

Base Menu Spreadsheet

ISD 518

Portion Values

Dec 1, 2025 thru Jan 2, 2026

Menu Name:	District Breakfast	Include Cost:	Yes
Site:	All Sites		
Use Alternate Menu Name:	No		

Monday - 12/01/2025 Reimbursable Meal Total 1500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
990099 Breakfast Totchos	Serving	300	295	19.00	\$0.000
000709 Cereal	Servings	300	113	22.93	\$0.039
000463 Yogurt Light 6 oz	6 oz	300	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	1225	60	15.00	\$0.000
000064 Apple	APPLE	900	95	25.10	\$0.000
000830 Toast	Slice	1100	86	15.00	\$0.000
990041 Milk, White 1% Low Fat	8 oz	700	110	12.00	\$0.000
990042 Milk, Chocolate Fat Free	8 oz	500	110	19.00	\$0.000
Weighted Daily Average			354	61.63	\$0.008
% of Calories				69.6%	
Weekly Nutrient Guideline			450 - 500		

Tuesday - 12/02/2025 Reimbursable Meal Total 1500

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000566 Breakfast Pizza	slices	800	223	26.07	\$0.000
000709 Cereal	Servings	400	113	22.93	\$0.039
000463 Yogurt Light 6 oz	6 oz	300	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	1225	60	15.00	\$0.000
000871 Orange	Orange	975	69	18.00	\$0.000
000830 Toast	Slice	1100	86	15.00	\$0.000
990041 Milk, White 1% Low Fat	8 oz	700	110	12.00	\$0.000
990042 Milk, Chocolate Fat Free	8 oz	500	110	19.00	\$0.000
Weighted Daily Average			410	69.90	\$0.010
% of Calories				68.2%	
Weekly Nutrient Guideline			450 - 500		

Wednesday - 12/03/2025 Reimbursable Meal Total 1400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000873 French Toast Stacker	Sandwich	800	399	47.71	\$1.512
000709 Cereal	Servings	250	113	22.93	\$0.039
000463 Yogurt Light 6 oz	6 oz	300	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	1250	60	15.00	\$0.000

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	Portion Size	Reimb Qty	Cals¹ (kcal)	Carb (g)	Cost
000844 Banana	Banana	800	89	22.80	\$0.000
000830 Toast	Slice	1000	86	15.00	\$0.000
990041 Milk, White 1% Low Fat	8 oz	500	110	12.00	\$0.000
990042 Milk, Chocolate Fat Free	8 oz	700	110	19.00	\$0.000
Weighted Daily Average			525	85.50	\$0.871
% of Calories				65.1%	
Weekly Nutrient Guideline			450 - 500		

Thursday - 12/04/2025 Reimbursable Meal Total 1400

	Portion Size	Reimb Qty	Cals¹ (kcal)	Carb (g)	Cost
990100 Bacon & Egg Wafflewich	1 each	600	375	37.00	\$0.501
000709 Cereal	Servings	500	113	22.93	\$0.039
000463 Yogurt Light 6 oz	6 oz	350	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	1275	60	15.00	\$0.000
000422 Grapes	1/2 CUP	1000	31	7.89	\$0.000
000830 Toast	Slice	1200	86	15.00	\$0.000
990041 Milk, White 1% Low Fat	8 oz	500	110	12.00	\$0.000

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
990042 Milk, Chocolate Fat Free	8 oz	600	110	19.00	\$0.000
Weighted Daily Average			458	72.38	\$0.229
% of Calories				63.2%	
Weekly Nutrient Guideline			450 - 500		

Friday - 12/05/2025 Reimbursable Meal Total 1400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000348 Cinnamon Roll	2.5 oz.	900	214	38.65	\$0.000
000709 Cereal	Servings	350	113	22.93	\$0.039
000463 Yogurt Light 6 oz	6 oz	100	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	15	60	15.00	\$0.000
000637 Kiwi	Serving	900	84	20.20	\$0.000
000830 Toast	Slice	1200	86	15.00	\$0.000
990041 Milk, White 1% Low Fat	8 oz	500	110	12.00	\$0.000
990042 Milk, Chocolate Fat Free	8 oz	700	110	19.00	\$0.000
Weighted Daily Average			394	71.44	\$0.010
% of Calories				72.5%	
Weekly Nutrient Guideline			450 - 500		

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Monday - 12/08/2025 Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000712 Pancakes	Pancake	150	140	26.00	\$0.000
000709 Cereal	Servings	100	113	22.93	\$0.039
000463 Yogurt Light 6 oz	6 oz	50	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	200	60	15.00	\$0.000
000064 Apple	APPLE	150	95	25.10	\$0.000
000830 Toast	Slice	200	86	15.00	\$0.000
990041 Milk, White 1% Low Fat	8 oz	150	110	12.00	\$0.000
990042 Milk, Chocolate Fat Free	8 oz	100	110	19.00	\$0.000
Weighted Daily Average			357	68.03	\$0.013
% of Calories				76.2%	
Weekly Nutrient Guideline			450 - 500		

