

Planned Menu Spreadsheet

Portion Values

Aug 26, 2024 thru Sep 27, 2024

Menu Name: Elementary Breakfast K-5
Site: All Sites
Use Alternate Menu Name: No

Include Cost: Yes
Report Style: Detailed

Tuesday - 08/27/2024

Reimbursable Meal Total 270

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)	Cost
001332 *SCRAMBLED EGGS	1/4 CUP	135	89	1.54	99	3.19	\$0.000
001340 *TOAST,WHEAT,SLICE:W /MARG	1 Slice	135	80	0.00	150	16.00	\$0.000
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	90	108	0.16	167	23.31	\$0.000
990189 *FRUIT,FRESH,ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	0	61	0.05	1	15.66	\$0.000
000959 *JUICE,ASSORTED	EACH	270	58	0.00	9	14.40	\$0.000
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00	\$0.000
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00	\$0.000
Weighted Daily Average			294	1.16	355	49.99	\$0.000
% of Calories				3.55%		68.0%	
Weekly Nutrient Guideline			350 - 500	<10	540		

Wednesday - 08/28/2024

Reimbursable Meal Total 270

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)	Cost
000623 *BREAKFAST,FRENCH TOAST STICKS:ELEM	EACH (2 sticks)	135	300	3.00	380	43.00	\$0.000
000350 *SYRUP,PANCAKE	POUCH (1.5 OZ)	135	100	0.00	35	26.14	\$0.000
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	90	108	0.16	167	23.31	\$0.000
990189 *FRUIT,FRESH,ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	0	61	0.05	1	15.66	\$0.000
000959 *JUICE,ASSORTED	EACH	270	58	0.00	9	14.40	\$0.000
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00	\$0.000
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00	\$0.000
Weighted Daily Average			409	1.89	438	74.96	\$0.000
% of Calories				4.16%		73.3%	
Weekly Nutrient Guideline			350 - 500	<10	540		

Thursday - 08/29/2024

Reimbursable Meal Total 270

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)	Cost
001202 *YOGURT PARFAIT	each	135	169	0.49	73	35.24	\$0.000
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	135	108	0.16	167	23.31	\$0.000
990189 *FRUIT,FRESH,ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	0	61	0.05	1	15.66	\$0.000
000959 *JUICE,ASSORTED	EACH	270	58	0.00	9	14.40	\$0.000

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Aug 26, 2024 thru Sep 27, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)	Cost
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00	\$0.000
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00	\$0.000
Weighted Daily Average			312	0.65	295	61.90	\$0.000
% of Calories				1.88%		79.4%	
Weekly Nutrient Guideline			350 - 500	<10	540		

Tuesday - 09/03/2024

Reimbursable Meal Total 270

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)	Cost
990183 German Pancakes	each	135	227	2.30	207	20.72	\$0.000
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	135	108	0.16	167	23.31	\$0.000
990189 *FRUIT,FRESH,ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	0	61	0.05	1	15.66	\$0.000
000959 *JUICE,ASSORTED	EACH	270	58	0.00	9	14.40	\$0.000
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00	\$0.000
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00	\$0.000
Weighted Daily Average			341	1.56	361	54.64	\$0.000
% of Calories				4.12%		64.1%	
Weekly Nutrient Guideline			350 - 500	<10	540		

Wednesday - 09/04/2024

Reimbursable Meal Total 270

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Portion Values

Aug 26, 2024 thru Sep 27, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)	Cost
001625 *BREAKFAST BOWL,BACON:ELEM	SERV (@3/4 CUP)	135	163	2.00	236	18.57	\$0.000
001340 *TOAST,WHEAT,SLICE:W/MARG	1 Slice	135	80	0.00	150	16.00	\$0.000
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	135	108	0.16	167	23.31	\$0.000
990189 *FRUIT,FRESH,ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	0	61	0.05	1	15.66	\$0.000
000959 *JUICE,ASSORTED	EACH	270	58	0.00	9	14.40	\$0.000
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00	\$0.000
001519 *MILK:WHITE TRUMOO 1%	PL JUG	68	100	1.50	115	12.00	\$0.000
Weighted Daily Average			352	1.46	454	61.92	\$0.000
% of Calories				3.73%		70.4%	
Weekly Nutrient Guideline			350 - 500	<10	540		

Thursday - 09/05/2024

Reimbursable Meal Total 270

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)	Cost
990124 *LONG JOHN DONUTS:ELEM	1/2 EACH	135	137	3.00	180	17.05	\$0.000
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	135	108	0.16	167	23.31	\$0.000
990189 *FRUIT,FRESH,ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	0	61	0.05	1	15.66	\$0.000
000959 *JUICE,ASSORTED	EACH	270	58	0.00	9	14.40	\$0.000

