

Wednesday - 07/05/2017

Summer Lunch Vernal Area

Reimbursable Meal Total 321

|                                | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|--------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| Frito Pie shredcheese2M&1.5 G  | serving      | 321       | 435                      | 5.41                   | 1132                   | *3         | 20.67     | *0.00                   | 36          | 38.83    | 4.89      | 23.60     | 562        | 220.5                  | 5.15       | 3.27      | \$0.000 |
| Broccoli Frozen-contest name   | 1/2 cup      | 175       | 16                       | 0.01                   | 6                      | 1          | 0.07      | 0.00                    | 0           | 2.98     | 1.67      | 1.72      | 563        | 18.4                   | 22.31      | 0.34      | \$0.000 |
| Veg Cup Broccoli,Carrot,Celery | 3/4 Cup      | 125       | 13                       | 0.02                   | 29                     | 1          | 0.11      | 0.00                    | 0           | 2.78     | 1.10      | 0.68      | 2201       | 18.5                   | 16.11      | 0.29      | \$0.000 |
| Applesauce Cups                | 1/2 cup      | 163       | 38                       | 0.00                   | 6                      | *N/A*      | 0.00      | 0.00                    | 0           | 9.60     | 0.42      | 0.00      | 0          | 0.0                    | 1.00       | 0.75      | \$0.055 |
| Oranges Fresh Whole            | EACH         | 160       | 22                       | 0.00                   | 0                      | *N/A*      | 0.00      | 0.00                    | 0           | 5.26     | 0.96      | 0.48      | 96         | 19.1                   | 24.40      | 0.09      | \$0.000 |
| Ranch Dressing- old fashion    | each         | 125       | 22                       | 0.31                   | 44                     | *N/A*      | 1.87      | 0.00                    | 4           | 0.93     | 0.00      | 0.31      | 31         | 9.3                    | 0.00       | 0.00      | \$0.000 |
| Cookie, Holiday Iced (WG) .5G  | each         | 280       | 150                      | 1.40                   | 68                     | 13         | 5.84      | 0.00                    | 6           | 23.46    | 0.87      | 1.48      | 44         | 8.7                    | 0.00       | 0.63      | \$0.000 |
| Milk: 1% & FF Choc & strawb    | servings     | 227       | 82                       | 0.21                   | 110                    | *5         | 0.35      | 0.00                    | 4           | 13.86    | 0.00      | 5.66      | 707        | 212.1                  | 1.02       | 0.10      | \$0.000 |
| Water; Bottled                 | each         | 120       | 0                        | 0.00                   | 5                      | *N/A*      | 0.00      | *N/A*                   | 0           | 0.00     | 0.00      | 0.00      | 0          | 3.6                    | 0.00       | 0.02      | \$0.000 |
| Weighted Daily Average         |              |           | 777                      | 7.35                   | 1400                   | *23        | 28.91     | *0.00                   | 51          | 97.70    | 9.91      | 33.93     | 4204       | 510.3                  | 70.00      | 5.48      | \$0.055 |
| % of Calories                  |              |           |                          | 8.51%                  |                        | *11.8%     | 33.5%     | *0.0%                   |             | 50.3%    |           | 17.5%     |            |                        |            |           |         |
| Weekly Nutrient Guideline      |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |         |

Thursday - 07/06/2017

Summer Lunch Vernal Area

Reimbursable Meal Total 226

|                         | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|-------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| Soft Shell Taco chicken | Each         | 226       | 280                      | 7.60                   | 810                    | *0         | 13.54     | *0.00                   | 67          | 22.79    | 3.84      | 20.44     | *513       | *247.2                 | *0.55      | *1.43     | \$0.000 |

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Uintah School District

Planned Menu Spreadsheet

Weighted Values -

Jul 5, 2017 thru Jul 21, 2017

Summer Lunch Vernal Area

Generated on: 5/4/17 12:14 PM

1 - Ashley Elementary

|                                  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|---------|
| Lettuce (by the lb)<br>*RESIZED* | oz           | 150       | 3                        | 0.00                   | 2                      | 0          | 0.03      | 0.00                    | 0           | 0.56     | 0.23      | 0.17      | 94         | 3.4        | 0.53       | 0.08      | \$0.000 |
| Corn canned- contest name        | 1/2 cup      | 150       | 55                       | 0.05                   | 190                    | 4          | 0.35      | 0.00                    | 0           | 13.55    | 1.39      | 1.68      | 56         | 3.5        | 5.64       | 0.29      | \$0.000 |
| Salsa                            | 2 TBSP       | 150       | 7                        | 0.01                   | 83                     | *N/A*      | 0.04      | *N/A*                   | 0           | 1.35     | 0.27      | 0.29      | 106        | 2.3        | 0.77       | 0.43      | \$0.000 |
| Sour Cream Reduced Fat           | tbsp         | 150       | 16                       | 0.76                   | 6                      | 0          | 1.23      | *N/A*                   | 3           | 0.65     | 0.00      | 0.63      | 38         | 13.2       | 0.08       | 0.01      | \$0.000 |
| Side Salad                       | 1.25 Cup     | 125       | 34                       | 0.07                   | 46                     | *0         | 0.35      | 0.00                    | 0           | 6.03     | 2.04      | 2.05      | 1984       | 27.5       | 6.13       | 0.85      | \$0.000 |
| 4 Berry Blend                    | 1/2 cup      | 133       | 42                       | 0.00                   | 0                      | *N/A*      | 0.00      | 0.00                    | 0           | 10.40    | 2.77      | 0.69      | 69         | 0.0        | 14.56      | 0.75      | \$0.000 |
| Pineapple Chunks:canned,lt syr   | 1/2 cup      | 133       | 39                       | 0.01                   | 1                      | 9          | 0.09      | 0.00                    | 0           | 9.97     | 0.59      | 0.27      | 28         | 10.4       | 5.56       | 0.29      | \$0.000 |
| Ranch Dressing- old fashion      | each         | 125       | 31                       | 0.44                   | 62                     | *N/A*      | 2.65      | 0.00                    | 6           | 1.33     | 0.00      | 0.44      | 44         | 13.3       | 0.00       | 0.00      | \$0.000 |
| Milk: 1% & FF Choc & strawb      | servings     | 198       | 102                      | 0.26                   | 136                    | *6         | 0.44      | 0.00                    | 5           | 17.17    | 0.00      | 7.01      | 876        | 262.8      | 1.26       | 0.13      | \$0.000 |
| Water; Bottled                   | each         | 103       | 0                        | 0.00                   | 7                      | *N/A*      | 0.00      | *N/A*                   | 0           | 0.00     | 0.00      | 0.00      | 0          | 4.4        | 0.00       | 0.02      | \$0.000 |
| Weighted Daily Average           |              |           | 608                      | 9.20                   | 1343                   | *20        | 18.72     | *0.00                   | 81          | 83.79    | 11.13     | 33.67     | *3810      | *588.0     | *35.09     | *4.28     | \$0.000 |
| % of Calories                    |              |           |                          | 13.62%                 |                        | *13.2%     | 27.7%     | *0.0%                   |             | 55.1%    |           | 22.2%     |            |            |            |           |         |
| Weekly Nutrient Guideline        |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |            |            |           |         |

