

Base Menu Spreadsheet

Weighted Values

Feb 6, 2023 thru Mar 3, 2023

Menu Name: LAYC ACADEMY - Breakfast 9-12

Include Cost: No

Site:

Report Style: Detailed

Monday - 02/06/2023

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)
991262 WG Banana Muffin (Chef Pierre)	57 gr	100	200	1.50	110	16	8.00	0.00	10	31.00
990708 Fruit Punch, Juice	(2 HC)	100	120	0.00	10	24	0.00	0.00	0	28.00
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			420	2.25	250	*53	9.25	0.00	20	72.00
% of Calories				4.82%		*50.5%	19.8%	0.0%		68.6%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

Tuesday - 02/07/2023

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)
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
991123 Syrup Maple SS Sugar Free (smuckers)	32 gr	100	10	0.00	80	0	0.00	0.00	0	4.00

Base Menu Spreadsheet

Weighted Values

Feb 6, 2023 thru Mar 3, 2023

	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)
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			463	2.52	581	*48	7.12	0.00	20	87.28
% of Calories				4.90%		*41.5%	13.8%	0.0%		75.4%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

Wednesday - 02/08/2023

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)
991334 Pumpkin Carrot Breakfast Bar	1 squares	100	223	2.59	231	*21	4.77	*0.00	36	41.54
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
Weighted Daily Average			401	3.38	362	*49	6.28	*0.00	46	75.12
% of Calories				7.59%		*48.9%	14.1%	*0.0%		74.9%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

Base Menu Spreadsheet

Weighted Values

Feb 6, 2023 thru Mar 3, 2023

Thursday - 02/09/2023

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)
991597 Cereal WG Cheerios (9-12) 28gr	2 (28 gr)	100	200	0.00	280	2	4.00	0.00	0	42.00
991346 Yogurt Yoplait 4oz	4 oz	100	100	0.00	55	15	0.50	0.00	5	21.00
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			484	0.78	466	*44	5.96	0.00	15	98.54
% of Calories				1.45%		*36.4%	11.1%	0.0%		81.4%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

Friday - 02/10/2023

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)
991332 Apple Caramel Bread Pudding	1 serving	100	287	3.67	227	31	7.57	*0.00	65	49.05
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

Base Menu Spreadsheet

Weighted Values

Feb 6, 2023 thru Mar 3, 2023

	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)
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			527	4.52	362	*72	9.64	*0.00	75	97.27
% of Calories				7.72%		*54.6%	16.5%	*0.0%		73.8%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

Monday - 02/13/2023

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)
991328 WW Gingerbread Muffin	56 grams	100	278	0.86	69	*25	10.18	*0.00	16	42.58
990708 Fruit Punch, Juice	(2 HC)	100	120	0.00	10	24	0.00	0.00	0	28.00
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
Weighted Daily Average			498	1.61	209	*62	11.43	*0.00	26	83.58
% of Calories				2.91%		*49.8%	20.7%	*0.0%		67.1%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

Tuesday - 02/14/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Feb 6, 2023 thru Mar 3, 2023

	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)
991058 WW Breakfast Roll & Cheesy Scramble eggs	serving	100	253	3.40	362	*3	10.31	0.00	241	20.94
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
Weighted Daily Average			493	4.26	497	*44	12.38	0.00	251	69.16
% of Calories				7.78%		*35.7%	22.6%	0.0%		56.1%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

Wednesday - 02/15/2023

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)
990661 Cinnamon Raisin WG Bagel (V/VG)	1 bagel	100	170	0.00	160	8	1.00	0.00	0	34.00
992125 CHEESE, CREAM PLAIN SPREAD SS PLASTIC CUP	0.75 oz	100	50	3.00	85	0	5.00	0.00	15	1.00
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

Base Menu Spreadsheet

Weighted Values

Feb 6, 2023 thru Mar 3, 2023

	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)
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			397	3.79	376	*36	7.50	0.00	25	68.58
% of Calories				8.59%		*36.3%	17.0%	0.0%		69.1%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