Tuesday - 12/09/2025 Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000566 Breakfast Pizza	slices	175	223	26.07	\$0.000
000709 Cereal	Servings	100	113	22.93	\$0.039

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000463 Yogurt Light 6 oz	6 oz	25	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	200	60	15.00	\$0.000
000871 Orange	Orange	150	69	18.00	\$0.000
000830 Toast	Slice	195	86	15.00	\$0.000
990041 Milk, White 1% Low Fat	8 oz	150	110	12.00	\$0.000
990042 Milk, Chocolate Fat Free	8 oz	75	110	19.00	\$0.000
Weighted Daily Average			387	63.60	\$0.013
% of Calories				65.7%	
Weekly Nutrient Guideline			450 - 500		

Wednesday - 12/10/2025 Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000847 Breakfast Bowl	Bowls	140	300	20.00	\$0.350
000709 Cereal	Servings	110	113	22.93	\$0.039
000463 Yogurt Light 6 oz	6 oz	50	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	200	60	15.00	\$0.000
000844 Banana	Banana	175	89	22.80	\$0.000
000830 Toast	Slice	175	86	15.00	\$0.000

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
990041 Milk, White 1% Low Fat	8 oz	150	110	12.00	\$0.000
990042 Milk, Chocolate Fat Free	8 oz	100	110	19.00	\$0.000
Weighted Daily Average			428	64.63	\$0.178
% of Calories				60.4%	
Weekly Nutrient Guideline			450 - 500		

Thursday - 12/11/2025 Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000665 Yogurt Parfait	serving	175	420	90.94	\$0.322
000709 Cereal	Servings	100	113	22.93	\$0.039
000463 Yogurt Light 6 oz	6 oz	25	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	225	60	15.00	\$0.000
000422 Grapes	1/2 CUP	250	31	7.89	\$0.000
000830 Toast	Slice	200	86	15.00	\$0.000
990041 Milk, White 1% Low Fat	8 oz	150	110	12.00	\$0.000

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
990042 Milk, Chocolate Fat Free	8 oz	100	110	19.00	\$0.000
Weighted Daily Average			509	102.10	\$0.201
% of Calories				80.2%	
Weekly Nutrient Guideline			450 - 500		

Friday - 12/12/2025 Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
990095 Fruity French Toast	1 each	150	242	42.11	\$0.000
000709 Cereal	Servings	125	113	22.93	\$0.039
000463 Yogurt Light 6 oz	6 oz	25	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	200	60	15.00	\$0.000
000637 Kiwi	Serving	200	84	20.20	\$0.000
000830 Toast	Slice	200	86	15.00	\$0.000
990041 Milk, White 1% Low Fat	8 oz	150	110	12.00	\$0.000
990042 Milk, Chocolate Fat Free	8 oz	100	110	19.00	\$0.000
Weighted Daily Average			419	77.66	\$0.016
% of Calories				74.1%	
Weekly Nutrient Guideline			450 - 500		

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Monday - 12/15/2025 Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
990097 Chicken and Biscuit	Serving	100	330	33.00	\$0.836
000709 Cereal	Servings	150	113	22.93	\$0.039
000463 Yogurt Light 6 oz	6 oz	50	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	200	60	15.00	\$0.000
000064 Apple	APPLE	175	95	25.10	\$0.000
000830 Toast	Slice	200	86	15.00	\$0.000
990041 Milk, White 1% Low Fat	8 oz	150	110	12.00	\$0.000
990042 Milk, Chocolate Fat Free	8 oz	100	110	19.00	\$0.000
Weighted Daily Average			424	71.94	\$0.298
% of Calories				67.9%	
Weekly Nutrient Guideline			450 - 500		

Tuesday - 12/16/2025 Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000566 Breakfast Pizza	slices	175	223	26.07	\$0.000
000709 Cereal	Servings	100	113	22.93	\$0.039

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000463 Yogurt Light 6 oz	6 oz	25	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	200	60	15.00	\$0.000
000871 Orange	Orange	150	69	18.00	\$0.000
000830 Toast	Slice	195	86	15.00	\$0.000
990041 Milk, White 1% Low Fat	8 oz	150	110	12.00	\$0.000
990042 Milk, Chocolate Fat Free	8 oz	75	110	19.00	\$0.000
Weighted Daily Average			387	63.60	\$0.013
% of Calories				65.7%	
Weekly Nutrient Guideline			450 - 500		