Friday - 07/07/2017

Summer Lunch Vernal Area

Reimbursable Meal Total 300

|                                | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|--------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|---------|
| ChickenNuggetsproview2m1 g     | 3 oz         | 300       | 178                      | 0.40                   | 383                    | *N/A*      | 7.23      | 0.04                    | 0           | 13.84    | 1.09      | 13.43     | 94         | 55.2       | 0.04       | 2.08      | \$0.000 |
| French Fries- Ore-ida          | 1/2 cup      | 250       | 84                       | 0.00                   | 15                     | *N/A*      | 1.92      | 0.00                    | 0           | 13.03    | 1.53      | 1.53      | 0          | 0.0        | 3.68       | 0.28      | \$0.000 |
| Peas(from frozen)-contest name | 1/2 cup      | 150       | 31                       | 0.02                   | 29                     | 2          | 0.11      | 0.00                    | 0           | 5.70     | 1.80      | 2.06      | 840        | 9.6        | 3.96       | 0.61      | \$0.000 |

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**Uintah School District**

Planned Menu Spreadsheet

Weighted Values -

**Jul 5, 2017 thru Jul 21, 2017**

Summer Lunch Vernal Area

Generated on: 5/4/17 12:14 PM

1 - Ashley Elementary

|                                | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|--------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|---------|
| Barbeque Sauce                 | 2 tbsp       | 150       | 24                       | 0.01                   | 154                    | *N/A*      | 0.05      | *N/A*                   | 0           | 6.24     | 0.20      | 0.22      | 130        | 5.0        | 2.00       | 0.15      | \$0.000 |
| Honey Mustard Dipping sauce    | container    | 100       | 23                       | 0.23                   | 59                     | 0          | 1.47      | 0.00                    | 0           | 2.41     | 0.02      | 0.18      | 451        | 2.9        | 0.12       | 0.06      | \$0.000 |
| Ranch Dressing- old fashion    | each         | 100       | 19                       | 0.27                   | 38                     | *N/A*      | 1.60      | 0.00                    | 4           | 0.80     | 0.00      | 0.27      | 27         | 8.0        | 0.00       | 0.00      | \$0.000 |
| Ketchup                        | tbsp         | 100       | 5                        | 0.00                   | 44                     | 1          | 0.00      | 0.00                    | 0           | 1.34     | 0.01      | 0.05      | 26         | 0.7        | 0.20       | 0.02      | \$0.000 |
| Fry Sauce- old Fashion         | each         | 125       | 32                       | 0.42                   | 63                     | *N/A*      | 3.33      | 0.00                    | 3           | 1.25     | 0.00      | 0.00      | 62         | 0.0        | 0.00       | 0.00      | \$0.000 |
| Veg Cup Broccoli,Carrot,Celery | 3/4 Cup      | 125       | 14                       | 0.02                   | 31                     | 1          | 0.11      | 0.00                    | 0           | 2.97     | 1.18      | 0.72      | 2356       | 19.8       | 17.24      | 0.30      | \$0.000 |
| APPLES,Fresh                   | EACH         | 20        | 5                        | 0.00                   | 0                      | 1          | 0.02      | 0.00                    | 0           | 1.27     | 0.22      | 0.02      | 5          | 0.6        | 0.42       | 0.01      | \$0.000 |
| Pears                          | 1/2 cup      | 18        | 4                        | 0.00                   | 0                      | *N/A*      | 0.00      | *N/A*                   | 0           | 1.05     | 0.19      | 0.02      | 0          | 0.4        | 0.05       | 0.02      | \$0.000 |
| Milk: 1% & FF Choc & strawb    | servings     | 150       | 58                       | 0.15                   | 78                     | *4         | 0.25      | 0.00                    | 3           | 9.80     | 0.00      | 4.00      | 500        | 150.0      | 0.72       | 0.07      | \$0.000 |
| Water; Bottled                 | each         | 150       | 0                        | 0.00                   | 7                      | *N/A*      | 0.00      | *N/A*                   | 0           | 0.00     | 0.00      | 0.00      | 0          | 4.8        | 0.00       | 0.02      | \$0.000 |
| Weighted Daily Average         |              |           | 477                      | 1.51                   | 902                    | *9         | 16.09     | *0.04                   | 10          | 59.71    | 6.25      | 22.50     | 4491       | 257.1      | 28.43      | 3.62      | \$0.000 |
| % of Calories                  |              |           |                          | 2.85%                  |                        | *7.5%      | 30.4%     | *0.1%                   |             | 50.1%    |           | 18.9%     |            |            |            |           |         |
| Weekly Nutrient Guideline      |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |            |            |           |         |

**Monday - 07/10/2017**

**Summer Lunch Vernal Area**

**Reimbursable Meal Total 325**

|                                | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|--------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|---------|
| Pork Chop Breaded 2 M &.5 G    | pork chop    | 325       | 260                      | 4.50                   | 330                    | *N/A*      | 17.00     | 0.00                    | 45          | 11.00    | 2.00      | 16.00     | 0          | 40.0       | 0.00       | 2.00      | \$0.000 |
| Potatoes Mashed Pearls Sysco C | 1/2 cup      | 325       | 68                       | 0.00                   | 20                     | *N/A*      | 0.00      | 0.00                    | 0           | 14.94    | 1.36      | 1.36      | 0          | 1.8        | 3.26       | 0.25      | \$0.000 |
| Gravy Chicken - Cream          | 1/3 cup      | 325       | 48                       | 0.95                   | 125                    | *4         | 1.60      | *0.05                   | 6           | 5.84     | 0.09      | 2.65      | 133        | 85.1       | 0.18       | 0.18      | \$0.000 |

