

Base Menu Spreadsheet

Pacifica School District

Portion Values

Aug 24, 2020 thru Aug 28, 2020

Menu Name: VIRTUAL LEARNING BREAKFAST

Include Cost: No

Site:

Report Style: Detailed

Monday - 08/24/2020

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)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
850502 CINNAMON BUN WG IW 6070	EACH	1	240	2.00	300	15	8.00	0.00	20	38.00	3.00	5.00	400	60.0	1.20	1.08
850962 JUICE APPLE 100% 4 OZ	4 oz cup	1	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	1	60	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00	60	0.0	42.00	0.00
850062 MILK CHOCOLATE FF TRU MOO	HALF PINT	1	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	1	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			600	3.50	660	*60	10.50	0.00	40	100.00	3.00	24.00	1460	760.0	48.00	1.08
% of Calories				5.25%		*40.0%	15.8%	0.0%		66.7%		16.0%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Tuesday - 08/25/2020

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)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
850145 BENEFIT BAR OAT CHOC CHP 40401	EACH 2.5 OZ	1	290	3.00	240	*N/A*	9.00	0.00	20	47.00	3.00	5.00	0	20.0	0.00	1.80
850962 JUICE APPLE 100% 4 OZ	4 oz cup	1	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	1	60	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00	60	0.0	42.00	0.00

Base Menu Spreadsheet

Pacifica School District

Portion Values

Aug 24, 2020 thru Aug 28, 2020

	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)
850062 MILK CHOCOLATE FF TRU MOO	HALF PINT	1	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	1	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			650	4.50	600	*45	11.50	0.00	40	109.00	3.00	24.00	1060	720.0	46.80	1.80
% of Calories				6.23%		*27.7%	15.9%	0.0%		67.1%		14.8%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Wednesday - 08/26/2020

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)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
850518 BREAD BANANA WG IW 6071	EACH 3.4 OZ	1	280	2.00	220	25	10.00	0.00	0	44.00	2.00	5.00	100	80.0	0.00	1.08
850962 JUICE APPLE 100% 4 OZ	4 oz cup	1	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	1	60	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00	60	0.0	42.00	0.00
850062 MILK CHOCOLATE FF TRU MOO	HALF PINT	1	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	1	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			640	3.50	580	*70	12.50	0.00	20	106.00	2.00	24.00	1160	780.0	46.80	1.08
% of Calories				4.92%		*43.8%	17.6%	0.0%		66.2%		15.0%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Thursday - 08/27/2020

Reimbursable Meal Total 1

Base Menu Spreadsheet

Pacifica School District

Portion Values

Aug 24, 2020 thru Aug 28, 2020

	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)
826089 SAND BRKFST SLIDER SAUSAGE:K12	2 sliders	1	160	1.50	290	*N/A*	4.50	0.00	30	22.00	2.00	8.00	100	80.0	0.00	1.44
850962 JUICE APPLE 100% 4 OZ	4 oz cup	1	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	1	60	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00	60	0.0	42.00	0.00
850062 MILK CHOCOLATE FF TRU MOO	HALF PINT	1	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	1	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			520	3.00	650	*45	7.00	0.00	50	84.00	2.00	27.00	1160	780.0	46.80	1.44
% of Calories				5.19%		*34.6%	12.1%	0.0%		64.6%		20.8%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Friday - 08/28/2020

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)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
850144 BENEFIT BAR BANANA CHOC 40402	EACH 2.5 OZ	1	280	3.00	220	*N/A*	8.00	0.00	15	48.00	3.00	5.00	0	20.0	0.00	1.80
850962 JUICE APPLE 100% 4 OZ	4 oz cup	1	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	1	60	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00	60	0.0	42.00	0.00
850062 MILK CHOCOLATE FF TRU MOO	HALF PINT	1	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	500	300.0	1.20	0.00

