

# Base Menu Spreadsheet

## Weighted Values

Aug 15, 2022 thru Aug 31, 2022

**Menu Name:** K-12 Breakfast Hot  
**Site:**

**Include Cost:** No  
**Report Style:** Detailed

### Monday - 08/15/2022

**Reimbursable Meal Total 1100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
832985 BRD: BAGEL, Mini CinnCrCh WGIW	Each	800	167	1.45	138	9	4.36	0.00	7	30.55	1.45	4.36
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	800	34	0.01	0	7	0.09	0.00	0	8.53	1.74	0.68
826337 JUICE SS, Apple 100% 4oz Cart	Each	1100	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	956	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	19	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			350	2.77	260	39	6.62	0.00	20	62.82	3.20	12.14
% of Calories				7.12%		44.6%	17.0%	0.0%		71.8%		13.9%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

### Tuesday - 08/16/2022

**Reimbursable Meal Total 1100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
830791 MELT BGL, EggPty AM 1.25 WG	Sandwich	800	185	2.64	342	3	7.64	0.00	78	21.45	2.91	8.36
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	1100	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
826343 JUICE SS, Grape100% 4oz Cart	Each	1100	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	956	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	19	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			404	3.94	463	43	9.81	0.00	91	63.20	3.91	16.45
% of Calories				8.78%		42.6%	21.9%	0.0%		62.6%		16.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

### Wednesday - 08/17/2022

Reimbursable Meal Total 1100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990707 PIZZA AP TONY BKFST T. BACON SCR EGG WG 1 (1.5BG)	Pizza	800	153	2.91	247	4	6.55	0.00	44	16.00	1.45	7.27
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	1100	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	1100	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	956	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	19	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			363	4.25	365	39	8.92	0.00	57	56.27	4.33	14.67
% of Calories				10.54%		43.0%	22.1%	0.0%		62.0%		16.2%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

# Base Menu Spreadsheet

Weighted Values

Aug 15, 2022 thru Aug 31, 2022

**Thursday - 08/18/2022**

**Reimbursable Meal Total 1100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
831321 BRD: FR TST AP, Cinn WG IW	Pouch	800	160	0.73	145	8	5.09	0.00	0	26.91	1.45	2.91
825034 FRUIT: BANANA (150ct) Whole	Each(150ct)	1100	69	0.09	1	9	0.26	0.00	0	17.68	2.01	0.84
826343 JUICE SS, Grape100% 4oz Cart	Each	1100	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	956	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	19	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			397	2.12	268	45	7.52	0.00	13	72.34	3.47	11.84
% of Calories				4.81%		45.3%	17.0%	0.0%		72.9%		11.9%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

**Friday - 08/19/2022**

**Reimbursable Meal Total 1100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990554 YOGURT BULK, VAN W/OATS HNY GRAN 1.0 (1BG)	Serving	800	186	0.49	140	17	4.43	0.00	2	31.31	1.48	4.88
000124 FRUIT: PEARS 150 ct.	Each (150ct)	1100	67	0.03	1	12	0.17	0.00	0	17.97	3.66	0.42
826337 JUICE SS, Apple 100% 4oz Cart	Each	1100	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	956	87	1.30	104	10	2.17	0.00	13	9.56	0.00	6.95

# Base Menu Spreadsheet

## Weighted Values

Aug 15, 2022 thru Aug 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	19	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			402	1.82	262	51	6.77	0.00	16	73.03	5.13	12.39
% of Calories				4.07%		50.7%	15.2%	0.0%		72.7%		12.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

### Monday - 08/22/2022

Reimbursable Meal Total 913

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
832984 CEREAL BWL, Chex Cinnamon WG	Bowl	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
831285 BRD: CRACK SS, Animal WG	Package	800	105	0.88	101	7	3.07	0.00	0	19.28	1.75	1.75
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	3100	272	0.00	51	61	0.00	0.00	0	61.12	0.00	3.40
900012 MILK SS, 1% WHITE 8 FLOZ - PRAIRIE FARMS	Carton	793	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	16	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			465	2.18	258	78	5.24	0.00	13	90.14	1.75	12.24
% of Calories				4.22%		67.1%	10.1%	0.0%		77.5%		10.5%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

### Tuesday - 08/23/2022

Reimbursable Meal Total 913

# Base Menu Spreadsheet

## Weighted Values

Aug 15, 2022 thru Aug 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
831334 BRD: WAFFLE, AP WG Maple Md IW	Pouch	900	197	0.99	168	13	4.93	0.00	0	36.47	2.96	3.94
833274 CHEESE, CH STICK 1EA 1.0	Stick	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
990631 FRUIT: CUP SS, APPLESC BLUERASP SWT SHLF-STBL 1/2C	Each (1/2c)	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
826340 JUICE SS, Frit 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	793	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	16	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			285	2.29	274	23	7.10	0.00	13	46.22	2.96	11.03
% of Calories				7.23%		32.3%	22.4%	0.0%		64.9%		15.5%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