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**Uintah School District**

Planned Menu Spreadsheet

Weighted Values -

**Jul 5, 2017 thru Jul 21, 2017**

Summer Lunch Vernal Area

Generated on: 5/4/17 12:14 PM

1 - Ashley Elementary

|                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|---------|
| Biscuits Bakery Chef            | each         | 287       | 159                      | 3.97                   | 291                    | *N/A*      | 6.18      | 0.00                    | 0           | 22.96    | 1.77      | 3.53      | 0          | 35.3       | 0.00       | 1.59      | \$0.000 |
| Green Beans - contest name      | 1/2 cup      | 175       | 11                       | 0.00                   | 77                     | *N/A*      | 0.00      | 0.00                    | 0           | 4.41     | 1.10      | 0.55      | 55         | 11.0       | 0.66       | 0.20      | \$0.000 |
| Veg Cup Broccoli,Carrot,redbell | 3/4 Cup      | 150       | 13                       | 0.01                   | 17                     | 1          | 0.09      | 0.00                    | 0           | 2.75     | 0.99      | 0.50      | 2801       | 11.1       | 23.07      | 0.28      | \$0.000 |
| Oranges Fresh Whole             | EACH         | 161       | 21                       | 0.00                   | 0                      | *N/A*      | 0.00      | 0.00                    | 0           | 5.23     | 0.95      | 0.48      | 95         | 19.0       | 24.25      | 0.09      | \$0.000 |
| Juice, FruitableTropical Twist  | Each         | 167       | 31                       | 0.00                   | 8                      | *N/A*      | 0.00      | 0.00                    | 0           | 7.19     | 0.00      | 0.00      | 257        | 0.0        | 0.00       | 0.00      | \$0.000 |
| Ranch Dressing- old fashion     | each         | 150       | 26                       | 0.37                   | 52                     | *N/A*      | 2.22      | 0.00                    | 5           | 1.11     | 0.00      | 0.37      | 37         | 11.1       | 0.00       | 0.00      | \$0.000 |
| Milk: 1% & FF Choc & strawb     | servings     | 224       | 80                       | 0.21                   | 107                    | *5         | 0.34      | 0.00                    | 4           | 13.51    | 0.00      | 5.51      | 689        | 206.8      | 0.99       | 0.10      | \$0.000 |
| Water; Bottled                  | each         | 128       | 0                        | 0.00                   | 6                      | *N/A*      | 0.00      | *N/A*                   | 0           | 0.00     | 0.00      | 0.00      | 0          | 3.8        | 0.00       | 0.02      | \$0.000 |
| Honey Butter                    | 2 TEASPOON   | 287       | 3                        | 0.03                   | 1                      | *N/A*      | 0.14      | *N/A*                   | 0           | 0.47     | 0.00      | 0.00      | 6          | 0.0        | 0.00       | 0.00      | \$0.000 |
| Weighted Daily Average          |              |           | 720                      | 10.05                  | 1034                   | *10        | 27.57     | *0.05                   | 60          | 89.41    | 8.27      | 30.95     | 4074       | 425.0      | 52.42      | 4.70      | \$0.000 |
| % of Calories                   |              |           |                          | 12.56%                 |                        | *5.6%      | 34.5%     | *0.1%                   |             | 49.7%    |           | 17.2%     |            |            |            |           |         |
| Weekly Nutrient Guideline       |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |            |            |           |         |

**Tuesday - 07/11/2017**

**Summer Lunch Vernal Area**

**Reimbursable Meal Total 330**

|                                | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|--------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|---------|
| Orange Chicken                 | 3.6 oz       | 330       | 150                      | 0.50                   | 340                    | *N/A*      | 3.00      | 0.00                    | 40          | 19.00    | 0.00      | 11.00     | 100        | 0.0        | 1.20       | 0.72      | \$0.000 |
| Rice 50/50                     | 1/2 CUP      | 25        | 10                       | 0.01                   | 6                      | *0         | 0.04      | 0.00                    | *0          | 2.23     | *0.05     | 0.21      | *0         | *0.5       | *0.00      | 0.07      | \$0.000 |
| Egg Rolls, pork- MINH          | Each         | 228       | 124                      | 1.38                   | 256                    | *N/A*      | 4.84      | 0.00                    | 21          | 13.82    | 2.07      | 6.22      | 518        | 41.5       | 4.15       | 1.24      | \$0.000 |
| Peas(from frozen)-contest name | 1/2 cup      | 200       | 38                       | 0.02                   | 35                     | 2          | 0.13      | 0.00                    | 0           | 6.91     | 2.18      | 2.50      | 1018       | 11.6       | 4.80       | 0.74      | \$0.000 |

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|                             | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|-----------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|---------|
| Side Salad                  | 1.25 Cup     | 150       | 28                       | 0.06                   | 38                     | *0         | 0.29      | 0.00                    | 0           | 4.96     | 1.67      | 1.69      | 1631       | 22.6       | 5.04       | 0.70      | \$0.000 |
| Bananas- Whole              | 1 Banana     | 67        | 18                       | 0.02                   | 0                      | 3          | 0.07      | 0.00                    | 0           | 4.68     | 0.53      | 0.22      | 13         | 1.0        | 1.78       | 0.05      | \$0.000 |
| Mandarin Orange             | 1/2 cup      | 309       | 66                       | 0.00                   | 9                      | *N/A*      | 0.00      | 0.00                    | 0           | 15.92    | 0.94      | 0.94      | 281        | 18.7       | 22.47      | 0.67      | \$0.000 |
| Ranch Dressing- old fashion | each         | 150       | 25                       | 0.36                   | 51                     | *N/A*      | 2.18      | 0.00                    | 5           | 1.09     | 0.00      | 0.36      | 36         | 10.9       | 0.00       | 0.00      | \$0.000 |
| Milk: 1% & FF Choc & strawb | servings     | 211       | 74                       | 0.19                   | 99                     | *5         | 0.32      | 0.00                    | 4           | 12.53    | 0.00      | 5.11      | 639        | 191.8      | 0.92       | 0.09      | \$0.000 |
| Water; Bottled              | each         | 113       | 0                        | 0.00                   | 5                      | *N/A*      | 0.00      | *N/A*                   | 0           | 0.00     | 0.00      | 0.00      | 0          | 3.3        | 0.00       | 0.02      | \$0.000 |
| Weighted Daily Average      |              |           | 534                      | 2.55                   | 840                    | *10        | 10.87     | *0.00                   | *70         | 81.14    | *7.45     | 28.25     | *4237      | *301.9     | *40.36     | 4.31      | \$0.000 |
| % of Calories               |              |           |                          | 4.30%                  |                        | *7.5%      | 18.3%     | *0.0%                   |             | 60.8%    |           | 21.2%     |            |            |            |           |         |
| Weekly Nutrient Guideline   |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |            |            |           |         |

