weekly Nutrient Guideline			350 - 500	<10	540	

**Wednesday - 05/15/2024**

**Reimbursable Meal Total 270**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000642 *BREAKFAST PIZZA,SAUSAGE	each	270	210	2.00	350	27.00
000245 *FRUIT,FRESH,ASSORTED	EACH (1/2 c. F)	270	61	0.05	1	15.66
000959 *JUICE,ASSORTED	EACH	270	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00

# Planned Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00
Weighted Daily Average			444	2.38	525	75.29
% of Calories				4.82%		67.8%
Weekly Nutrient Guideline			350 - 500	<10	540	

### Thursday - 05/16/2024

Reimbursable Meal Total 270

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001477 *SMOOTHIE: FOOD COURT	CUP	270	154	0.33	62	33.97
001545 *CRACKERS, GRAHAMS, BUG BITES	BAG	270	120	1.00	115	21.00
990125 *FRUIT, FRESH, ASSORTE D	1 CUP	270	113	0.10	1	28.88
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00
Weighted Daily Average			502	1.77	344	102.07
% of Calories				3.17%		81.3%
Weekly Nutrient Guideline			350 - 500	<10	540	

### Friday - 05/17/2024

Reimbursable Meal Total 270



# Planned Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001626 *MUFFINS:PIONEER WG	EACH (1.5 oz G)	270	239	2.24	277	45.51
000245 *FRUIT,FRESH,ASSORTE D	EACH (1/2 c. F)	270	61	0.05	1	15.66
000959 *JUICE,ASSORTED	EACH	270	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00
Weighted Daily Average			473	2.62	452	93.80
% of Calories				4.99%		79.3%
Weekly Nutrient Guideline			350 - 500	<10	540	

**Monday - 05/20/2024**

**Reimbursable Meal Total 270**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001489 *BREAKFAST,EGGO BITES	PKG	270	210	1.00	310	35.00
000245 *FRUIT,FRESH,ASSORTE D	EACH (1/2 c. F)	270	61	0.05	1	15.66
000959 *JUICE,ASSORTED	EACH	270	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00

# Planned Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00
Weighted Daily Average			444	1.38	485	83.29
% of Calories				2.80%		75.0%
Weekly Nutrient Guideline			350 - 500	<10	540	

### Tuesday - 05/21/2024

Reimbursable Meal Total 270

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001195 *OATMEAL	SERV(1C COOKED)	270	140	0.00	0	24.00
001196 *OATMEAL TOPPINGS	SERV	270	94	0.02	5	24.52
000245 *FRUIT,FRESH,ASSORTED	EACH (1/2 c. F)	270	61	0.05	1	15.66
000959 *JUICE,ASSORTED	EACH	270	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00
Weighted Daily Average			469	0.40	180	96.81
% of Calories				0.77%		82.6%
Weekly Nutrient Guideline			350 - 500	<10	540	

### Wednesday - 05/22/2024

Reimbursable Meal Total 270

# Planned Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001588 *BREAKFAST,DONUT HOLES:ELEM	SERV (3 EACH)	270	140	3.50	150	15.00
000245 *FRUIT,FRESH,ASSORTE D	EACH (1/2 c. F)	270	61	0.05	1	15.66
000959 *JUICE,ASSORTED	EACH	270	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00
Weighted Daily Average			374	3.88	325	63.29
% of Calories				9.34%		67.7%
Weekly Nutrient Guideline			350 - 500	<10	540	

**Thursday - 05/23/2024**

**Reimbursable Meal Total 270**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000637 *YOGURT	4 oz	270	110	0.50	60	22.08
001047 *GRAIN & FRUIT BARS	EACH	270	140	0.63	79	23.01
990125 *FRUIT,FRESH,ASSORTE D	1 CUP	270	113	0.10	1	28.88
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00

# Planned Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00
Weighted Daily Average			479	1.56	306	92.19
% of Calories				2.93%		77.0%
Weekly Nutrient Guideline			350 - 500	<10	540	

### Friday - 05/24/2024

**Reimbursable Meal Total 270**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000623 *BREAKFAST,FRENCH TOAST STICKS:ELEM	EACH (2 sticks)	270	300	3.00	380	43.00
000350 *SYRUP,PANCAKE	POUCH (1.5 OZ)	270	100	0.00	35	26.14
000245 *FRUIT,FRESH,ASSORTE D	EACH (1/2 c. F)	270	61	0.05	1	15.66
000959 *JUICE,ASSORTED	EACH	270	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00
Weighted Daily Average			634	3.38	590	117.43
% of Calories				4.80%		74.1%
Weekly Nutrient Guideline			350 - 500	<10	540	

### Tuesday - 05/28/2024

**Reimbursable Meal Total 270**

# Planned Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001415 *BREAKFAST, COOKIE WH GRAIN	each	270	348	2.44	432	48.43
000245 *FRUIT,FRESH,ASSORTED	EACH (1/2 c. F)	270	61	0.05	1	15.66
000959 *JUICE,ASSORTED	EACH	270	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00
Weighted Daily Average			582	2.82	607	96.72
% of Calories				4.36%		66.5%
Weekly Nutrient Guideline			350 - 500	<10	540	

### Wednesday - 05/29/2024

Reimbursable Meal Total 270

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
990152 *BREAKFAST SAND:BAKECRAFTER	EACH	0	140	1.00	240	16.00
990125 *FRUIT,FRESH,ASSORTED	1 CUP	270	113	0.10	1	28.88
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00
Weighted Daily Average			228	0.43	167	47.10
% of Calories				1.70%		82.6%
Weekly Nutrient Guideline			350 - 500	<10	540	

# Planned Menu Spreadsheet

## Portion Values

May 1, 2024 thru May 31, 2024

### Thursday - 05/30/2024

Reimbursable Meal Total 270

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000979 *BREAKFAST TACO	EACH	270	290	6.96	568	14.68
000245 *FRUIT,FRESH,ASSORTED	EACH (1/2 c. F)	270	61	0.05	1	15.66
000959 *JUICE,ASSORTED	EACH	270	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00
Weighted Daily Average			524	7.34	743	62.96
% of Calories				12.61 %		48.1%
Weekly Nutrient Guideline			350 - 500	<10	540	

### Friday - 05/31/2024

Reimbursable Meal Total 270

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
990157 MUFFIN TOP	EACH	270	159	0.50	94	25.86
000245 *FRUIT,FRESH,ASSORTED	EACH (1/2 c. F)	270	61	0.05	1	15.66
000959 *JUICE,ASSORTED	EACH	270	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00

# Planned Menu Spreadsheet

## Portion Values

May 1, 2024 thru May 31, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00
Weighted Daily Average			393	0.88	270	74.15
% of Calories				2.02%		75.5%
Weekly Nutrient Guideline			350 - 500	<10	540	

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
Weighted Averages	451	2	412	81.22
% of Calories		4.75%		72.0%

- \*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*
- <sup>1</sup> - denotes required nutrient values*
- <sup>2</sup> - 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.**