

Base Menu Spreadsheet

Portion Values

Aug 17, 2026 thru Aug 28, 2026

Menu Name:	The Children's Guild- DC - K-8 Grade-Breakfast	Include Cost:	No
Site:			
Use Alternate Menu Name:	No		

Monday - 08/17/2026Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991061 V/VG- French Toast Sticks PreK-12	4 stick (92 gr)	100	260	2.00	300	9.00	*8.00	10.00	0.00	0	38.00
993205 Turkey Sausage Links, 3", .67 oz	2 (0.67oz each)	99	68	2.04	170	0.68	*0.68	4.75	0.00	24	0.68
993288 V- Veggie Breakfast Sausage Strips	1.34 oz	1	70	0.00	250	1.00	*N/A*	2.50	0.00	0	4.00
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0.00	0.00	0.00	0.00	0	4.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15.48	0.00	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			515	4.06	687	*37.16	*8.67	16.23	0.00	34	76.29
% of Calories				7.10%		*28.86 %	*6.73%	28.4%	0.0%		59.3%
Weekly Nutrient Guideline			400 - 500	<10	<=540		<10				

Tuesday - 08/18/2026Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 17, 2026 thru Aug 28, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992601 CEREALS RTE,CINN TOAST CRUNCH (Low Sugar)	1 (28 GR)	100	110	1.00	160	6.00	6.00	2.50	0.00	0	22.00
991346 Yogurt Yoplait 4oz	4 oz	100	100	0.00	55	14.00	11.00	0.50	0.00	5	21.00
992217 VG/DF - Dairy Free Yogurt	5.3 oz	0	130	0.00	90	12.00	*N/A*	3.50	0.00	0	18.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	28.86	0.00	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			520	1.26	352	*60.86	*17.00	5.03	0.00	15	109.90
% of Calories				2.18%		*46.82 %	*13.08 %	8.7%	0.0%		84.5%
Weekly Nutrient Guideline			400 - 500	<10	<=540		<10				

Wednesday - 08/19/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993203 Breakfast Bowl w/ potato,Tk. bacon, egg & cheese	serving	90	241	5.30	487	*0.03	*0.00	14.20	*0.00	158	15.44
993215 V- Veggie Bowl w/potato, crumbles, egg & cheese	serving	10	211	4.02	297	0.36	*0.00	10.07	0.00	134	17.23
991059 Cranberry Apple Juice (1 cup- 2 juices per kid)	2 HC	100	120	0.00	0	24.00	0.00	0.00	0.00	0	26.00

Base Menu Spreadsheet

Portion Values

Aug 17, 2026 thru Aug 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			458	5.17	603	*36.06	*0.00	15.04	*0.00	166	54.62
% of Calories				10.16 %		*31.49 %	*0.00%	29.6%	*0.0%		47.7%
Weekly Nutrient Guideline			400 - 500	<10	<=540		<10				

Thursday - 08/20/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993124 V- WG Apple Cinnamon Muffin (Muffin Town)	57 gr	99	160	0.50	100	13.00	13.00	4.50	0.00	15	27.00
992223 VG/DF- Homemade Vegan Muffins	64 gr	1	215	0.54	10	*18.35	*17.62	7.58	*0.00	0	33.09
000010 Mozzarella, Cheese String	1 oz	100	61	2.02	202	1.01	0.00	3.04	0.00	10	1.01
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14.43	0.00	0.21	0.00	0	22.54
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Aug 17, 2026 thru Aug 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			406	2.56	438	*40.50	*13.05	9.03	*0.00	35	63.61
% of Calories				5.67%		*39.90 %	*12.86 %	20.0%	*0.0%		62.7%
Weekly Nutrient Guideline			400 - 500	<10	<=540		<10				

Friday - 08/21/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993204 V-Sunbutter Overnight Oats	serving	100	392	2.56	182	12.22	*4.01	19.02	*0.00	2	40.52
993216 VG/DF -Sunbutter Overnight Oats	serving	1	403	2.72	173	8.82	*6.37	21.05	*0.00	0	38.69
990597 PEACHES, DICED IN JUICE SS PLASTIC CUP - HC	HC	100	80	0.00	5	18.00	*N/A*	0.00	0.00	0	19.00
990692 Fruit Punch, Juice 1/2 cup	4 fl.oz.	100	60	0.00	5	12.00	0.00	0.00	0.00	0	14.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			638	2.59	329	*54.42	*4.07	20.53	*0.00	12	87.04
% of Calories				3.65%		*34.12 %	*2.55%	29.0%	*0.0%		54.6%
Weekly Nutrient Guideline			400 - 500	<10	<=540		<10				