Base Menu Spreadsheet

Pacifica School District

Portion Values

Aug 24, 2020 thru Aug 28, 2020

	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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
850063 MILK WHITE 1% BERKELEY	HALF PINT	1	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			640	4.50	580	*45	10.50	0.00	35	110.00	3.00	24.00	1060	720.0	46.80	1.80
% of Calories				6.33%		*28.1%	14.8%	0.0%		68.8%		15.0%				
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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages			610	4	614	*53	10.40	0.00	37	101.80	2.60	24.60	1180	752	47.04	1.44
% of Calories				5.61%		*34.8%	15.3%	0.0%		66.8%		16.1%				

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	610		400-500	122%		110.00		Correction Required - Calories too High
Saturated Fat	3.80 g	5.61%	<10.000%					
Sodium	614 mg		540.000	114%		74.00		Correction Required - Sodium too High
Sugars	*53 g	*34.8%					Missing Data	
Total Fat	10.40 g	15.3%						
Trans Fat	0.00 g	0.0%						
Cholesterol	37 mg							
Carbohydrate	101.80 g	66.8%						
Fiber	2.60 g							
Protein	24.60 g	16.1%						
Vitamin A	1180 IU							
Calcium	752.0 mg							
Vitamin C	47.04 mg							
Iron	1.44 mg							

**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.

Base Menu Spreadsheet

Pacifica School District

Portion Values

Aug 24, 2020 thru Aug 28, 2020

Menu Name: VIRTUAL LEARNING LUNCH

Include Cost: No

Site:

Report Style: Detailed

Monday - 08/24/2020

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)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000095 SAND COLD TURKEY & CHEESE	EACH	1	358	6.14	1044	*4	12.59	0.00	48	39.35	2.00	21.39	441	165.3	0.63	12.26
850070 PEACHES CANNED DICED IN JUICE	1/2 CUP	1	50	0.00	10	10	0.00	0.00	0	12.00	0.00	0.00	300	0.0	1.20	0.00
850191 BROCCOLI FRESH	1/2 CUP	1	15	0.02	15	1	0.16	0.00	0	2.92	1.14	1.24	274	20.7	39.25	0.32
850073 CORN CANNED USDA	1/2 CUP	1	65	0.00	15	3	1.00	0.00	0	15.00	2.00	2.00	15	*N/A*	*N/A*	*N/A*
850062 MILK CHOCOLATE FF TRU MOO	HALF PINT	1	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	1	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			738	7.65	1434	*51	16.25	0.00	68	105.27	5.14	43.63	2030	*886.0	*44.67	*12.59
% of Calories				9.33%		*27.6%	19.8%	0.0%		57.1%		23.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 08/25/2020

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)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
825128 x16-PIZZA GALAXY CHEESE:K8	1 pizza	1	304	5.24	619	*N/A*	11.54	0.00	31	32.51	3.15	16.78	420	262.2	0.00	1.89
850816 FRUIT MIX CANNED IN JUICE	1/2 CUP	1	60	0.00	10	11	0.00	0.00	0	14.00	1.00	0.00	200	0.0	1.20	0.00

Base Menu Spreadsheet

Pacifica School District

Portion Values

Aug 24, 2020 thru Aug 28, 2020

	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)
825225 CARROTS BABY FRESH	1/2 cup	1	25	0.01	55	3	0.08	0.00	0	5.78	2.05	0.45	9772	22.5	1.88	0.64
850243 BEANS GARBANZO	1/2 CUP	1	129	0.20	108	*N/A*	2.55	0.00	0	20.81	0.00	6.51	22	41.6	0.08	0.98
850062 MILK CHOCOLATE FF TRU MOO	HALF PINT	1	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	1	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			768	6.96	1142	*47	16.68	0.00	51	109.10	6.19	42.74	11414	1026.2	6.76	3.51
% of Calories				8.16%		*24.5%	19.5%	0.0%		56.8%		22.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 08/26/2020