Wednesday - 07/12/2017

Summer Lunch Vernal Area

Reimbursable Meal Total 213

|                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|---------|
| Macho Nacho 2 M & 2 G           | serving      | 213       | 649                      | 21.20                  | 1351                   | *0         | 35.26     | *0.00                   | 79          | 49.22    | 6.33      | 36.11     | 1352       | 716.9      | 1.04       | 5.03      | \$0.000 |
| Corn canned- contest name       | 1/2 cup      | 150       | 58                       | 0.06                   | 201                    | 4          | 0.37      | 0.00                    | 0           | 14.37    | 1.48      | 1.78      | 60         | 3.7        | 5.99       | 0.31      | \$0.000 |
| Salsa(Milani)                   | 2 TBS        | 125       | 3                        | 0.00                   | 39                     | *N/A*      | 0.00      | *N/A*                   | 0           | 0.51     | 0.11      | 0.11      | 55         | 2.2        | 0.99       | 0.08      | \$0.000 |
| Sour Cream Reduced Fat          | tbsp         | 125       | 14                       | 0.67                   | 6                      | 0          | 1.09      | *N/A*                   | 3           | 0.57     | 0.00      | 0.56      | 34         | 11.7       | 0.07       | 0.00      | \$0.000 |
| Jello Red                       | 1/2 CUP      | 175       | 61                       | 0.00                   | 77                     | *14        | 0.00      | *0.00                   | 0           | 14.45    | 0.00      | 1.25      | 0          | 2.3        | 0.00       | 0.03      | \$0.000 |
| Veg Cup Broccoli,Carrot,redbell | 3/4 Cup      | 75        | 10                       | 0.01                   | 13                     | 1          | 0.07      | 0.00                    | 0           | 2.10     | 0.76      | 0.38      | 2137       | 8.5        | 17.60      | 0.21      | \$0.000 |
| Peach Cups 1/2 CUP              | 1/2 CUP      | 125       | 40                       | 0.00                   | 4                      | *N/A*      | 0.02      | 0.00                    | 0           | 10.71    | 0.94      | 0.33      | 13         | 2.3        | 1.76       | 0.27      | \$0.000 |

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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|                             | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|-----------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|---------|
| Bananas Dried               | each         | 160       | 113                      | 6.76                   | 0                      | *N/A*      | 7.51      | 0.00                    | 0           | 9.01     | 0.75      | 0.00      | *N/A*      | 0.0        | *N/A*      | 0.00      | \$0.000 |
| Ranch Dressing- old fashion | each         | 75        | 20                       | 0.28                   | 40                     | *N/A*      | 1.69      | 0.00                    | 4           | 0.85     | 0.00      | 0.28      | 28         | 8.5        | 0.00       | 0.00      | \$0.000 |
| Milk: 1% & FF Choc & strawb | servings     | 110       | 60                       | 0.15                   | 80                     | *4         | 0.26      | 0.00                    | 3           | 10.12    | 0.00      | 4.13      | 516        | 154.9      | 0.74       | 0.07      | \$0.000 |
| Water; Bottled              | each         | 79        | 0                        | 0.00                   | 5                      | *N/A*      | 0.00      | *N/A*                   | 0           | 0.00     | 0.00      | 0.00      | 0          | 3.6        | 0.00       | 0.02      | \$0.000 |
| Weighted Daily Average      |              |           | 1027                     | 29.14                  | 1816                   | *23        | 46.27     | *0.00                   | 89          | 111.92   | 10.37     | 44.93     | *4195      | 914.5      | *28.19     | 6.02      | \$0.000 |
| % of Calories               |              |           |                          | 25.54%                 |                        | *9.0%      | 40.5%     | *0.0%                   |             | 43.6%    |           | 17.5%     |            |            |            |           |         |
| Weekly Nutrient Guideline   |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |            |            |           |         |

Thursday - 07/13/2017

Summer Lunch Vernal Area

Reimbursable Meal Total 295

|                             | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|-----------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|---------|
| Pig in a Blanket 2 M & 1.5G | serving      | 295       | 309                      | 7.77                   | 782                    | *3         | 21.92     | *0.00                   | 35          | 23.93    | *1.96     | 10.13     | *3         | *32.9      | *0.14      | 1.82      | \$0.000 |
| Sweet Potato Tater Tots     | 1/2 cup      | 250       | 101                      | 0.00                   | 169                    | *N/A*      | 2.53      | 0.00                    | 0           | 16.86    | 1.69      | 1.69      | 2108       | 16.9       | 2.02       | 0.30      | \$0.000 |
| condiments(ket,mus.)        | servings     | 200       | 3                        | 0.01                   | 48                     | *N/A*      | 0.15      | *0.00                   | 0           | 0.34     | 0.03      | 0.16      | 0          | 2.8        | 0.00       | 0.07      | \$0.000 |
| Beans Vegetarian            | 1/2 cup      | 150       | 56                       | 0.00                   | 224                    | *N/A*      | 0.25      | *N/A*                   | 0           | 11.19    | 2.03      | 3.05      | 361        | 38.6       | 1.01       | 1.89      | \$0.000 |
| Side Salad                  | 1.25 Cup     | 150       | 31                       | 0.06                   | 43                     | *0         | 0.32      | 0.00                    | 0           | 5.54     | 1.87      | 1.89      | 1824       | 25.3       | 5.64       | 0.78      | \$0.000 |
| Pears with cherry           | 1/2 cup      | 180       | 45                       | 0.00                   | 4                      | *N/A*      | 0.03      | *0.00                   | 0           | 11.88    | 1.90      | 0.16      | 0          | 4.2        | 0.49       | 0.20      | \$0.000 |
| APPLES,Fresh                | EACH         | 150       | 36                       | 0.02                   | 1                      | 7          | 0.12      | 0.00                    | 0           | 9.69     | 1.68      | 0.18      | 38         | 4.2        | 3.23       | 0.08      | \$0.000 |
| Ranch Dressing- old fashion | each         | 150       | 28                       | 0.41                   | 57                     | *N/A*      | 2.44      | 0.00                    | 6           | 1.22     | 0.00      | 0.41      | 41         | 12.2       | 0.00       | 0.00      | \$0.000 |
| Fry Sauce- old Fashion      | each         | 150       | 39                       | 0.51                   | 77                     | *N/A*      | 4.07      | 0.00                    | 4           | 1.53     | 0.00      | 0.00      | 76         | 0.0        | 0.00       | 0.00      | \$0.000 |
| Milk: 1% & FF Choc & strawb | servings     | 212       | 83                       | 0.22                   | 111                    | *5         | 0.36      | 0.00                    | 4           | 14.09    | 0.00      | 5.75      | 719        | 215.6      | 1.03       | 0.10      | \$0.000 |

