

Planned Menu Spreadsheet

Portion Values

Sep 30, 2024 thru Nov 1, 2024

Menu Name: Elementary Breakfast K-5
Site: 3 - Driggs Elementary
Use Alternate Menu Name: No

Include Cost: No
Report Style: Detailed

Monday - 09/30/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001477 *SMOOTHIE: FOOD COURT	CUP	50	154	0.33	62	33.97
001545 *CRACKERS, GRAHAMS, BUG BITES	BAG	50	120	1.00	115	21.00
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	50	108	0.16	167	23.31
990189 *FRUIT, FRESH, ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	100	61	0.05	1	15.66
000661 *MILK: ASST-FF FLAVORED: GOSSNER	Tetra Pak	80	135	0.00	180	24.00
001519 *MILK: WHITE Gossner 1%	Tetra Pak	20	100	1.50	105	12.00
Weighted Daily Average			380	1.09	338	76.40
% of Calories				2.58%		80.4%
Weekly Nutrient Guideline			350 - 500	<10	540	

Tuesday - 10/01/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990183 German Pancakes	each	50	227	2.30	207	20.72
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	50	108	0.16	167	23.31

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Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990189 *FRUIT,FRESH,ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	100	61	0.05	1	15.66
000959 *JUICE,ASSORTED	EACH	100	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	80	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	20	100	1.50	105	12.00
Weighted Daily Average			415	1.57	361	73.68
% of Calories				3.40%		71.0%
Weekly Nutrient Guideline			350 - 500	<10	540	

Wednesday - 10/02/2024

Reimbursable Meal Total 100

	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)	50	163	2.00	236	18.57
001340 *TOAST,WHEAT,SLICE:W /MARG	1 Slice	50	80	0.00	150	16.00
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	50	108	0.16	167	23.31
990189 *FRUIT,FRESH,ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	100	61	0.05	1	15.66
000959 *JUICE,ASSORTED	EACH	100	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	80	135	0.00	180	24.00

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Portion Values

	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			422	1.42	451	80.61
% of Calories				3.03%		76.4%
Weekly Nutrient Guideline			350 - 500	<10	540	

Thursday - 10/03/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990124 *LONG JOHN DONUTS:ELEM	1/2 EACH	50	137	3.00	180	17.05
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	50	108	0.16	167	23.31
990189 *FRUIT,FRESH,ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	0	61	0.05	1	15.66
000959 *JUICE,ASSORTED	EACH	100	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	80	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	20	100	1.50	105	12.00
Weighted Daily Average			309	1.88	348	56.18
% of Calories				5.48%		72.7%
Weekly Nutrient Guideline			350 - 500	<10	540	

Monday - 10/07/2024

Reimbursable Meal Total 100

Planned Menu Spreadsheet

Portion Values

Sep 30, 2024 thru Nov 1, 2024

	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)	50	239	2.24	277	45.51
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	50	108	0.16	167	23.31
990189 *FRUIT,FRESH,ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	0	61	0.05	1	15.66
000959 *JUICE,ASSORTED	EACH	100	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	80	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	20	100	1.50	105	12.00
Weighted Daily Average			359	1.50	396	70.41
% of Calories				3.76%		78.5%
Weekly Nutrient Guideline			350 - 500	<10	540	

Tuesday - 10/08/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001415 *BREAKFAST, COOKIE WH GRAIN	each	50	348	2.44	432	48.43
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	50	108	0.16	167	23.31
990189 *FRUIT,FRESH,ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	100	61	0.05	1	15.66
000959 *JUICE,ASSORTED	EACH	100	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	80	135	0.00	180	24.00

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Portion Values

	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			475	1.64	474	87.54
% of Calories				3.11%		73.7%
Weekly Nutrient Guideline			350 - 500	<10	540	

