

Planned Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

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

Monday - 02/03/2025

Reimbursable Meal Total 270

	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)	135	239	2.24	277	45.51
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	135	108	0.16	167	23.31
990189 *FRUIT,FRESH,ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	213	61	0.05	1	15.66
000959 *JUICE,ASSORTED	EACH	270	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	210	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	78	100	1.50	105	12.00
Weighted Daily Average			413	1.67	402	83.30
% of Calories				3.64%		80.7%
Weekly Nutrient Guideline			350 - 500	<10	540	

Tuesday - 02/04/2025

Reimbursable Meal Total 270

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001332 *SCRAMBLED EGGS	1/4 CUP	135	89	1.54	99	3.19
001340 *TOAST,WHEAT,SLICE:W /MARG	1 Slice	135	80	0.00	150	16.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	135	108	0.16	167	23.31
990189 *FRUIT,FRESH,ASSORTE D-ELEM Breakfast ONLY	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: GOSSNER	Tetra Pak	210	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	60	100	1.50	105	12.00
Weighted Daily Average			385	1.23	381	72.65
% of Calories				2.88%		75.5%
Weekly Nutrient Guideline			350 - 500	<10	540	

Wednesday - 02/05/2025

Reimbursable Meal Total 270

	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)	135	300	3.00	380	43.00
000350 *SYRUP,PANCAKE	POUCH (1.5 OZ)	135	100	0.00	35	26.14
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	135	108	0.16	167	23.31
990189 *FRUIT,FRESH,ASSORTE D-ELEM Breakfast ONLY	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: GOSSNER	Tetra Pak	210	135	0.00	180	24.00

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Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001519 *MILK:WHITE Gossner 1%	Tetra Pak	68	100	1.50	105	12.00
Weighted Daily Average			503	2.00	467	97.98
% of Calories				3.58%		77.9%
Weekly Nutrient Guideline			350 - 500	<10	540	

Thursday - 02/06/2025

Reimbursable Meal Total 270

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001202 *YOGURT PARFAIT	each	135	169	0.49	73	35.24
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	135	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	270	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	210	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	60	100	1.50	105	12.00
Weighted Daily Average			324	0.65	292	65.01
% of Calories				1.81%		80.3%
Weekly Nutrient Guideline			350 - 500	<10	540	

Monday - 02/10/2025

Reimbursable Meal Total 270

Planned Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001477 *SMOOTHIE: FOOD COURT	CUP	135	154	0.33	62	33.97
001545 *CRACKERS, GRAHAMS, BUG BITES	BAG	135	120	1.00	115	21.00
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	135	108	0.16	167	23.31
990189 *FRUIT, FRESH, ASSORTE D-ELEM Breakfast ONLY	EACH (1/2 c. F)	270	61	0.05	1	15.66
000661 *MILK: ASST-FF FLAVORED: GOSSNER	Tetra Pak	210	135	0.00	180	24.00
001519 *MILK: WHITE Gossner 1%	Tetra Pak	68	100	1.50	105	12.00
Weighted Daily Average			382	1.17	339	76.49
% of Calories				2.76%		80.1%
Weekly Nutrient Guideline			350 - 500	<10	540	

Tuesday - 02/11/2025

Reimbursable Meal Total 270

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990183 German Pancakes	each	135	227	2.30	207	20.72
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	135	108	0.16	167	23.31
990189 *FRUIT, FRESH, ASSORTE D-ELEM Breakfast ONLY	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: GOSSNER	Tetra Pak	210	135	0.00	180	24.00

Planned Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001519 *MILK:WHITE Gossner 1%	Tetra Pak	60	100	1.50	105	12.00
Weighted Daily Average			414	1.60	360	73.42
% of Calories				3.48%		70.9%
Weekly Nutrient Guideline			350 - 500	<10	540	