Thursday - 02/16/2023

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)
991003 Sweet Potato Waffles	2 oz	100	257	0.38	82	*17	4.91	*0.00	1	46.06
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			441	1.17	213	*45	6.36	*0.00	11	81.60
% of Calories				2.39%		*40.8%	13.0%	*0.0%		74.0%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

Friday - 02/17/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Feb 6, 2023 thru Mar 3, 2023

	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)
991560 WG English Muffin w/ Chicken Patty	1 serving	100	203	2.02	444	1	7.48	0.00	40	24.37
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			513	3.04	576	*43	9.51	0.00	50	91.28
% of Calories				5.33%		*33.5%	16.7%	0.0%		71.2%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

Monday - 02/20/2023

Reimbursable Meal Total 1

	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)
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 - 02/21/2023

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Feb 6, 2023 thru Mar 3, 2023

	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)
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			

Wednesday - 02/22/2023

Reimbursable Meal Total 1

	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)
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 - 02/23/2023

Reimbursable Meal Total 1

	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)
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

Feb 6, 2023 thru Mar 3, 2023

Friday - 02/24/2023

Reimbursable Meal Total 1

	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)
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 - 02/27/2023

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)
991380 Cereal Cheerios MULTIGRAIN (k-8) 28gr	28 gr	100	110	0.00	105	6	1.00	0.00	0	23.00
992028 Dannon, Assorted Yogurt (Strawberry, Blueberry, Rap	4oz	100	50	0.00	55	7	0.00	0.00	5	10.00
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			344	0.78	291	*40	2.46	0.00	15	68.54
% of Calories				2.04%		*46.5%	6.4%	0.0%		79.7%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

Base Menu Spreadsheet

Weighted Values

Feb 6, 2023 thru Mar 3, 2023

Tuesday - 02/28/2023

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)
000239 WG Corn Muffin (V)	serving	100	292	1.91	279	*0	8.89	0.00	32	48.26
990708 Fruit Punch, Juice	(2 HC)	100	120	0.00	10	24	0.00	0.00	0	28.00
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
Weighted Daily Average			512	2.66	419	*37	10.14	0.00	42	89.26
% of Calories				4.68%		*28.9%	17.8%	0.0%		69.7%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

Wednesday - 03/01/2023

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)
991522 One-Pan Breakfast Potatoes	serving	100	302	3.18	527	*4	13.27	*0.00	196	37.69
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

Base Menu Spreadsheet

Weighted Values

Feb 6, 2023 thru Mar 3, 2023

	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)
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			542	4.03	663	*45	15.34	*0.00	206	85.91
% of Calories				6.69%		*33.2%	25.5%	*0.0%		63.4%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

Thursday - 03/02/2023

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)
991334 Pumpkin Carrot Breakfast Bar	1 squares	100	223	2.59	231	*21	4.77	*0.00	36	41.54
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			533	3.61	363	*63	6.80	*0.00	46	108.44
% of Calories				6.10%		*47.3%	11.5%	*0.0%		81.4%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

Friday - 03/03/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

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Weighted Values

Feb 6, 2023 thru Mar 3, 2023

	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)
991372 WG Chocolate Chip Pancakes (Krusteaz)	2 pancakes	100	186	1.51	400	9	4.22	0.00	7	36.06
991123 Syrup Maple SS Sugar Free (smuckers)	32 gr	100	10	0.00	80	0	0.00	0.00	0	4.00
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
Weighted Daily Average			374	2.31	611	*38	5.73	0.00	17	73.64
% of Calories				5.56%		*40.6%	13.8%	0.0%		78.8%
Weekly Nutrient Guideline			450 - 600	<10	640		<=0			

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
Weighted Averages	463	3	416	*48	8.39	*0.00	58	83.35
% of Calories		5.27%		*41.5%	16.3%	*0.0%		72.0%

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.