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Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)	Cost
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00	\$0.000
001519 *MILK:WHITE TRUMOO 1%	PL JUG	68	100	1.50	115	12.00	\$0.000
Weighted Daily Average			299	1.96	352	53.16	\$0.000
% of Calories				5.90%		71.1%	
Weekly Nutrient Guideline			350 - 500	<10	540		

Monday - 09/09/2024

Reimbursable Meal Total 270

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)	Cost
001626 *MUFFINS:PIONEER WG	EACH (1.5 oz G)	135	239	2.24	277	45.51	\$0.000
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	135	108	0.16	167	23.31	\$0.000
990189 *FRUIT,FRESH,ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	0	61	0.05	1	15.66	\$0.000
000959 *JUICE,ASSORTED	EACH	270	58	0.00	9	14.40	\$0.000
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00	\$0.000
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00	\$0.000
Weighted Daily Average			347	1.53	396	67.03	\$0.000
% of Calories				3.97%		77.3%	
Weekly Nutrient Guideline			350 - 500	<10	540		

Tuesday - 09/10/2024

Reimbursable Meal Total 270

Planned Menu Spreadsheet

Portion Values

Aug 26, 2024 thru Sep 27, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)	Cost
001415 *BREAKFAST, COOKIE WH GRAIN	each	135	348	2.44	432	48.43	\$0.000
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	135	108	0.16	167	23.31	\$0.000
990189 *FRUIT,FRESH,ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	0	61	0.05	1	15.66	\$0.000
000959 *JUICE,ASSORTED	EACH	270	58	0.00	9	14.40	\$0.000
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00	\$0.000
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00	\$0.000
Weighted Daily Average			401	1.63	474	68.49	\$0.000
% of Calories				3.66%		68.3%	
Weekly Nutrient Guideline			350 - 500	<10	540		

Wednesday - 09/11/2024

Reimbursable Meal Total 270

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)	Cost
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	270	108	0.16	167	23.31	\$0.000
990189 *FRUIT,FRESH,ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	0	61	0.05	1	15.66	\$0.000
000959 *JUICE,ASSORTED	EACH	270	58	0.00	9	14.40	\$0.000
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00	\$0.000

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)	Cost
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00	\$0.000
Weighted Daily Average			282	0.49	341	55.93	\$0.000
% of Calories				1.56%		79.3%	
Weekly Nutrient Guideline			350 - 500	<10	540		

Thursday - 09/12/2024

Reimbursable Meal Total 270

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)	Cost
000637 *YOGURT	4 oz	270	110	0.50	60	22.08	\$0.000
001545 *CRACKERS, GRAHAMS, BUG BITES	BAG	270	120	1.00	115	21.00	\$0.000
990190 *FRUIT, FRESH, ASSORTE D-THS Breakfast Only	1 CUP	0	113	0.10	1	28.88	\$0.000
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00	\$0.000
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00	\$0.000
Weighted Daily Average			346	1.84	341	61.30	\$0.000
% of Calories				4.79%		70.9%	
Weekly Nutrient Guideline			350 - 500	<10	540		

Monday - 09/16/2024

Reimbursable Meal Total 270

Planned Menu Spreadsheet

Portion Values

Aug 26, 2024 thru Sep 27, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)	Cost
990152 *BREAKFAST SAND:BAKECRAFTER	EACH	135	140	1.00	240	16.00	\$0.000
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	135	108	0.16	167	23.31	\$0.000
990189 *FRUIT,FRESH,ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	0	61	0.05	1	15.66	\$0.000
000959 *JUICE,ASSORTED	EACH	270	58	0.00	9	14.40	\$0.000
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00	\$0.000
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00	\$0.000
Weighted Daily Average			298	0.91	378	52.28	\$0.000
% of Calories				2.75%		70.2%	
Weekly Nutrient Guideline			350 - 500	<10	540		

Tuesday - 09/17/2024

Reimbursable Meal Total 270

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)	Cost
990184 Pancake WG:Bake Crafter	each	135	80	*N/A*	90	14.94	\$0.000
000350 *SYRUP,PANCAKE	POUCH (1.5 OZ)	135	100	0.00	35	26.14	\$0.000
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	135	108	0.16	167	23.31	\$0.000
990189 *FRUIT,FRESH,ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	0	61	0.05	1	15.66	\$0.000
000959 *JUICE,ASSORTED	EACH	270	58	0.00	9	14.40	\$0.000
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00	\$0.000

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)	Cost
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00	\$0.000
Weighted Daily Average			317	*0.41	320	64.82	\$0.000
% of Calories				*1.16%		81.8%	
Weekly Nutrient Guideline			350 - 500	<10	540		