Wednesday - 02/12/2025

Reimbursable Meal Total 270

	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)	135	163	2.00	236	18.57
001340 *TOAST,WHEAT,SLICE:W/MARG	1 Slice	135	80	0.00	150	16.00
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	135	108	0.16	167	23.31
990189 *FRUIT,FRESH,ASSORTE D-ELEM Breakfast ONLY	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: GOSSNER	Tetra Pak	210	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	68	100	1.50	105	12.00
Weighted Daily Average			424	1.50	452	80.70
% of Calories				3.18%		76.1%
Weekly Nutrient Guideline			350 - 500	<10	540	

Thursday - 02/13/2025

Reimbursable Meal Total 270

Planned Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001202 *YOGURT PARFAIT	each	135	169	0.49	73	35.24
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	135	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	270	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	210	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	60	100	1.50	105	12.00
Weighted Daily Average			324	0.65	292	65.01
% of Calories				1.81%		80.3%
Weekly Nutrient Guideline			350 - 500	<10	540	

Tuesday - 02/18/2025

Reimbursable Meal Total 270

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001415 *BREAKFAST, COOKIE WH GRAIN	each	135	348	2.44	432	48.43
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	135	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	270	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	210	135	0.00	180	24.00

Planned Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001519 *MILK:WHITE Gossner 1%	Tetra Pak	60	100	1.50	105	12.00
Weighted Daily Average			436	1.65	472	77.41
% of Calories				3.41%		71.0%
Weekly Nutrient Guideline			350 - 500	<10	540	

Wednesday - 02/19/2025

Reimbursable Meal Total 270

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	270	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	270	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	210	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	60	100	1.50	105	12.00
Weighted Daily Average			293	0.49	339	59.05
% of Calories				1.51%		80.6%
Weekly Nutrient Guideline			350 - 500	<10	540	

Thursday - 02/20/2025

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)
000637 *YOGURT	4 oz	270	110	0.50	60	22.08
001545 *CRACKERS, GRAHAMS, BUG BITES	BAG	270	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	210	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	60	100	1.50	105	12.00
Weighted Daily Average			358	1.84	339	64.41
% of Calories				4.63%		72.0%
Weekly Nutrient Guideline			350 - 500	<10	540	

Monday - 02/24/2025

Reimbursable Meal Total 270

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990152 *BREAKFAST SAND:BAKECRAFTER	EACH	135	140	1.00	240	16.00
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	135	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	270	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	210	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	60	100	1.50	105	12.00
Weighted Daily Average			309	0.91	376	55.39
% of Calories				2.65%		71.7%
Weekly Nutrient Guideline			350 - 500	<10	540	

Tuesday - 02/25/2025

Reimbursable Meal Total 270

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990184 Pancake WG:Bake Crafter	each	135	80	*N/A*	90	14.94
000350 *SYRUP,PANCAKE	POUCH (1.5 OZ)	135	100	0.00	35	26.14
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	135	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	270	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	210	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	60	100	1.50	105	12.00
Weighted Daily Average			329	*0.41	318	67.93
% of Calories				*1.12%		82.6%
Weekly Nutrient Guideline			350 - 500	<10	540	

Wednesday - 02/26/2025

Reimbursable Meal Total 270

Planned Menu Spreadsheet

Portion Values

Feb 3, 2025 thru Feb 28, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001522 *BREAKFAST ON A STICK:FOSTER F	each	135	200	2.50	310	17.00
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	135	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	270	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	210	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	60	100	1.50	105	12.00
Weighted Daily Average			339	1.66	411	55.89
% of Calories				4.41%		65.9%
Weekly Nutrient Guideline			350 - 500	<10	540	

Thursday - 02/27/2025

Reimbursable Meal Total 270

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990182 Overnight Oats:Strawberry	each	135	245	0.56	75	46.70
000081 *CEREAL ASSORTMENT	EACH (BOWLS)	135	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	270	58	0.00	9	14.40
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	210	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	60	100	1.50	105	12.00
Weighted Daily Average			362	0.69	293	70.74
% of Calories				1.72%		78.2%
Weekly Nutrient Guideline			350 - 500	<10	540	

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
Weighted Averages	373	*1.21	369	71.03
% of Calories		*2.92%		76.2%

**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.