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|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|---------|
| Water; Bottled            | each         | 91        | 0                        | 0.00                   | 4                      | *N/A*      | 0.00      | *N/A*                   | 0           | 0.00     | 0.00      | 0.00      | 0          | 3.0        | 0.00       | 0.01      | \$0.000 |
| Weighted Daily Average    |              |           | 733                      | 8.99                   | 1520                   | *16        | 32.19     | *0.00                   | 49          | 96.27    | *11.17    | 23.40     | *5170      | *355.7     | *13.57     | 5.26      | \$0.000 |
| % of Calories             |              |           |                          | 11.04%                 |                        | *8.7%      | 39.5%     | *0.0%                   |             | 52.5%    |           | 12.8%     |            |            |            |           |         |
| Weekly Nutrient Guideline |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |            |            |           |         |

Friday - 07/14/2017

Summer Lunch Vernal Area

Reimbursable Meal Total 300

|                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|---------|
| Cheeseburger Elem.2.5 m& 1.5 g  | EACH         | 300       | 411                      | 8.51                   | 873                    | 5          | 19.34     | 0.32                    | 67          | 24.45    | 3.03      | 28.21     | 340        | 509.4      | 0.03       | 3.83      | \$0.000 |
| Mixed Vegetables                | 1/2 cup      | 150       | 20                       | 0.01                   | 11                     | 1          | 0.05      | 0.00                    | 0           | 3.96     | 1.33      | 0.86      | 1293       | 7.6        | 0.97       | 0.25      | \$0.000 |
| onion rings                     | 2.72 oz      | 200       | 135                      | 1.01                   | 155                    | 3          | 5.39      | 0.00                    | 0           | 18.87    | 2.02      | 2.02      | 0          | 67.4       | 1.62       | 0.73      | \$0.000 |
| Trimnings (ket,may,mus,let,pic) | servings     | 60        | 7                        | 0.00                   | 90                     | *1         | 0.06      | *0.00                   | 0           | 1.48     | 0.05      | 0.10      | 24         | 3.0        | 0.22       | 0.04      | \$0.000 |
| Veg Cup Broccoli,Carrot,redbell | 3/4 Cup      | 60        | 6                        | 0.00                   | 8                      | 1          | 0.04      | 0.00                    | 0           | 1.19     | 0.43      | 0.22      | 1214       | 4.8        | 10.00      | 0.12      | \$0.000 |
| Pineapple Chunks:canned,lt syr  | 1/2 cup      | 125       | 27                       | 0.00                   | 1                      | 7          | 0.06      | 0.00                    | 0           | 7.06     | 0.42      | 0.19      | 20         | 7.4        | 3.94       | 0.20      | \$0.000 |
| Juice, FruitableTropical Twist  | Each         | 150       | 30                       | 0.00                   | 8                      | *N/A*      | 0.00      | 0.00                    | 0           | 7.00     | 0.00      | 0.00      | 250        | 0.0        | 0.00       | 0.00      | \$0.000 |
| Ranch Dressing- old fashion     | each         | 125       | 23                       | 0.33                   | 47                     | *N/A*      | 2.00      | 0.00                    | 5           | 1.00     | 0.00      | 0.33      | 33         | 10.0       | 0.00       | 0.00      | \$0.000 |
| Ketchup                         | tbsp         | 150       | 7                        | 0.00                   | 67                     | 2          | 0.01      | 0.00                    | 0           | 2.02     | 0.02      | 0.08      | 39         | 1.1        | 0.30       | 0.03      | \$0.000 |
| Fry Sauce- old Fashion          | each         | 45        | 12                       | 0.15                   | 23                     | *N/A*      | 1.20      | 0.00                    | 1           | 0.45     | 0.00      | 0.00      | 22         | 0.0        | 0.00       | 0.00      | \$0.000 |
| Milk: 1% & FF Choc & strawb     | servings     | 300       | 116                      | 0.30                   | 155                    | *7         | 0.50      | 0.00                    | 6           | 19.60    | 0.00      | 8.00      | 1000       | 300.0      | 1.44       | 0.14      | \$0.000 |

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|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|---------|
| Water; Bottled            | each         | 150       | 0                        | 0.00                   | 7                      | *N/A*      | 0.00      | *N/A*                   | 0           | 0.00     | 0.00      | 0.00      | 0          | 4.8        | 0.00       | 0.02      | \$0.000 |
| Weighted Daily Average    |              |           | 793                      | 10.33                  | 1443                   | *26        | 28.65     | *0.32                   | 79          | 87.08    | 7.31      | 40.02     | 4236       | 915.5      | 18.51      | 5.36      | \$0.000 |
| % of Calories             |              |           |                          | 11.72%                 |                        | *13.1%     | 32.5%     | *0.4%                   |             | 43.9%    |           | 20.2%     |            |            |            |           |         |
| Weekly Nutrient Guideline |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |            |            |           |         |