Wednesday - 12/17/2025 Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000923 Overnight Oats	Serving	175	254	50.02	\$0.000
000709 Cereal	Servings	100	113	22.93	\$0.039
000463 Yogurt Light 6 oz	6 oz	25	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	200	60	15.00	\$0.000
000844 Banana	Banana	175	89	22.80	\$0.000
000830 Toast	Slice	200	86	15.00	\$0.000

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
990041 Milk, White 1% Low Fat	8 oz	150	110	12.00	\$0.000
990042 Milk, Chocolate Fat Free	8 oz	100	110	19.00	\$0.000
Weighted Daily Average			433	83.71	\$0.013
% of Calories				77.3%	
Weekly Nutrient Guideline			450 - 500		

Thursday - 12/18/2025

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000457 French Toast Sticks	3 Sticks	200	255	33.00	\$0.000
000709 Cereal	Servings	75	113	22.93	\$0.039
000463 Yogurt Light 6 oz	6 oz	25	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	200	60	15.00	\$0.000
000422 Grapes	1/2 CUP	200	31	7.89	\$0.000
000830 Toast	Slice	200	86	15.00	\$0.000
990041 Milk, White 1% Low Fat	8 oz	150	110	12.00	\$0.000

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
990042 Milk, Chocolate Fat Free	8 oz	100	110	19.00	\$0.000
Weighted Daily Average			414	66.58	\$0.010
% of Calories				64.3%	
Weekly Nutrient Guideline			450 - 500		

Friday - 12/19/2025

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
000925 Cheesy Breakfast Bake	Servings	150	212	11.69	\$0.000
000709 Cereal	Servings	100	113	22.93	\$0.039
000463 Yogurt Light 6 oz	6 oz	50	80	15.00	\$0.000
000351 Fruit Juice	1/2 Cup	200	60	15.00	\$0.000
000637 Kiwi	Serving	175	84	20.20	\$0.000
000830 Toast	Slice	200	86	15.00	\$0.000
990041 Milk, White 1% Low Fat	8 oz	150	110	12.00	\$0.000
990042 Milk, Chocolate Fat Free	8 oz	125	110	19.00	\$0.000
Weighted Daily Average			404	61.69	\$0.013
% of Calories				61.1%	
Weekly Nutrient Guideline			450 - 500		

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Dec 1, 2025 thru Jan 2, 2026

Monday - 12/22/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
001112 NO SCHOOL					
Weighted Daily Average			0	0.00	\$0.000
% of Calories				0%	
Weekly Nutrient Guideline			450 - 500		

Tuesday - 12/23/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
001112 NO SCHOOL					
Weighted Daily Average			0	0.00	\$0.000
% of Calories				0%	
Weekly Nutrient Guideline			450 - 500		

Wednesday - 12/24/2025 Reimbursable Meal Total 1

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
001112 NO SCHOOL					
Weighted Daily Average			0	0.00	\$0.000
% of Calories				0%	
Weekly Nutrient Guideline			450 - 500		

Thursday - 12/25/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
001112 NO SCHOOL					
Weighted Daily Average			0	0.00	\$0.000
% of Calories				0%	
Weekly Nutrient Guideline			450 - 500		

Friday - 12/26/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
001112 NO SCHOOL					
Weighted Daily Average			0	0.00	\$0.000
% of Calories				0%	
Weekly Nutrient Guideline			450 - 500		

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Jan 2, 2026

Monday - 12/29/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
001112 NO SCHOOL					
Weighted Daily Average			0	0.00	\$0.000
% of Calories				0%	
Weekly Nutrient Guideline			450 - 500		

Tuesday - 12/30/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
001112 NO SCHOOL					
Weighted Daily Average			0	0.00	\$0.000
% of Calories				0%	
Weekly Nutrient Guideline			450 - 500		

Wednesday - 12/31/2025 Reimbursable Meal Total 1

Portion Values

Dec 1, 2025 thru Jan 2, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
001112 NO SCHOOL					
Weighted Daily Average			0	0.00	\$0.000
% of Calories				0%	
Weekly Nutrient Guideline			450 - 500		

Thursday - 01/01/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
001112 NO SCHOOL					
Weighted Daily Average			0	0.00	\$0.000
% of Calories				0%	
Weekly Nutrient Guideline			450 - 500		

Friday - 01/02/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Cost
001112 NO SCHOOL					
Weighted Daily Average			0	0.00	\$0.000
% of Calories				0%	
Weekly Nutrient Guideline			450 - 500		

		Cals ¹ (kcal)	Carb (g)	Cost
Weighted Averages		420	72.29	\$0.126
% of Calories			68.8%	

**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
Added Sugars target is informational only, with an effective date of July 1, 2027.

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.