Wednesday - 10/09/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	100	108	0.16	167	23.31
990189 *FRUIT,FRESH,ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	0	61	0.05	1	15.66
000959 *JUICE,ASSORTED	EACH	100	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	80	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	20	100	1.50	105	12.00
Weighted Daily Average			294	0.46	341	59.31
% of Calories				1.41%		80.7%
Weekly Nutrient Guideline			350 - 500	<10	540	

Thursday - 10/10/2024

Reimbursable Meal Total 100

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000637 *YOGURT	4 oz	100	110	0.50	60	22.08
001545 *CRACKERS, GRAHAMS, BUG BITES	BAG	100	120	1.00	115	21.00
990190 *FRUIT, FRESH, ASSORTE D-THS Breakfast Only	1 CUP	0	113	0.10	1	28.88
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	80	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	20	100	1.50	105	12.00
Weighted Daily Average			358	1.80	340	64.68
% of Calories				4.53%		72.3%
Weekly Nutrient Guideline			350 - 500	<10	540	

Monday - 10/14/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990152 *BREAKFAST SAND:BAKECRAFTER	EACH	50	140	1.00	240	16.00
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	50	108	0.16	167	23.31
990189 *FRUIT, FRESH, ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	0	61	0.05	1	15.66
000959 *JUICE, ASSORTED	EACH	100	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	80	135	0.00	180	24.00

Planned Menu Spreadsheet

Portion Values

	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			310	0.88	377	55.66
% of Calories				2.55%		71.8%
Weekly Nutrient Guideline			350 - 500	<10	540	

Tuesday - 10/15/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990184 Pancake WG:Bake Crafter	each	50	80	*N/A*	90	14.94
000350 *SYRUP,PANCAKE	POUCH (1.5 OZ)	50	100	0.00	35	26.14
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	50	108	0.16	167	23.31
990189 *FRUIT,FRESH,ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	0	61	0.05	1	15.66
000959 *JUICE,ASSORTED	EACH	100	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	80	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	20	100	1.50	105	12.00
Weighted Daily Average			330	*0.38	320	68.20
% of Calories				*1.04%		82.7%
Weekly Nutrient Guideline			350 - 500	<10	540	

Wednesday - 10/16/2024

Reimbursable Meal Total 100

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001522 *BREAKFAST ON A STICK:FOSTER F	each	50	200	2.50	310	17.00
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	50	108	0.16	167	23.31
990189 *FRUIT,FRESH,ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	0	61	0.05	1	15.66
000959 *JUICE,ASSORTED	EACH	100	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	80	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	20	100	1.50	105	12.00
Weighted Daily Average			340	1.63	412	56.16
% of Calories				4.31%		66.1%
Weekly Nutrient Guideline			350 - 500	<10	540	

Thursday - 10/17/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990182 Overnight Oats:Strawberry	each	50	245	0.56	75	46.70
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	50	108	0.16	167	23.31
990189 *FRUIT,FRESH,ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	0	61	0.05	1	15.66
000959 *JUICE,ASSORTED	EACH	100	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	80	135	0.00	180	24.00

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Portion Values

	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			363	0.66	295	71.01
% of Calories				1.64%		78.2%
Weekly Nutrient Guideline			350 - 500	<10	540	

Monday - 10/21/2024

Reimbursable Meal Total 100

	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)	50	239	2.24	277	45.51
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	50	108	0.16	167	23.31
990189 *FRUIT,FRESH,ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	100	61	0.05	1	15.66
000959 *JUICE,ASSORTED	EACH	100	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	80	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	30	100	1.50	105	12.00
Weighted Daily Average			430	1.69	407	87.27
% of Calories				3.54%		81.2%
Weekly Nutrient Guideline			350 - 500	<10	540	

Tuesday - 10/22/2024

Reimbursable Meal Total 100

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001332 *SCRAMBLED EGGS	1/4 CUP	50	89	1.54	99	3.19
001340 *TOAST,WHEAT,SLICE:W/MARG	1 Slice	50	80	0.00	150	16.00
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	50	108	0.16	167	23.31
990189 *FRUIT,FRESH,ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	100	61	0.05	1	15.66
000959 *JUICE,ASSORTED	EACH	100	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	80	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	20	100	1.50	105	12.00
Weighted Daily Average			385	1.20	383	72.92
% of Calories				2.81%		75.8%
Weekly Nutrient Guideline			350 - 500	<10	540	