### Wednesday - 08/24/2022

Reimbursable Meal Total 913

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990381 STICKS, PANCAKE WRAP TKY MAPLE WG 1.0 IW	Each	900	138	1.48	355	6	4.93	0.00	10	15.77	1.97	7.89
000124 FRUIT: PEARS 150 ct.	Each (150ct)	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	793	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	16	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			226	2.78	461	16	7.10	0.00	23	25.52	1.97	14.97
% of Calories				11.07%		28.3%	28.3%	0.0%		45.2%		26.5%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

### Thursday - 08/25/2022

Reimbursable Meal Total 726

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990708 PACK: CHIXPTY BRD, AM BISC MINI AP WG 1.25(1.25BG)	Pack	800	264	7.85	689	2	14.33	0.00	28	22.59	2.75	12.67
826581 FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	800	52	0.02	0	10	0.13	0.00	0	12.92	2.64	1.03
826337 JUICE SS, Apple 100% 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	630	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	13	1	0.00	2	0	0.00	0.00	0	0.20	0.00	0.14
Weighted Daily Average			404	9.17	795	22	16.63	0.00	41	45.25	5.39	20.79
% of Calories				20.43%		21.8%	37.0%	0.0%		44.8%		20.6%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

### Friday - 08/26/2022

Reimbursable Meal Total 22

# Base Menu Spreadsheet

## Weighted Values

Aug 15, 2022 thru Aug 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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	3	0.00	0	0	0.01	0.00	0	0.80	0.09	0.04
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	0	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00
Weighted Daily Average			3	0.00	0	0	0.01	0.00	0	0.80	0.09	0.04
% of Calories				0.00%		0%	3.0%	0.0%		106.7%		5.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

### Monday - 08/29/2022

### Reimbursable Meal Total 99

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
831311 BRD: BAR, NutriGr ApCin1.5WGIW	Each	99	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)	99	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)	99	110	0.00	0	24	0.00	0.00	0	27.00	2.00	0.00
826346 JUICE SS, Orange 100% 4oz Cart	Each	99	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	86	87	1.30	104	10	2.17	0.00	13	9.56	0.00	6.95

# Base Menu Spreadsheet

## Weighted Values

Aug 15, 2022 thru Aug 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	2	2	0.00	2	0	0.00	0.00	0	0.22	0.00	0.16
Weighted Daily Average			488	6.30	447	58	12.67	0.00	33	78.78	5.00	17.11
% of Calories				11.62%		47.5%	23.4%	0.0%		64.6%		14.0%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

### Tuesday - 08/30/2022

Reimbursable Meal Total 572

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
831322 BRD: FR TST AP, Berry WG IW	Pouch	572	210	1.00	190	11	7.00	0.00	0	36.00	2.00	4.00
825008 FRUIT: APPLE, 138CT Whole 1C	Each (138ct)	572	62	0.03	1	12	0.20	0.00	0	16.52	2.87	0.31
826343 JUICE SS, Grape100% 4oz Cart	Each	572	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	497	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	10	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			440	2.34	313	51	9.38	0.00	13	80.27	4.87	12.40
% of Calories				4.79%		46.4%	19.2%	0.0%		73.0%		11.3%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

### Wednesday - 08/31/2022

Reimbursable Meal Total 583



# Base Menu Spreadsheet

## Weighted Values

Aug 15, 2022 thru Aug 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000005 SDW MUFF, EGGPTY AM WG 1.25 (2BG)	Sandwich	583	235	3.62	550	2	10.50	0.00	108	24.50	2.00	10.50
000116 FRUIT: CUP SS, APPLESC UNSWT SHLF-STBL 1/2C	Each (1/2c)	583	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	583	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	507	87	1.30	104	10	2.17	0.00	13	9.57	0.00	6.96
900014 MILK SS, SKIM WHITE 8 FLOZ - PRAIRIE FARMS	Carton	10	1	0.00	2	0	0.00	0.00	0	0.19	0.00	0.14
Weighted Daily Average			433	4.93	666	36	12.67	0.00	121	62.25	3.00	17.59
% of Calories				10.25%		33.3%	26.3%	0.0%		57.5%		16.2%
Weekly Nutrient Guideline			450 - 500	<10	540		<=30					

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages	358	3	372	39	8.50	0.00	35	58.22	3.47	13.36
% of Calories		8.67%		43.6%	21.4%	0.0%		65.1%		14.9%

\*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

<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.