

# Base Menu Spreadsheet

## Weighted Values

Apr 3, 2023 thru Apr 28, 2023

**Menu Name:** LAYC ACADEMY - Breakfast 9-12  
**Site:**

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

### Monday - 04/03/2023

**Reimbursable Meal Total 100**

	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)
992279 WG Emoji Waffles (EGGO)	70gr (2 waffles)	100	210	1.50	380	2	6.00	0.00	5	26.00
991123 Syrup Maple SS Sugar Free (smuckers)	32 gr	100	10	0.00	80	0	0.00	0.00	0	4.00
991059 Cranberry Apple Juice	2 HC	100	120	0.00	0	24	0.00	0.00	0	26.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			440	2.25	590	*39	7.25	0.00	15	69.00
<b>% of Calories</b>				4.60%		*35.5%	14.8%	0.0%		62.7%
<b>Weekly Nutrient Guideline</b>			450 - 600	<10	640		<=0			

### Tuesday - 04/04/2023

**Reimbursable Meal Total 100**

	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)
990380 Blueberry Bread Pudding KM	serving	100	278	2.16	353	*15	6.69	*0.00	130	42.05
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	0.78	0.00	0	53.90

# Base Menu Spreadsheet

## Weighted Values

Apr 3, 2023 thru Apr 28, 2023

	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)
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>588</b>	<b>3.17</b>	<b>486</b>	<b>*57</b>	<b>8.72</b>	<b>*0.00</b>	<b>140</b>	<b>108.95</b>
% of Calories				4.85%		*38.8%	13.3%	*0.0%		74.1%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

## Wednesday - 04/05/2023

Reimbursable Meal Total 100

	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)
991062 CEREALS RTE,GENERAL MILLS,CINN TOAST CRUNCH KM	2 (28 gr)	100	240	2.00	320	16	6.00	0.00	0	44.00
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	100	140	0.10	5	28	0.82	0.00	0	35.22
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>480</b>	<b>2.85</b>	<b>455</b>	<b>*57</b>	<b>8.07</b>	<b>0.00</b>	<b>10</b>	<b>92.22</b>
% of Calories				5.34%		*47.5%	15.1%	0.0%		76.8%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

# Base Menu Spreadsheet

Weighted Values

Apr 3, 2023 thru Apr 28, 2023

**Thursday - 04/06/2023**

**Reimbursable Meal Total 100**

	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)
991379 Pancakes & Turkey Sausage on a Stick	2.5 oz	100	140	1.50	360	6	5.00	0.00	10	16.00
991777 VEGGIE Patty WG Pancakes	1 serving	1	3	0.00	8	0	0.09	0.00	0	0.37
990919 Syrup Maple (ss)	43 gr	100	120	0.00	40	17	0.00	0.00	0	31.00
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>440</b>	<b>2.30</b>	<b>540</b>	<b>*52</b>	<b>6.60</b>	<b>0.00</b>	<b>20</b>	<b>80.95</b>
<b>% of Calories</b>				<b>4.70%</b>		<b>*47.3%</b>	<b>13.5%</b>	<b>0.0%</b>		<b>73.6%</b>
<b>Weekly Nutrient Guideline</b>			<b>450 - 600</b>	<b>&lt;10</b>	<b>640</b>		<b>&lt;=0</b>			

**Friday - 04/07/2023**

**Reimbursable Meal Total 1**

**Base Menu Spreadsheet**

Weighted Values

Apr 3, 2023 thru Apr 28, 2023

	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)
000145 NO SCHOOL TODAY										
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

**Monday - 04/10/2023**

**Reimbursable Meal Total 1**

	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)
000145 NO SCHOOL TODAY										
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

**Tuesday - 04/11/2023**

**Reimbursable Meal Total 1**

	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)
000145 NO SCHOOL TODAY										
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

# Base Menu Spreadsheet

Weighted Values

Apr 3, 2023 thru Apr 28, 2023

## Wednesday - 04/12/2023

### Reimbursable Meal Total 1

	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)
000145 NO SCHOOL TODAY										
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

