

Base Menu Spreadsheet

Pacifica School District

Portion Values

Aug 18, 2021 thru Aug 18, 2021

Menu Name: K-8 BREAKFAST CYCLE 1

Include Cost: No

Site:

Report Style: Detailed

Wednesday - 08/18/2021

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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
826015 BAGEL & CREAM CHEESE	bagel+crm chez	5	240	3.00	490	*N/A*	6.00	0.00	20	40.00	3.00	9.00	400	80.0	2.40	1.80
850502 CINNAMON BUN WG IW 6070	EACH	10	240	2.00	300	15	8.00	0.00	20	38.00	3.00	5.00	400	60.0	1.20	1.08
990043 OATMEAL ROUNDS - APPLE CINNAMON	EACH	1	280	4.50	240	14	12.00	0.00	10	38.00	4.00	5.00	*N/A*	30.0	*N/A*	1.60
000212 FRENCH TOAST STICKS:2.5G	4 sticks	1	301	3.01	382	15	13.05	0.00	0	43.17	2.01	6.02	75	60.2	0.00	1.81
850145 BENEFIT BAR OAT CHOC CHP 40401	EACH 2.5 OZ	5	290	3.00	240	*N/A*	9.00	0.00	20	47.00	3.00	5.00	0	20.0	0.00	1.80
850485 BENEFIT BAR APPLE CIN 40403	EACH 2.5 OZ	5	290	3.00	240	*N/A*	9.00	0.00	15	48.00	3.00	5.00	0	20.0	0.00	1.80
850144 BENEFIT BAR BANANA CHOC 40402	EACH 2.5 OZ	5	280	3.00	220	*N/A*	8.00	0.00	15	48.00	3.00	5.00	0	20.0	0.00	1.80
850872 BENEFIT BAR FRENCH TOAST 40404	EACH 2.5 OZ	5	290	2.50	200	*N/A*	9.00	0.00	25	47.00	3.00	5.00	0	40.0	0.00	1.80
850518 BREAD BANANA WG IW 6071	EACH 3.4 OZ	5	280	2.00	220	25	10.00	0.00	0	44.00	2.00	5.00	100	80.0	0.00	1.08
850517 BREAD ZUCCHINI WG IW 6072	EACH 3.4 OZ	5	270	2.00	220	25	10.00	0.00	0	43.00	2.00	5.00	100	100.0	1.20	1.08
850662 MUFFIN BLUEBERRY WG, RF, IW	EACH 2 OZ	3	170	2.00	120	*N/A*	5.00	0.00	40	29.00	2.00	3.00	0	150.0	0.00	1.08
000462 CHEESE STRING LOL IW	EACH	1	80	3.50	210	0	6.00	0.00	15	1.00	0.00	7.00	100	200.0	*N/A*	0.00
825946 PANCAKES MINI BLUEBERRY	1 package	35	210	1.00	310	*N/A*	5.99	0.00	10	34.96	4.00	4.00	499	59.9	0.00	2.70
850474 CEREAL HOT OATMEAL:packet	EACH	5	160	0.00	265	*0	2.00	0.00	0	32.00	3.00	4.00	1000	84.7	0.00	1.80

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850482 GRAHAM CRACKERS 3 PACK	PACKAGE	15	90	0.00	95	5	2.50	0.00	0	17.00	1.00	2.00	500	100.0	0.00	0.72
000505 CEREAL COLD CINN TOAST CRUNCH	1 bowl	1	110	0.50	160	*N/A*	3.00	0.00	0	22.00	3.00	1.00	400	200.0	4.80	3.60
000506 COCOA PUFFS CEREAL	BOWL	1	88	0.00	128	6	1.20	0.00	0	20.00	1.60	1.60	400	80.0	4.80	3.60
825933 CEREAL COLD CHEERIOS APPLE CIN	1 bowl	3	111	0.00	111	*N/A*	1.52	0.00	0	23.29	2.02	2.02	506	101.2	6.08	3.64
826073 CEREAL COLD MINI WHEATS	1 bowl	3	100	0.00	0	6	0.00	0.00	0	24.00	3.00	3.00	30	0.0	0.00	8.10
826077 CEREAL COLD RICE KRISPIES	1 bowl	3	100	0.00	170	1	0.50	0.00	0	23.00	0.00	2.00	1000	0.0	12.00	8.10
000416 CEREAL COLD CHEX RICE	1 bowl	3	101	0.00	253	*N/A*	0.51	0.00	0	24.30	1.01	2.02	506	101.2	6.08	9.11
850076 APPLE, WHOLE 198 COUNT	EACH	35	53	0.03	1	10	0.17	0.00	0	13.95	2.42	0.26	55	6.1	4.65	0.12
850370 ORANGE FRESH WHOLE 138 COUNT	EACH	30	63	0.03	0	*N/A*	0.16	0.00	0	15.66	3.20	1.25	300	53.3	70.88	0.13
825737 BANANAS PETITE:150ct	EACH	25	105	0.13	1	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
850962 JUICE APPLE 100% 4 OZ	4 oz cup	40	50	0.00	10	*N/A*	0.00	0.00	0	13.00	0.00	0.00	0	0.0	1.20	0.00
850961 JUICE ORANGE 100% 4 OZ	4 oz cup	50	60	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00	60	0.0	42.00	0.00
850129 RAISINS BOX 1.5 OZ	BOX	30	130	0.00	10	29	0.00	0.00	0	31.00	2.00	1.00	0	20.0	0.00	1.08
850062 MILK CHOCOLATE FF TRU MOO	HALF PINT	75	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	500	300.0	1.20	0.00
850063 MILK WHITE 1% BERKELEY	HALF PINT	25	130	1.50	160	15	2.50	0.00	15	16.00	0.00	10.00	500	400.0	2.40	0.00
Weighted Daily Average			517	2.08	478	*41	7.83	0.00	19	97.30	6.47	15.26	*1099	431.1	*49.56	3.30
% of Calories				3.62%		*31.7%	13.6%	0.0%		75.3%		11.8%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

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			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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages			517	2	478	*41	7.83	0.00	19	97.30	6.47	15.26	*1099	431	*49.56	3.30
% of Calories				3.62%		*31.7%	13.6%	0.0%		75.3%		11.8%				

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.