

Base Menu Spreadsheet

Weighted Values

Aug 15, 2022 thru Aug 31, 2022

Menu Name: K-12 Breakfast Cold

Include Cost: No

Site:

Report Style: Detailed

Monday - 08/15/2022

Reimbursable Meal Total 3900

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
832985 BRD: BAGEL, Mini CinnCrCh WGIW	Each	3200	189	1.64	156	11	4.92	0.00	8	34.46	1.64	4.92
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	3900	47	0.02	0	9	0.12	0.00	0	11.73	2.40	0.94
826337 JUICE SS, Apple 100% 4oz Cart	Each	3900	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3386	87	1.30	104	10	2.17	0.00	13	9.55	0.00	6.95
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	69	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			384	2.96	277	43	7.21	0.00	21	69.93	4.04	12.95
% of Calories				6.94%		44.8%	16.9%	0.0%		72.8%		13.5%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Tuesday - 08/16/2022

Reimbursable Meal Total 3900

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
831948 BRD: Bkfst Rnd ChocChip 2.2oz IW	Each	3300	228	2.12	152	16	6.77	0.00	4	37.23	5.29	4.23
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	3900	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00

Base Menu Spreadsheet

Weighted Values

Aug 15, 2022 thru Aug 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
826343 JUICE SS, Grape100% 4oz Cart	Each	3900	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3386	87	1.30	104	10	2.17	0.00	13	9.55	0.00	6.95
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	69	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			447	3.42	274	56	8.94	0.00	17	78.98	6.29	12.32
% of Calories				6.89%		50.1%	18.0%	0.0%		70.7%		11.0%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Wednesday - 08/17/2022

Reimbursable Meal Total 3900

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
825636 CEREAL BWL, GOLDEN GRAHAMS WG (1BG)	Bowl	3300	93	0.00	178	7	0.42	0.00	0	20.31	0.85	0.85
990369 Danimals, Strawberry Banana Yogurt	ea	3300	59	0.00	59	8	0.00	0.00	4	10.15	0.00	3.38
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	3900	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	3900	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3386	87	1.30	104	10	2.17	0.00	13	9.55	0.00	6.95

Base Menu Spreadsheet

Weighted Values

Aug 15, 2022 thru Aug 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	69	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			363	1.34	354	50	2.80	0.00	17	70.73	3.72	11.63
% of Calories				3.32%		55.1%	6.9%	0.0%		77.9%		12.8%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Thursday - 08/18/2022

Reimbursable Meal Total 3900

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
831312 BRD: BAR, NutriGr Strwb1.5WGIW	Each	3200	123	0.41	123	11	2.87	0.00	0	24.62	2.46	1.64
829216 CHEESE, MZ String LF 1ea 1.0	Stick	3200	49	1.64	164	1	2.46	0.00	8	0.82	0.00	5.74
825034 FRUIT: BANANA (150ct) Whole	Each(150ct)	3900	69	0.09	1	9	0.26	0.00	0	17.68	2.01	0.84
826343 JUICE SS, Grape100% 4oz Cart	Each	3900	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3386	87	1.30	104	10	2.17	0.00	13	9.55	0.00	6.95
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	69	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			409	3.44	409	50	7.76	0.00	21	70.86	4.47	16.32
% of Calories				7.57%		48.9%	17.1%	0.0%		69.3%		16.0%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Friday - 08/19/2022

Reimbursable Meal Total 3900

Base Menu Spreadsheet

Weighted Values

Aug 15, 2022 thru Aug 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990554 YOGURT BULK, VAN W/OATS HNY GRAN 1.0 (1BG)	Serving	3100	203	0.54	153	19	4.84	0.00	3	34.22	1.61	5.33
000124 FRUIT: PEARS 150 ct.	Each (150ct)	3900	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42
826337 JUICE SS, Apple 100% 4oz Cart	Each	3900	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	3386	87	1.30	104	10	2.17	0.00	13	9.55	0.00	6.95
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	69	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			419	1.87	275	53	7.18	0.00	16	75.94	5.27	12.84
% of Calories				4.02%		50.6%	15.4%	0.0%		72.5%		12.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Monday - 08/22/2022