Wednesday - 09/18/2024

Reimbursable Meal Total 270

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)	Cost
001522 *BREAKFAST ON A STICK:FOSTER F	each	135	200	2.50	310	17.00	\$0.000
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	135	108	0.16	167	23.31	\$0.000
990189 *FRUIT,FRESH,ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	0	61	0.05	1	15.66	\$0.000
000959 *JUICE,ASSORTED	EACH	270	58	0.00	9	14.40	\$0.000
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00	\$0.000
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00	\$0.000
Weighted Daily Average			328	1.66	413	52.78	\$0.000
% of Calories				4.55%		64.4%	
Weekly Nutrient Guideline			350 - 500	<10	540		

Thursday - 09/19/2024

Reimbursable Meal Total 270

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)	Cost
990182 Overnight Oats:Strawberry	each	135	245	0.56	75	46.70	\$0.000
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	135	108	0.16	167	23.31	\$0.000
990189 *FRUIT,FRESH,ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	0	61	0.05	1	15.66	\$0.000
000959 *JUICE,ASSORTED	EACH	270	58	0.00	9	14.40	\$0.000
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00	\$0.000
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00	\$0.000
Weighted Daily Average			350	0.69	295	67.63	\$0.000
% of Calories				1.77%		77.3%	
Weekly Nutrient Guideline			350 - 500	<10	540		

Monday - 09/23/2024

Reimbursable Meal Total 215

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)	Cost
001626 *MUFFINS:PIONEER WG	EACH (1.5 oz G)	107	239	2.24	277	45.51	\$0.000
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	108	108	0.16	167	23.31	\$0.000
990189 *FRUIT,FRESH,ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	0	61	0.05	1	15.66	\$0.000
000959 *JUICE,ASSORTED	EACH	215	58	0.00	9	14.40	\$0.000
000661 *MILK:ASST-FF FLAVORED	PL JUG	170	120	0.00	180	20.00	\$0.000

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Aug 26, 2024 thru Sep 27, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)	Cost
001519 *MILK:WHITE TRUMOO 1%	PL JUG	45	100	1.50	115	12.00	\$0.000
Weighted Daily Average			347	1.51	397	67.08	\$0.000
% of Calories				3.92%		77.3%	
Weekly Nutrient Guideline			350 - 500	<10	540		

Tuesday - 09/24/2024

Reimbursable Meal Total 270

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)	Cost
001332 *SCRAMBLED EGGS	1/4 CUP	135	89	1.54	99	3.19	\$0.000
001340 *TOAST,WHEAT,SLICE:W /MARG	1 Slice	135	80	0.00	150	16.00	\$0.000
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	0	108	0.16	167	23.31	\$0.000
990189 *FRUIT,FRESH,ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	0	61	0.05	1	15.66	\$0.000
000959 *JUICE,ASSORTED	EACH	270	58	0.00	9	14.40	\$0.000
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00	\$0.000
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00	\$0.000
Weighted Daily Average			258	1.11	299	42.22	\$0.000
% of Calories				3.87%		65.5%	
Weekly Nutrient Guideline			350 - 500	<10	540		

Wednesday - 09/25/2024

Reimbursable Meal Total 270

Planned Menu Spreadsheet

Portion Values

Aug 26, 2024 thru Sep 27, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)	Cost
000623 *BREAKFAST,FRENCH TOAST STICKS:ELEM	EACH (2 sticks)	135	300	3.00	380	43.00	\$0.000
000350 *SYRUP,PANCAKE	POUCH (1.5 OZ)	135	100	0.00	35	26.14	\$0.000
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	0	108	0.16	167	23.31	\$0.000
990189 *FRUIT,FRESH,ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	0	61	0.05	1	15.66	\$0.000
000959 *JUICE,ASSORTED	EACH	270	58	0.00	9	14.40	\$0.000
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00	\$0.000
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00	\$0.000
Weighted Daily Average			373	1.83	382	67.19	\$0.000
% of Calories				4.42%		72.1%	
Weekly Nutrient Guideline			350 - 500	<10	540		

Thursday - 09/26/2024

Reimbursable Meal Total 270

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)	Cost
001202 *YOGURT PARFAIT	each	135	169	0.49	73	35.24	\$0.000
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	135	108	0.16	167	23.31	\$0.000
990189 *FRUIT,FRESH,ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	0	61	0.05	1	15.66	\$0.000
000959 *JUICE,ASSORTED	EACH	270	58	0.00	9	14.40	\$0.000

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Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)	Cost
000661 *MILK:ASST-FF FLAVORED	PL JUG	210	120	0.00	180	20.00	\$0.000
001519 *MILK:WHITE TRUMOO 1%	PL JUG	60	100	1.50	115	12.00	\$0.000
Weighted Daily Average			312	0.65	295	61.90	\$0.000
% of Calories				1.88%		79.4%	
Weekly Nutrient Guideline			350 - 500	<10	540		

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)	Cost
Weighted Averages	331	*1.27	366	60.29	\$0.000
% of Calories		*3.45%		72.9%	

- *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.