Monday - 07/17/2017

Summer Lunch Vernal Area

Reimbursable Meal Total 354

|                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|---------|
| Chicken Sandwich 2M & 2.5G      | Sandwich     | 344       | 380                      | 1.60                   | 717                    | *4         | 10.10     | 0.02                    | 59          | 38.64    | 4.40      | 27.35     | 88         | 226.9      | 0.00       | 3.72      | \$0.000 |
| Sweet Potato Tater Tots         | 1/2 cup      | 300       | 101                      | 0.00                   | 169                    | *N/A*      | 2.53      | 0.00                    | 0           | 16.86    | 1.69      | 1.69      | 2108       | 16.9       | 2.02       | 0.30      | \$0.000 |
| Peas(from frozen)-contest name  | 1/2 cup      | 150       | 26                       | 0.02                   | 24                     | 1          | 0.09      | 0.00                    | 0           | 4.83     | 1.53      | 1.75      | 712        | 8.1        | 3.36       | 0.52      | \$0.000 |
| Veg Cup Broccoli,Carrot,Cucumb  | 3/4 Cup      | 149       | 14                       | 0.01                   | 19                     | 1          | 0.10      | 0.00                    | 0           | 2.94     | 1.00      | 0.70      | 2321       | 15.5       | 17.24      | 0.31      | \$0.000 |
| Pears                           | 1/2 cup      | 247       | 46                       | 0.00                   | 4                      | *N/A*      | 0.03      | *N/A*                   | 0           | 12.19    | 2.18      | 0.19      | 0          | 4.8        | 0.56       | 0.23      | \$0.000 |
| Oranges Fresh Whole             | EACH         | 175       | 21                       | 0.00                   | 0                      | *N/A*      | 0.00      | 0.00                    | 0           | 5.22     | 0.95      | 0.47      | 95         | 19.0       | 24.20      | 0.09      | \$0.000 |
| Ranch Dressing- old fashion     | each         | 149       | 24                       | 0.34                   | 47                     | *N/A*      | 2.02      | 0.00                    | 5           | 1.01     | 0.00      | 0.34      | 34         | 10.1       | 0.00       | 0.00      | \$0.000 |
| Trimnings (ket,may,mus,let,pic) | servings     | 300       | 28                       | 0.02                   | 382                    | *3         | 0.24      | *0.00                   | 0           | 6.26     | 0.23      | 0.43      | 101        | 12.9       | 0.92       | 0.17      | \$0.000 |
| Ketchup                         | tbsp         | 150       | 6                        | 0.00                   | 57                     | 1          | 0.01      | 0.00                    | 0           | 1.71     | 0.02      | 0.06      | 33         | 0.9        | 0.26       | 0.02      | \$0.000 |
| Fry Sauce- old Fashion          | each         | 150       | 33                       | 0.42                   | 64                     | *N/A*      | 3.39      | 0.00                    | 3           | 1.27     | 0.00      | 0.00      | 64         | 0.0        | 0.00       | 0.00      | \$0.000 |
| Milk: 1% & FF Choc & strawb     | servings     | 247       | 81                       | 0.21                   | 108                    | *5         | 0.35      | 0.00                    | 4           | 13.68    | 0.00      | 5.58      | 698        | 209.3      | 1.00       | 0.10      | \$0.000 |

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|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|---------|
| Water; Bottled            | each         | 155       | 0                        | 0.00                   | 6                      | *N/A*      | 0.00      | *N/A*                   | 0           | 0.00     | 0.00      | 0.00      | 0          | 4.2        | 0.00       | 0.02      | \$0.000 |
| Weighted Daily Average    |              |           | 760                      | 2.63                   | 1597                   | *16        | 18.86     | *0.02                   | 71          | 104.62   | 11.99     | 38.55     | 6253       | 528.7      | 49.57      | 5.48      | \$0.000 |
| % of Calories             |              |           |                          | 3.11%                  |                        | *8.4%      | 22.3%     | *0.0%                   |             | 55.1%    |           | 20.3%     |            |            |            |           |         |
| Weekly Nutrient Guideline |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |            |            |           |         |

Tuesday - 07/18/2017

Summer Lunch Vernal Area

Reimbursable Meal Total 300

|                                      | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|---------|
| Pizza, Pepperoni max                 | slice        | 300       | 290                      | 3.00                   | 600                    | 4          | 9.00      | 0.00                    | 15          | 38.00    | 3.00      | 16.00     | 10         | 35.0       | 0.00       | 15.00     | \$0.000 |
| BROCCOLI,freshcontest name *RESIZED* | 1/2 CUP      | 250       | 12                       | 0.01                   | 12                     | 1          | 0.14      | 0.00                    | 0           | 2.43     | 0.95      | 1.03      | 228        | 17.2       | 32.71      | 0.27      | \$0.000 |
| Side Salad                           | 1.25 Cup     | 150       | 30                       | 0.06                   | 42                     | *0         | 0.32      | 0.00                    | 0           | 5.45     | 1.84      | 1.85      | 1794       | 24.9       | 5.54       | 0.77      | \$0.000 |
| Applesauce Blue *RESIZED*            | 1/2 cup      | 150       | 50                       | 0.00                   | 32                     | *6         | 0.06      | *N/A*                   | 0           | 12.56    | 0.65      | 0.61      | 17         | 2.6        | 12.48      | 0.14      | \$0.000 |
| craisins blueberry                   | each         | 150       | 55                       | 0.00                   | 0                      | 12         | 0.00      | 0.00                    | *N/A*       | 12.00    | 1.50      | 0.00      | 0          | 0.0        | 0.00       | 0.00      | \$0.000 |
| Ranch Dressing- old fashion          | each         | 150       | 28                       | 0.40                   | 56                     | *N/A*      | 2.40      | 0.00                    | 6           | 1.20     | 0.00      | 0.40      | 40         | 12.0       | 0.00       | 0.00      | \$0.000 |
| Milk: 1% & FF Choc & strawb          | servings     | 175       | 68                       | 0.18                   | 90                     | *4         | 0.29      | 0.00                    | 4           | 11.43    | 0.00      | 4.67      | 583        | 175.0      | 0.84       | 0.08      | \$0.000 |
| Water; Bottled                       | each         | 125       | 0                        | 0.00                   | 6                      | *N/A*      | 0.00      | *N/A*                   | 0           | 0.00     | 0.00      | 0.00      | 0          | 4.0        | 0.00       | 0.02      | \$0.000 |
| Weighted Daily Average               |              |           | 533                      | 3.66                   | 839                    | *27        | 12.20     | *0.00                   | *24         | 83.08    | 7.94      | 24.56     | 2672       | 270.6      | 51.57      | 16.29     | \$0.000 |
| % of Calories                        |              |           |                          | 6.18%                  |                        | *20.3%     | 20.6%     | *0.0%                   |             | 62.3%    |           | 18.4%     |            |            |            |           |         |
| Weekly Nutrient Guideline            |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |            |            |           |         |