Wednesday - 10/23/2024

Reimbursable Meal Total 100

	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)	50	300	3.00	380	43.00
000350 *SYRUP,PANCAKE	POUCH (1.5 OZ)	50	100	0.00	35	26.14
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	50	108	0.16	167	23.31
990189 *FRUIT,FRESH,ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	100	61	0.05	1	15.66

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000959 *JUICE,ASSORTED	EACH	100	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	80	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	20	100	1.50	105	12.00
Weighted Daily Average			501	1.92	466	97.89
% of Calories				3.45%		78.2%
Weekly Nutrient Guideline			350 - 500	<10	540	

Thursday - 10/24/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001202 *YOGURT PARFAIT	each	50	169	0.49	73	35.24
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	50	108	0.16	167	23.31
990189 *FRUIT,FRESH,ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	0	61	0.05	1	15.66
000959 *JUICE,ASSORTED	EACH	100	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	80	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	20	100	1.50	105	12.00
Weighted Daily Average			324	0.62	294	65.28
% of Calories				1.72%		80.6%
Weekly Nutrient Guideline			350 - 500	<10	540	

Planned Menu Spreadsheet

Portion Values

Monday - 10/28/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001477 *SMOOTHIE: FOOD COURT	CUP	50	154	0.33	62	33.97
001545 *CRACKERS, GRAHAMS, BUG BITES	BAG	50	120	1.00	115	21.00
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	50	108	0.16	167	23.31
990189 *FRUIT, FRESH, ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	100	61	0.05	1	15.66
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	80	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	20	100	1.50	105	12.00
Weighted Daily Average			380	1.09	338	76.40
% of Calories				2.58%		80.4%
Weekly Nutrient Guideline			350 - 500	<10	540	

Tuesday - 10/29/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990183 German Pancakes	each	50	227	2.30	207	20.72
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	50	108	0.16	167	23.31
990189 *FRUIT, FRESH, ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	100	61	0.05	1	15.66
000959 *JUICE, ASSORTED	EACH	100	58	0.00	9	14.40

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	80	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	20	100	1.50	105	12.00
Weighted Daily Average			415	1.57	361	73.68
% of Calories				3.40%		71.0%
Weekly Nutrient Guideline			350 - 500	<10	540	

Wednesday - 10/30/2024

Reimbursable Meal Total 100

	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)	50	163	2.00	236	18.57
001340 *TOAST,WHEAT,SLICE:W /MARG	1 Slice	50	80	0.00	150	16.00
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	50	108	0.16	167	23.31
990189 *FRUIT,FRESH,ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	100	61	0.05	1	15.66
000959 *JUICE,ASSORTED	EACH	100	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	80	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	20	100	1.50	105	12.00
Weighted Daily Average			422	1.42	451	80.61
% of Calories				3.03%		76.4%
Weekly Nutrient Guideline			350 - 500	<10	540	

Planned Menu Spreadsheet

Portion Values

Sep 30, 2024 thru Nov 1, 2024

Thursday - 10/31/2024

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990124 *LONG JOHN DONUTS:ELEM	1/2 EACH	50	137	3.00	180	17.05
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	50	108	0.16	167	23.31
990189 *FRUIT,FRESH,ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	0	61	0.05	1	15.66
000959 *JUICE,ASSORTED	EACH	100	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	80	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	20	100	1.50	105	12.00
Weighted Daily Average			309	1.88	348	56.18
% of Calories				5.48%		72.7%
Weekly Nutrient Guideline			350 - 500	<10	540	

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
Weighted Averages	376	*1.32	375	71.50
% of Calories		*3.16%		76.1%

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.