Base Menu Spreadsheet

Luncheras Di Si

Weighted Values

Oct 5, 2026 thru Oct 9, 2026

Menu Name: The Children's Guild- DC - K-8 Grade-Breakfast

Include Cost: No

Site:

Use Alternate Menu Name: No

Monday - 10/05/2026 **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)
991374 V- Whole Grain Waffles (Kelloggs Egg)	2 waffles	99	168	1.48	376	1.98	*1.98	5.94	0.00	5	25.74
993194 VG/DF-Homemade WG Waffles	2 oz	1	3	0.01	0	0.11	*0.10	0.09	0.00	0	0.43
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	45	0.00	68	6.00	0.00	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.00	68	6.00	0.00	1.25	0.00	8	6.50
991919 Soy Milk	8 fl	0	0	0.00	0	0.00	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			359	1.53	593	*29.57	*2.08	7.54	0.00	15	63.75
% of Calories				3.84%		*32.95 %	*2.32%	18.9%	0.0%		71.0%
Weekly Nutrient Guideline			400 - 500	<10	<=540		<10				

Tuesday - 10/06/2026 **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)
991559 WG Apple Cinnamon Cheerios Cereal (V/VG)	28 GR	100	110	0.00	130	6.00	6.00	2.00	0.00	0	23.00
991346 Yogurt Yoplait 4oz	4 oz	95	95	0.00	52	13.30	10.45	0.48	0.00	5	19.95
992217 VG/DF - Dairy Free Yogurt	5.3 oz	5	6	0.00	4	0.60	*N/A*	0.18	0.00	0	0.90
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	45	0.00	68	6.00	0.00	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.00	68	6.00	0.00	1.25	0.00	8	6.50
991919 Soy Milk	8 fl	0	0	0.00	0	0.00	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			522	0.26	324	*60.76	*16.45	4.68	0.00	15	110.75
% of Calories				0.45%		*46.56 %	*12.61 %	8.1%	0.0%		84.9%
Weekly Nutrient Guideline			400 - 500	<10	<=540		<10				

Wednesday - 10/07/2026 **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)
991379 Pancakes & Turkey Sausage on a Stick	2.5 oz	99	158	1.48	396	6.93	6.93	5.94	0.00	20	18.81
991777 V- Veggie Patty & WG Pancakes	1 serving	1	3	0.00	8	0.06	*0.05	0.09	0.00	0	0.37
991178 VG/DF-Homemade WG Pancakes	2 pancakes	0	0	0.00	0	0.00	*0.00	0.00	0.00	0	0.00
991123 Syrup Maple SS Sugar Free	32 gr	100	10	0.00	80	0.00	0.00	0.00	0.00	0	4.00

	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)
992362 Grape Juice - (1 cup: 2 juices)	2 (4 fl)	100	160	0.00	20	36.00	0.00	0.00	0.00	0	38.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.00	68	6.00	0.00	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	68	6.00	0.00	0.00	0.00	2	6.50
991919 Soy Milk	8 fl	0	0	0.00	0	0.00	*N/A*	0.00	0.00	0	0.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			431	1.49	639	*54.99	*6.98	7.28	0.00	30	74.18
% of Calories				3.11%		*51.03 %	*6.48%	15.2%	0.0%		68.8%
Weekly Nutrient Guideline			400 - 500	<10	<=540		<10				

Thursday - 10/08/2026 **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)
993214 V- FRITTATA, Omelet Cheddar Cheese	3.5 oz	99	178	5.94	396	0.99	*0.00	12.87	0.00	267	1.98
991056 VG/DF - WG Roll	32 gr	99	79	0.00	168	1.98	*1.98	0.99	0.00	0	14.85
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	1	1	0.00	1	0.01	0.01	0.02	0.00	0	0.21
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	100	123	0.04	0	24.50	0.00	0.31	0.00	0	30.78
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.00	68	6.00	0.00	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	68	6.00	0.00	0.00	0.00	2	6.50
991919 Soy Milk	8 fl	0	0	0.00	0	0.00	*N/A*	0.00	0.00	0	0.00

	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)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			482	5.98	701	*39.48	*1.99	15.44	0.00	277	60.82
% of Calories				11.17 %		*32.76 %	*1.65%	28.8%	0.0%		50.5%
Weekly Nutrient Guideline			400 - 500	<10	<=540		<10				

Friday - 10/09/2026 **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)
992346 V- Peachy WG Cinnamon Roll Cobbler	2.87 (serving)	100	313	5.00	304	20.55	*9.00	11.00	0.00	0	47.32
992593 VG/DF/GF- Cereal WG Cheerios 1 (28gr)	28 gr	1	1	0.00	1	0.01	0.01	0.02	0.00	0	0.21
990703 Cranberry Apple Juice 1/2 cup	4 oz fl	100	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	68	6.00	0.00	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.00	68	6.00	0.00	1.25	0.00	8	6.50
991919 Soy Milk	8 fl	1	1	0.00	1	0.11	*N/A*	0.04	0.00	0	0.13
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			475	5.01	441	*44.67	*9.01	12.32	0.00	10	73.66
% of Calories				9.49%		*37.62 %	*7.59%	23.3%	0.0%		62.0%
Weekly Nutrient Guideline			400 - 500	<10	<=540		<10				

Base Menu Spreadsheet

Luncheras Di Si

Weighted Values

Oct 5, 2026 thru Oct 9, 2026

		Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
Weighted Averages		454	2.85	540	*45.89	*7.30	9.45	0.00	69	76.63
% of Calories			5.65%		*40.43 %	*6.43%	18.7%	0.0%		67.5%

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Messages (if any)
Calories	454		400-500	100%				
Saturated Fat	2.85 g	5.65%	<10.000%					
Sodium	540 mg		<=540.000	100%				New limit effective July 1, 2027: ≤485
Total Sugars	*45.89 g	*40.43%					Missing Data	
Added Sugars'	*7.30 g	*6.43%	<10.00%				Missing Data	
Total Fat	9.45 g	18.7%						
Trans Fat	0.00 g	0.0%						
Cholesterol	69 mg							
Carbohydrate	76.63 g	67.5%						

***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.