Base Menu Spreadsheet

Portion Values

Aug 17, 2026 thru Aug 28, 2026

Monday - 08/24/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991380 Cereal Cheerios MULTIGRAIN (28gr)	28 gr	100	110	0.00	105	6.00	*N/A*	1.00	0.00	0	23.00
991346 Yogurt Yoplait 4oz	4 oz	100	100	0.00	55	14.00	11.00	0.50	0.00	5	21.00
992217 VG/DF - Dairy Free Yogurt	5.3 oz	0	130	0.00	90	12.00	*N/A*	3.50	0.00	0	18.00
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14.43	0.00	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			394	0.03	296	*46.43	*11.00	2.96	0.00	15	79.54
% of Calories				0.07%		*47.14 %	*11.17 %	6.8%	0.0%		80.8%
Weekly Nutrient Guideline			400 - 500	<10	<=540		<10				

Tuesday - 08/25/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993206 WG English Muffin w/Chicken Patty Sausage & Cheese	serving	99	237	3.25	650	1.93	*0.93	9.40	0.00	48	25.36
993217 V-WG English Muffin w/Veggie Patty & Ame. Cheese	serving	1	217	1.25	600	2.93	*0.93	5.90	0.00	8	28.36

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Portion Values

Aug 17, 2026 thru Aug 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15.48	0.00	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			424	3.27	876	*31.42	*2.93	10.87	0.00	57	60.97
% of Calories				6.94%		*29.64 %	*2.76%	23.1%	0.0%		57.5%
Weekly Nutrient Guideline			400 - 500	<10	<=540		<10				

Wednesday - 08/26/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991210 V/DF-WG Blueberry Muffin (Chef Pierre)	57 gr	99	200	1.50	140	16.00	16.00	7.00	0.00	15	32.00
992223 VG/DF-Homemade Vegan Muffins	64 gr	1	215	0.54	10	*18.35	*17.62	7.58	*0.00	0	33.09
000010 Mozzarella, Cheese String	1 oz	100	61	2.02	202	1.01	0.00	3.04	0.00	10	1.01
992366 Orange Juice - Suncup - 1 cup: 2 juices	8 fl. (2 HC)	100	120	0.00	10	24.00	0.00	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00

Base Menu Spreadsheet

Portion Values

Aug 17, 2026 thru Aug 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			481	3.52	486	*53.04	*16.02	11.29	*0.00	35	74.02
% of Calories				6.59%		*44.11 %	*13.32 %	21.1%	*0.0%		61.6%
Weekly Nutrient Guideline			400 - 500	<10	<=540		<10				

Thursday - 08/27/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990645 V-Eggo Bites Waffles Maple	2.64 oz	99	190	1.50	220	11.00	*N/A*	5.00	0.00	36	36.00
993194 VG/DF-Homemade WG Waffles	2 oz	1	302	0.69	35	10.62	*10.24	9.44	0.00	0	43.36
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0.00	0.00	0.00	0.00	0	4.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	28.86	0.00	0.78	0.00	0	53.90
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Aug 17, 2026 thru Aug 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			512	1.76	437	*51.97	*0.10	7.12	0.00	46	107.11
% of Calories				3.09%		*40.60 %	*0.08%	12.5%	0.0%		83.7%
Weekly Nutrient Guideline			400 - 500	<10	<=540		<10				

Friday - 08/28/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993207 Yogurt Parfait w/ Mango & Pineapple	serving	99	284	0.83	123	34.67	*16.67	3.87	0.00	3	55.95
993218 VG/DF-D. Free Yogurt Parfait w/ Mango & Pineapple	serving	1	291	5.84	77	29.34	*14.00	8.54	0.00	0	49.28
990692 Fruit Punch, Juice 1/2 cup	4 fl.oz.	100	60	0.00	5	12.00	0.00	0.00	0.00	0	14.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			446	0.89	264	*58.73	*16.65	5.21	0.00	13	83.02
% of Calories				1.80%		*52.67 %	*14.93 %	10.5%	0.0%		74.5%
Weekly Nutrient Guideline			400 - 500	<10	<=540		<10				

Base Menu Spreadsheet

Portion Values

Aug 17, 2026 thru Aug 28, 2026

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
Weighted Averages		479	2.51	477	*47.06	*8.95	10.33	*0.00	43	79.61
% of Calories			4.72%		*39.30 %	*7.47%	19.4%	*0.0%		66.5%

**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.
Per the Whole Milk for Healthy Kids Act of 2025, saturated fat from fluid milk is excluded from HHFKA menu analysis.

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.