\*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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**Wednesday - 07/19/2017**

**Summer Lunch Vernal Area**

**Reimbursable Meal Total 400**

|                                 | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|---------|
| Hamburger on a Bun 2 M & 1.5 G  | SERVING      | 300       | 230                      | 2.55                   | 300                    | 3          | 7.99      | 0.00                    | 29          | 17.33    | 2.27      | 17.31     | 15         | 160.3      | 0.02       | 2.74      | \$0.000 |
| Trimnings (ket,may,mus,let,pic) | servings     | 150       | 12                       | 0.01                   | 169                    | *1         | 0.11      | *0.00                   | 0           | 2.77     | 0.10      | 0.19      | 45         | 5.7        | 0.41       | 0.08      | \$0.000 |
| Baked Beans                     | 1/2 C        | 125       | 53                       | 0.00                   | 140                    | *N/A*      | 0.33      | 0.00                    | 0           | 11.13    | 2.02      | 1.70      | 32         | 22.9       | 0.37       | 0.61      | \$0.000 |
| onion rings                     | 2.72 oz      | 200       | 101                      | 0.76                   | 116                    | 3          | 4.04      | 0.00                    | 0           | 14.16    | 1.52      | 1.52      | 0          | 50.6       | 1.21       | 0.55      | \$0.000 |
| Veg Cup Broccoli,Carrot,Cucumb  | 3/4 Cup      | 60        | 5                        | 0.01                   | 7                      | 0          | 0.04      | 0.00                    | 0           | 1.05     | 0.36      | 0.25      | 827        | 5.5        | 6.14       | 0.11      | \$0.000 |
| Jello Red                       | 1/2 CUP      | 175       | 32                       | 0.00                   | 41                     | *7         | 0.00      | *0.00                   | 0           | 7.70     | 0.00      | 0.66      | 0          | 1.2        | 0.00       | 0.02      | \$0.000 |
| Whipped Topping Sysco Classic   | 2 TBSP       | 100       | 4                        | 0.24                   | 0                      | *0         | 0.24      | *0.00                   | 0           | 0.47     | 0.00      | 0.00      | 0          | 0.0        | 0.00       | 0.00      | \$0.000 |
| Bananas- Whole                  | 1 Banana     | 150       | 34                       | 0.04                   | 0                      | 5          | 0.12      | 0.00                    | 0           | 8.65     | 0.98      | 0.41      | 24         | 1.9        | 3.30       | 0.10      | \$0.000 |
| Fruit Spectrum                  | 1/2 cup      | 100       | 12                       | 0.00                   | 1                      | *N/A*      | 0.00      | 0.00                    | 0           | 2.84     | 0.43      | 0.18      | 48         | 1.7        | 15.63      | 0.00      | \$0.000 |
| Ranch Dressing- old fashion     | each         | 50        | 7                        | 0.10                   | 14                     | *N/A*      | 0.60      | 0.00                    | 1           | 0.30     | 0.00      | 0.10      | 10         | 3.0        | 0.00       | 0.00      | \$0.000 |
| Milk: 1% & FF Choc & strawb     | servings     | 250       | 72                       | 0.19                   | 97                     | *4         | 0.31      | 0.00                    | 4           | 12.25    | 0.00      | 5.00      | 625        | 187.5      | 0.90       | 0.09      | \$0.000 |
| Water; Bottled                  | each         | 0         | 0                        | 0.00                   | 0                      | *N/A*      | 0.00      | *N/A*                   | 0           | 0.00     | 0.00      | 0.00      | 0          | 0.0        | 0.00       | 0.00      | \$0.000 |
| Weighted Daily Average          |              |           | 563                      | 3.89                   | 886                    | *24        | 13.78     | *0.00                   | 34          | 78.64    | 7.68      | 27.33     | 1627       | 440.3      | 27.98      | 4.29      | \$0.000 |
| % of Calories                   |              |           |                          | 6.22%                  |                        | *17.1%     | 22.0%     | *0.0%                   |             | 55.9%    |           | 19.4%     |            |            |            |           |         |
| Weekly Nutrient Guideline       |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |            |            |           |         |