Reimbursable Meal Total 3246

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
832984 CEREAL BWL, Chex Cinnamon WG	Bowl	3800	140	0.00	199	7	2.93	0.00	0	26.93	1.17	1.17
831285 BRD: CRACK SS, Animal WG	Package	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
826343 JUICE SS, Grape100% 4oz Cart	Each	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2818	87	1.30	104	10	2.17	0.00	13	9.55	0.00	6.95

Base Menu Spreadsheet

Weighted Values

Aug 15, 2022 thru Aug 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	58	1	0.00	2	0	0.00	0.00	0	0.20	0.00	0.14
Weighted Daily Average			229	1.30	305	17	5.10	0.00	13	36.67	1.17	8.26
% of Calories				5.11%		29.7%	20.0%	0.0%		64.1%		14.4%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Tuesday - 08/23/2022

Reimbursable Meal Total 3246

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
831305 BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	3000	176	1.85	120	15	5.55	0.00	28	27.73	1.85	2.77
833274 CHEESE, CH STICK 1EA 1.0	Stick	900	25	1.25	55	0	1.94	0.00	6	0.00	0.00	1.94
990631 FRUIT: CUP SS, APPLESC BLUERASP SWT SHLF-STBL 1/2C	Each (1/2c)	900	25	0.00	4	5	0.00	0.00	0	6.10	0.55	0.00
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	2400	44	0.00	7	10	0.00	0.00	0	10.35	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2818	87	1.30	104	10	2.17	0.00	13	9.55	0.00	6.95
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	58	1	0.00	2	0	0.00	0.00	0	0.20	0.00	0.14
Weighted Daily Average			358	4.40	293	39	9.66	0.00	46	53.92	2.40	11.80
% of Calories				11.06%		43.6%	24.3%	0.0%		60.2%		13.2%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Wednesday - 08/24/2022

Reimbursable Meal Total 3246

Base Menu Spreadsheet

Weighted Values

Aug 15, 2022 thru Aug 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
829621 BRD: ROLL AP, CinnMini WG IW	Pouch	3000	222	1.39	250	13	7.39	0.00	0	36.97	2.77	3.70
000124 FRUIT: PEARS 150 ct.	Each (150ct)	900	19	0.01	0	3	0.05	0.00	0	4.98	1.01	0.12
826343 JUICE SS, Grape100% 4oz Cart	Each	2900	71	0.00	13	16	0.00	0.00	0	16.08	0.00	0.89
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2818	87	1.30	104	10	2.17	0.00	13	9.55	0.00	6.95
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	58	1	0.00	2	0	0.00	0.00	0	0.20	0.00	0.14
Weighted Daily Average			400	2.70	370	42	9.61	0.00	13	67.78	3.79	11.80
% of Calories				6.08%		42.0%	21.6%	0.0%		67.8%		11.8%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Thursday - 08/25/2022

Reimbursable Meal Total 2574

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
831315 BRD: BAGEL. White WG IW	Each	2200	120	0.00	137	4	0.85	0.00	0	23.93	3.42	5.13
833269 COND PC CREAM CHEESE LIGHT .75OZ	Each	2200	38	2.05	71	1	3.21	0.11	13	1.13	0.05	1.62
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	2200	40	0.01	0	8	0.10	0.00	0	10.02	2.05	0.80
826337 JUICE SS, Apple 100% 4oz Cart	Each	1800	42	0.00	10	9	0.00	0.00	0	9.79	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2235	87	1.30	104	10	2.17	0.00	13	9.55	0.00	6.95