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)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990035 SAND COLD SB & J	EACH	1	450	2.00	482	18	18.01	0.00	0	57.67	6.07	15.05	18	28.8	0.02	13.47
850076 APPLE, WHOLE 198 COUNT	EACH	1	53	0.03	1	10	0.17	0.00	0	13.95	2.42	0.26	55	6.1	4.65	0.12
850191 BROCCOLI FRESH	1/2 CUP	1	15	0.02	15	1	0.16	0.00	0	2.92	1.14	1.24	274	20.7	39.25	0.32
850073 CORN CANNED USDA	1/2 CUP	1	65	0.00	15	3	1.00	0.00	0	15.00	2.00	2.00	15	*N/A*	*N/A*	*N/A*
850062 MILK CHOCOLATE FF TRU MOO	HALF PINT	1	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	500	300.0	1.20	0.00

Base Menu Spreadsheet

Pacifica School District

Portion Values

Aug 24, 2020 thru Aug 28, 2020

	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)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
850063 MILK WHITE 1% BERKELEY	HALF PINT	1	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			832	3.55	863	66	21.84	0.00	20	125.54	11.63	37.55	1361	*755.5	*47.51	*13.91
% of Calories				3.84%		31.7%	23.6%	0.0%		60.4%		18.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 08/27/2020

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)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
850240 CORN DOG CHICKEN WG	EACH	1	240	2.50	390	5	8.00	0.00	40	30.00	5.00	9.00	25	80.0	0.00	1.80
851217 STRAWBERRY FRUIT CUP FROZEN	EACH	1	90	0.00	0	18	0.00	0.00	0	22.00	2.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
826581 PEAS GREEN:from frozen	1/2 cup	1	74	0.00	212	4	0.00	0.00	0	12.74	4.25	5.31	425	0.0	6.37	1.15
825225 CARROTS BABY FRESH	1/2 cup	1	25	0.01	55	3	0.08	0.00	0	5.78	2.05	0.45	9772	22.5	1.88	0.64
850062 MILK CHOCOLATE FF TRU MOO	HALF PINT	1	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	1	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			679	4.01	1007	64	10.58	0.00	60	106.52	13.30	34.76	*11222	*802.5	*11.85	*3.58
% of Calories				5.32%		37.7%	14.0%	0.0%		62.8%		20.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 08/28/2020

Reimbursable Meal Total 1

Base Menu Spreadsheet

Pacifica School District

Portion Values

Aug 24, 2020 thru Aug 28, 2020

	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
826039 BURRITO BEAN:K8 bulk	1 burrito	1	316	3.00	529	*0	8.01	0.00	15	47.29	10.39	15.25	1065	201.0	4.03	3.74
850069 PEARS CANNED IN JUICE	1/2 CUP	1	60	0.00	10	12	0.00	0.00	0	14.00	2.00	0.00	0	0.0	0.00	0.00
850839 BEANS GREEN HEATED 05237	1/2 CUP	1	27	0.00	293	1	0.00	0.00	0	5.42	1.08	0.00	217	0.0	0.00	0.39
850062 MILK CHOCOLATE FF TRU MOO	HALF PINT	1	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	1	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			653	4.50	1182	*46	10.51	0.00	35	102.71	13.48	34.25	2282	901.0	7.63	4.13
% of Calories				6.20%		*28.2%	14.5%	0.0%		62.9%		21.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages			734	5	1126	*55	15.17	0.00	47	109.83	9.95	38.59	*5662	*874.2	*23.68	*7.54
% of Calories				6.54%		*30.0%	18.6%	0.0%		59.9%		21.0%				

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	734		550-650	113%		84.00		Correction Required - Calories too High
Saturated Fat	5.33 g	6.54%	<10.000%					
Sodium	1126 mg		1230.000	92%				
Sugars	*55 g	*30.0%					Missing Data	
Total Fat	15.17 g	18.6%						
Trans Fat	0.00 g	0.0%						
Cholesterol	47 mg							
Carbohydrate	109.83 g	59.9%						
Fiber	9.95 g							

Base Menu Spreadsheet

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Portion Values

Aug 24, 2020 thru Aug 28, 2020

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Protein	38.59 g	21.0%						
Vitamin A	*5662 IU						Missing Data	
Calcium	*874.2 mg						Missing Data	
Vitamin C	*23.68 mg						Missing Data	
Iron	*7.54 mg						Missing Data	

**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.