

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Oct 1, 2021

Menu Name: Cesar Chavez BIC 21-22

Include Cost: No

Site:

Report Style: Detailed

Monday - 09/06/2021

Reimbursable Meal Total 100

	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)
000081 Pop Tart WG Strawberry, 1CT (1WG)	each	100	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00
000875 Orange Juice 4 oz (1/2c.F)	Each	100	60	0.00	10	12	0.00	0.00	0	14.00	0.00	1.00
000090 Pear, Fresh	EACH	100	69	0.03	1	12	0.17	0.00	0	18.39	3.74	0.44
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	25	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			414	1.03	314	56	2.67	0.00	5	88.64	6.74	11.44
% of Calories				2.24%		54.1%	5.8%	0.0%		85.6%		11.1%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Tuesday - 09/07/2021

Reimbursable Meal Total 100

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Portion Values

Sep 1, 2021 thru Oct 1, 2021

	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)
001038 Breakfast Burrito (1.5M, 1.5WG)	1 each	100	222	2.71	359	1	6.28	0.00	11	31.39	6.07	11.84
000064 Fruit, Apple, Fresh	EACH	100	64	0.00	2	12	0.00	0.00	0	16.00	2.00	0.00
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	100	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	25	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			446	2.71	499	43	6.28	0.00	16	79.14	8.07	19.84
% of Calories				5.47%		38.6%	12.7%	0.0%		71.0%		17.8%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Wednesday - 09/08/2021

Reimbursable Meal Total 100

	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)
001436 Cereal, Rice Krispies	Each	25	100	0.00	170	1	0.50	0.00	0	23.00	1.00	2.00
001440 Cereal, Cheerios	Each	25	100	0.50	140	1	2.00	0.00	0	20.00	3.00	3.00
001438 Cereal, Lucky Charms	Each	5	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
001942 Cereal, Frosted Flakes	Each	10	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00

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	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)
001439 Cereal, Cocoa Puffs RS	Each	25	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001739 Cereal, Froot loops, Bowl	Each	10	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00
000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	100	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
001366 Orange, Wedges	1/2 Cup	100	42	0.01	0	8	0.11	0.00	0	10.58	2.16	0.85
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	100	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	25	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			386	3.64	488	43	7.21	0.00	20	66.28	4.36	18.10
% of Calories				8.49%		44.6%	16.8%	0.0%		68.7%		18.8%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Thursday - 09/09/2021

Reimbursable Meal Total 100

	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)
000738 Pillsbury Mini Waffles (Bag) (2WG)	Each	100	210	1.00	170	13	6.00	0.00	5	38.00	3.00	4.00
001852 DOD, Apple, Slices 2oz	Bag	100	29	0.00	0	8	0.00	0.00	0	8.00	1.82	0.00

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	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)
001284 Orange juice	4 oz	100	60	0.00	10	12	0.00	0.00	0	14.00	0.00	1.00
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	25	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			404	1.00	302	50	6.00	0.00	10	78.25	4.82	13.00
% of Calories				2.23%		49.5%	13.4%	0.0%		77.5%		12.9%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

Friday - 09/10/2021

Reimbursable Meal Total 100

	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)
001436 Cereal, Rice Krispies	Each	10	100	0.00	170	1	0.50	0.00	0	23.00	1.00	2.00
001440 Cereal, Cheerios	Each	5	100	0.50	140	1	2.00	0.00	0	20.00	3.00	3.00
001438 Cereal, Lucky Charms	Each	25	110	0.00	180	10	1.00	0.00	0	23.00	2.00	2.00
001942 Cereal, Frosted Flakes	Each	25	100	0.00	170	7	0.00	0.00	0	24.00	3.00	2.00
001439 Cereal, Cocoa Puffs RS	Each	25	110	0.00	120	8	1.50	0.00	0	25.00	2.00	2.00
001739 Cereal, Froot loops, Bowl	Each	10	110	0.00	170	8	0.50	0.00	0	24.00	3.00	2.00

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000404 Cheese, String, Mozzarella, 1 oz (1M)	Each	100	80	3.50	200	0	6.00	0.00	15	1.00	0.00	7.00
001366 Orange, Wedges	1/2 Cup	100	42	0.01	0	8	0.11	0.00	0	10.58	2.16	0.85
000830 Juice, AppleBerry 4 oz (1/2c. F-J)	4 oz (each)	100	55	0.00	15	13	0.00	0.00	0	13.50	0.00	0.00
000763 Milk, Nonfat Chocolate Carton	Carton	50	110	0.00	135	18	0.00	0.00	5	20.00	0.00	8.00
001537 Milk, Nonfat Strawberry Carton	Each	25	110	0.00	100	20	0.00	0.00	5	21.00	0.00	7.00
000377 Milk, Non-Fat Carton	Carton	25	90	0.00	120	12	0.00	0.00	5	12.00	0.00	9.00
000865 Milk, Pacific Ultra Soy Select	cup	0	125	0.40	108	11	4.30	0.00	0	13.10	2.00	8.80
001737 Lactaid	Cup	0	90	0.00	125	12	0.00	0.00	5	13.00	0.00	8.00
Weighted Daily Average			388	3.54	496	46	6.93	0.00	20	67.02	4.46	17.90
% of Calories				8.21%		47.4%	16.1%	0.0%		69.1%		18.5%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0					

	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	408	2	420	48	5.82	0.00	14	75.87	5.69	16.06
% of Calories		5.25%		47.1%	12.8%	0.0%		74.4%		15.7%

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	408		400-500	100%				
Saturated Fat	2.38 g	5.25%	<10.000%					
Sodium	420 mg		540.000	78%				
Sugars	48 g	47.1%						
Total Fat	5.82 g	12.8%						

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Sep 1, 2021 thru Oct 1, 2021

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Trans Fat	0.00 g	0.0%						
Cholesterol	14 mg							
Carbohydrate	75.87 g	74.4%						
Fiber	5.69 g							
Protein	16.06 g	15.7%						

**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.