Base Menu Spreadsheet

Weighted Values

Aug 15, 2022 thru Aug 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	46	1	0.00	2	0	0.00	0.00	0	0.20	0.00	0.14
Weighted Daily Average			328	3.36	324	32	6.34	0.11	26	54.62	5.51	14.64
% of Calories				9.22%		39.0%	17.4%	0.3%		66.6%		17.9%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Friday - 08/26/2022

Reimbursable Meal Total 78

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000190 CEREAL BWL, Fruity Cheerios WG	Bowl	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
831142 BRD: CRACK SS, Bug Bites CinWG	Package	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
825034 FRUIT: BANANA (150ct) Whole	Each(150ct)	1	1	0.00	0	0	0.00	0.00	0	0.23	0.03	0.01
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1	1	0.00	2	0	0.00	0.00	0	0.14	0.00	0.10
Weighted Daily Average			2	0.00	2	0	0.00	0.00	0	0.37	0.03	0.11
% of Calories				0.00%		0%	0.0%	0.0%		74.0%		22.0%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Monday - 08/29/2022

Reimbursable Meal Total 351

Base Menu Spreadsheet

Weighted Values

Aug 15, 2022 thru Aug 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
831311 BRD: BAR, NutriGr ApCin1.5WGIW	Each	351	150	0.50	135	14	3.50	0.00	0	30.00	3.00	2.00
831458 CHEESE, CH CUBES RF IW 1.0	Pkg (1oz)	351	90	4.50	190	0	7.00	0.00	20	0.00	0.00	7.00
831449 FRUIT: CRAISINS, SS Strawb1.16	Box (1.16oz)	351	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00
826346 JUICE SS, Orange 100% 4oz Cart	Each	351	50	0.00	15	10	0.00	0.00	0	12.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	305	87	1.30	104	10	2.17	0.00	13	9.56	0.00	6.95
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	6	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			488	6.30	446	58	12.67	0.00	33	78.75	5.00	17.09
% of Calories				11.62%		47.5%	23.4%	0.0%		64.5%		14.0%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Tuesday - 08/30/2022

Reimbursable Meal Total 2028

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
832986 BRD: BAGEL, Mini StrwCrCh WGIW	Each	2028	230	2.00	190	13	6.00	0.00	10	42.00	2.00	6.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	2028	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31
826343 JUICE SS, Grape100% 4oz Cart	Each	2028	80	0.00	15	18	0.00	0.00	0	18.00	0.00	1.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1761	87	1.30	104	10	2.17	0.00	13	9.55	0.00	6.95

Base Menu Spreadsheet

Weighted Values

Aug 15, 2022 thru Aug 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	36	1	0.00	2	0	0.00	0.00	0	0.20	0.00	0.14
Weighted Daily Average			460	3.34	313	53	8.37	0.00	23	86.27	4.87	14.40
% of Calories				6.53%		46.1%	16.4%	0.0%		75.0%		12.5%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

Wednesday - 08/31/2022

Reimbursable Meal Total 2067

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
831948 BRD: Bkfst Rnd ChocChip 2.2oz IW	Each	2067	270	2.50	180	19	8.00	0.00	5	44.00	6.25	5.00
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	2067	50	0.00	0	12	0.00	0.00	0	14.00	1.00	0.00
826340 JUICE SS, Frt Bld 100% 4oz Crt	Each	2067	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	1794	87	1.30	104	10	2.17	0.00	13	9.55	0.00	6.94
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	37	1	0.00	2	0	0.00	0.00	0	0.20	0.00	0.14
Weighted Daily Average			468	3.80	296	54	10.17	0.00	18	81.74	7.25	12.09
% of Calories				7.31%		46.2%	19.6%	0.0%		69.9%		10.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages	366	3	303	42	7.37	0.01	20	63.58	4.14	12.02

Base Menu Spreadsheet

Weighted Values

Aug 15, 2022 thru Aug 31, 2022

% of Calories				7.23%		45.9%	18.1%	0.0%		69.5%		13.1%
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**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.