## Thursday - 04/13/2023

### Reimbursable Meal Total 1

	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)
000145 NO SCHOOL TODAY										
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

## Friday - 04/14/2023

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Weighted Values

Apr 3, 2023 thru Apr 28, 2023

	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)
000145 NO SCHOOL TODAY										
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

### Monday - 04/17/2023

#### Reimbursable Meal Total 1

	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)
000145 NO SCHOOL TODAY										
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

### Tuesday - 04/18/2023

#### Reimbursable Meal Total 1

	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)
000145 NO SCHOOL TODAY										
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

# Base Menu Spreadsheet

Weighted Values

Apr 3, 2023 thru Apr 28, 2023

## Wednesday - 04/19/2023

### Reimbursable Meal Total 1

	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)
000145 NO SCHOOL TODAY										
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

## Thursday - 04/20/2023

### Reimbursable Meal Total 1

	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)
000145 NO SCHOOL TODAY										
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

## Friday - 04/21/2023

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Weighted Values

Apr 3, 2023 thru Apr 28, 2023

	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)
000145 NO SCHOOL TODAY										
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

### Monday - 04/24/2023

Reimbursable Meal Total 100

	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)
991380 Cereal Cheerios MULTIGRAIN (k-8) 28gr	28 gr	100	110	0.00	105	6	1.00	0.00	0	23.00
991346 Yogurt Yoplait 4oz	4 oz	100	100	0.00	55	15	0.50	0.00	5	21.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			520	1.01	292	*63	3.53	0.00	15	110.90
% of Calories				1.75%		*48.5%	6.1%	0.0%		85.3%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

### Tuesday - 04/25/2023

Reimbursable Meal Total 100



# Base Menu Spreadsheet

## Weighted Values

Apr 3, 2023 thru Apr 28, 2023

	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)
991210 WG Blueberry Muffin (Chef Pierre)	57 gr	100	200	1.50	140	16	7.00	0.00	15	32.00
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	100	140	0.10	5	28	0.82	0.00	0	35.22
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			440	2.35	275	*57	9.07	0.00	25	80.22
% of Calories				4.81%		*51.8%	18.6%	0.0%		72.9%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

### Wednesday - 04/26/2023

Reimbursable Meal Total 100

	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)
991522 One-Pan Breakfast Potatoes	serving	100	302	3.18	527	*4	13.27	*0.00	196	37.69
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50

# Base Menu Spreadsheet

## Weighted Values

Apr 3, 2023 thru Apr 28, 2023

	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)
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			480	3.97	659	*32	14.77	*0.00	206	71.27
% of Calories				7.44%		*26.7%	27.7%	*0.0%		59.4%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

### Thursday - 04/27/2023

Reimbursable Meal Total 100

	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)
991061 French Toast Sticks k-12	4 stick (92 gr)	100	260	2.00	300	9	10.00	0.00	0	38.00
991123 Syrup Maple SS Sugar Free (smuckers)	32 gr	100	10	0.00	80	0	0.00	0.00	0	4.00
990660 Orange Juice	2 HC	100	100	0.00	30	20	0.00	0.00	0	24.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			470	2.75	540	*42	11.25	0.00	10	79.00
% of Calories				5.27%		*35.7%	21.5%	0.0%		67.2%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

### Friday - 04/28/2023

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

	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)
992280 Chocolate Chip Banana Bread - (V)	50 grams	100	206	0.79	145	*16	1.84	*0.00	0	43.25
000010 Mozzarella, Cheese String	1 oz	100	61	2.02	202	1	3.04	0.00	10	1.01
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			451	3.59	479	*44	6.33	*0.00	20	79.80
% of Calories				7.16%		*39.0%	12.6%	*0.0%		70.8%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

	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)
Weighted Averages	479	3	480	*49	8.40	*0.00	51	85.81
% of Calories		5.05%		*40.9%	15.8%	*0.0%		71.7%

\*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

<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.