**Thursday - 07/20/2017**

**Summer Lunch Vernal Area**

**Reimbursable Meal Total 285**

*\*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.*

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|                                | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|--------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|---------|
| Pork Gravy with shredded pork  | 4 oz         | 285       | 158                      | 2.20                   | 316                    | *0         | 5.59      | *1.10                   | 55          | 6.94     | 0.26      | 13.00     | *0         | *6.6       | *0.01      | *0.44     | \$0.000 |
| Potatoes Mashed Pearls Sysco C | 1/2 cup      | 285       | 68                       | 0.00                   | 20                     | *N/A*      | 0.00      | 0.00                    | 0           | 14.94    | 1.36      | 1.36      | 0          | 1.8        | 3.26       | 0.25      | \$0.000 |
| Side Salad                     | 1.25 Cup     | 153       | 33                       | 0.07                   | 45                     | *0         | 0.34      | 0.00                    | 0           | 5.85     | 1.98      | 1.99      | 1926       | 26.7       | 5.95       | 0.83      | \$0.000 |
| Pineapple Chunks:canned,lt syr | 1/2 cup      | 150       | 34                       | 0.01                   | 1                      | 8          | 0.08      | 0.00                    | 0           | 8.92     | 0.53      | 0.24      | 25         | 9.3        | 4.97       | 0.26      | \$0.000 |
| Clementines                    | each         | 170       | 21                       | 0.00                   | 0                      | *N/A*      | 0.00      | 0.00                    | 0           | 5.37     | 0.60      | 0.60      | 0          | 11.9       | 21.47      | 0.11      | \$0.000 |
| Ranch Dressing- old fashion    | each         | 153       | 30                       | 0.43                   | 61                     | *N/A*      | 2.58      | 0.00                    | 6           | 1.29     | 0.00      | 0.43      | 43         | 12.9       | 0.00       | 0.00      | \$0.000 |
| Corn Bread 1G                  | 2 oz         | 236       | 211                      | 5.23                   | 332                    | *12        | 8.92      | *0.31                   | 52          | 29.36    | 0.74      | 3.64      | 317        | 32.4       | 0.20       | 1.16      | \$0.000 |
| Carrots:frozen,contest name    | 1/2 CUP      | 175       | 17                       | 0.05                   | 26                     | 2          | 0.30      | 0.00                    | 0           | 3.46     | 1.48      | 0.26      | 7588       | 15.7       | 1.03       | 0.24      | \$0.000 |
| Milk: 1% & FF Choc & strawb    | servings     | 178       | 72                       | 0.19                   | 97                     | *4         | 0.31      | 0.00                    | 4           | 12.24    | 0.00      | 5.00      | 625        | 187.4      | 0.90       | 0.09      | \$0.000 |
| Water; Bottled                 | each         | 99        | 0                        | 0.00                   | 5                      | *N/A*      | 0.00      | *N/A*                   | 0           | 0.00     | 0.00      | 0.00      | 0          | 3.3        | 0.00       | 0.02      | \$0.000 |
| Honey Butter                   | 2 TEASPOON   | 200       | 2                        | 0.03                   | 1                      | *N/A*      | 0.11      | *N/A*                   | 0           | 0.37     | 0.00      | 0.00      | 5          | 0.0        | 0.00       | 0.00      | \$0.000 |
| Weighted Daily Average         |              |           | 647                      | 8.19                   | 904                    | *27        | 18.24     | *1.41                   | 116         | 88.75    | 6.94      | 26.51     | *10529     | *308.0     | *37.80     | *3.39     | \$0.000 |
| % of Calories                  |              |           |                          | 11.39%                 |                        | *16.7%     | 25.4%     | *2.0%                   |             | 54.9%    |           | 16.4%     |            |            |            |           |         |
| Weekly Nutrient Guideline      |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |            |            |           |         |

Friday - 07/21/2017

Summer Lunch Vernal Area

Reimbursable Meal Total 315

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|---------|
| Hot Dog on a Bun 2m 1.5 g | SERVING      | 315       | 320                      | 7.00                   | 810                    | *4         | 19.00     | 0.00                    | 35          | 32.00    | *3.00     | 13.00     | *20        | *200.0     | *0.00      | 2.52      | \$0.000 |
| French Fries- Ore-ida     | 1/2 cup      | 200       | 64                       | 0.00                   | 12                     | *N/A*      | 1.46      | 0.00                    | 0           | 9.93     | 1.17      | 1.17      | 0          | 0.0        | 2.80       | 0.21      | \$0.000 |

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|                                   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|---------|
| Veg Cup Broccoli, Carrot, Cucumb  | 3/4 Cup      | 100       | 10                       | 0.01                   | 14                     | 1          | 0.08      | 0.00                    | 0           | 2.22     | 0.75      | 0.52      | 1750       | 11.7       | 13.00      | 0.23      | \$0.000 |
| Slushes, Welch's Variety          | each         | 160       | 46                       | 0.00                   | 10                     | 9          | 0.00      | 0.00                    | 0           | 11.43    | 0.00      | 0.13      | 0          | 10.2       | 30.48      | 0.00      | \$0.000 |
| Mandarin Orange                   | 1/2 cup      | 165       | 37                       | 0.00                   | 5                      | *N/A*      | 0.00      | 0.00                    | 0           | 8.90     | 0.52      | 0.52      | 157        | 10.5       | 12.57      | 0.38      | \$0.000 |
| Ranch Dressing- old fashion       | each         | 100       | 18                       | 0.25                   | 36                     | *N/A*      | 1.52      | 0.00                    | 4           | 0.76     | 0.00      | 0.25      | 25         | 7.6        | 0.00       | 0.00      | \$0.000 |
| Green Beans - contest name        | 1/2 cup      | 150       | 10                       | 0.00                   | 68                     | *N/A*      | 0.00      | 0.00                    | 0           | 3.90     | 0.98      | 0.49      | 49         | 9.8        | 0.58       | 0.18      | \$0.000 |
| Ketchup                           | tbsp         | 150       | 7                        | 0.00                   | 64                     | 1          | 0.01      | 0.00                    | 0           | 1.92     | 0.02      | 0.07      | 37         | 1.1        | 0.29       | 0.02      | \$0.000 |
| Mustard Yellow Prepared *RESIZED* | 2 tsp        | 150       | 3                        | 0.01                   | 58                     | 0          | 0.17      | 0.00                    | 0           | 0.30     | 0.21      | 0.20      | 6          | 3.3        | 0.02       | 0.08      | \$0.000 |
| Fry Sauce- old Fashion            | each         | 150       | 37                       | 0.48                   | 72                     | *N/A*      | 3.81      | 0.00                    | 4           | 1.43     | 0.00      | 0.00      | 71         | 0.0        | 0.00       | 0.00      | \$0.000 |
| Milk: 1% & FF Choc & strawb       | servings     | 270       | 99                       | 0.26                   | 133                    | *6         | 0.43      | 0.00                    | 5           | 16.80    | 0.00      | 6.86      | 857        | 257.1      | 1.23       | 0.12      | \$0.000 |
| Water; Bottled                    | each         | 123       | 0                        | 0.00                   | 6                      | *N/A*      | 0.00      | *N/A*                   | 0           | 0.00     | 0.00      | 0.00      | 0          | 3.7        | 0.00       | 0.02      | \$0.000 |
| Weighted Daily Average            |              |           | 651                      | 8.01                   | 1286                   | *21        | 26.48     | *0.00                   | 48          | 89.59    | *6.65     | 23.21     | *2973      | *515.0     | *60.97     | 3.77      | \$0.000 |
| % of Calories                     |              |           |                          | 11.07%                 |                        | *12.9%     | 36.6%     | *0.0%                   |             | 55.0%    |           | 14.3%     |            |            |            |           |         |
| Weekly Nutrient Guideline         |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |            |            |           |         |

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