

Thursday - 06/01/2017

Summer Lunch Vernal Area

Reimbursable Meal Total 243

	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)	Cost
Corn Dog Nuggets- 4 Pieces	serving	243	180	2.50	280	*N/A*	8.00	0.00	25	20.00	3.00	7.00	0	100.0	0.00	1.44	\$0.000
Side Salad	1.25 Cup	115	29	0.06	40	*0	0.30	0.00	0	5.16	1.74	1.75	1698	23.5	5.25	0.73	\$0.000
APPLES,Fresh	EACH	91	27	0.01	1	5	0.09	0.00	0	7.14	1.24	0.13	28	3.1	2.38	0.06	\$0.000
Pineapple Chunks:canned,lt syr	1/2 cup	158	43	0.01	1	10	0.10	0.00	0	11.02	0.66	0.30	31	11.5	6.14	0.32	\$0.000
Ranch Dressing- old fashion	each	115	27	0.38	53	*N/A*	2.27	0.00	5	1.14	0.00	0.38	38	11.4	0.00	0.00	\$0.000
Sweet Potato Tater Tots	1/2 cup	175	86	0.00	143	*N/A*	2.15	0.00	0	14.33	1.43	1.43	1791	14.3	1.72	0.26	\$0.000
Broccoli Frozen-contest name	1/2 cup	150	18	0.01	7	1	0.08	0.00	0	3.37	1.89	1.95	637	20.8	25.26	0.38	\$0.000
condiments(ket,mus.)	servings	200	4	0.01	59	*N/A*	0.18	*0.00	0	0.41	0.04	0.19	0	3.5	0.00	0.08	\$0.000
Fry Sauce- old Fashion	each	169	54	0.70	105	*N/A*	5.56	0.00	6	2.09	0.00	0.00	104	0.0	0.00	0.00	\$0.000
Milk: 1% & FF Choc & strawb	servings	87	42	0.11	55	*3	0.18	0.00	2	7.02	0.00	2.86	358	107.4	0.52	0.05	\$0.000
Water; Bottled	each	480	0	0.00	28	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	18.9	0.00	0.09	\$0.000
Weighted Daily Average			507	3.78	772	*20	18.91	*0.00	38	71.67	10.00	16.01	4685	314.4	41.27	3.42	\$0.000
% of Calories				6.71%		*15.8%	33.6%	*0.0%		56.5%		12.6%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Friday - 06/02/2017

Summer Lunch Vernal Area

Reimbursable Meal Total 232

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Uintah School District

Planned Menu Spreadsheet

Weighted Values -

Jun 1, 2017 thru Jun 30, 2017

Summer Lunch Vernal Area

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

1 - Ashley Elementary

	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)	Cost
Hoagie (pork ham & deli turke)	each	232	293	3.51	1100	*5	9.51	*0.16	52	24.87	3.14	20.88	190	352.6	10.16	2.54	\$0.000
Trimmings (may,must,let, pick)	servings	200	14	0.02	255	*0	0.23	*0.00	0	2.35	0.19	0.28	26	10.9	0.34	0.13	\$0.000
Chips Baked Variety	bags	232	62	0.25	90	*N/A*	1.62	*0.00	0	10.75	0.50	1.00	100	0.0	0.60	0.36	\$0.000
Veg Cup Broccoli,Carrot,Celery	3/4 Cup	101	15	0.02	32	1	0.12	0.00	0	3.11	1.23	0.76	2461	20.7	18.02	0.32	\$0.000
Peach Cups 1/2 CUP	1/2 CUP	52	15	0.00	1	*N/A*	0.01	0.00	0	4.09	0.36	0.12	5	0.9	0.67	0.10	\$0.000
Bananas Dried	each	50	32	1.94	0	*N/A*	2.16	0.00	0	2.59	0.22	0.00	*N/A*	0.0	*N/A*	0.00	\$0.000
Ranch Dressing- old fashion	each	101	24	0.35	49	*N/A*	2.09	0.00	5	1.04	0.00	0.35	35	10.4	0.00	0.00	\$0.000
Corn canned- contest name	1/2 cup	175	63	0.06	215	4	0.40	0.00	0	15.40	1.58	1.91	64	4.0	6.42	0.33	\$0.000
Milk: 1% & FF Choc & strawb	servings	144	72	0.19	96	*4	0.31	0.00	4	12.17	0.00	4.96	621	186.2	0.89	0.09	\$0.000
Water; Bottled	each	88	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			590	6.33	1845	*16	16.44	*0.16	61	76.37	7.22	30.26	*3502	589.4	*37.09	3.89	\$0.000
% of Calories				9.66%		*10.8%	25.1%	*0.2%		51.8%		20.5%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Monday - 06/05/2017

Summer Lunch Vernal Area

Reimbursable Meal Total 354

	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)	Cost
Spaghetti Noodles	4 oz	354	118	0.09	2	1	0.48	0.00	0	23.83	1.02	4.16	0	6.7	0.00	1.05	\$0.000
Spaghetti Factory sauce 1/2 cup	1/2 cup	354	70	0.98	404	*0	2.59	*0.00	23	4.45	*0.80	7.27	452	12.0	10.36	1.20	\$0.000
Cheese Cheddar Red. Fat	oz	300	68	2.78	174	0	4.40	*N/A*	13	0.48	0.00	6.53	152	217.4	0.00	0.03	\$0.000

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Uintah School District

Planned Menu Spreadsheet

Weighted Values -

Jun 1, 2017 thru Jun 30, 2017

Summer Lunch Vernal Area

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

1 - Ashley Elementary

	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)	Cost
Wheat Roll	2 OZ	350	147	0.76	170	*3	4.87	*0.00	0	22.67	1.94	4.08	3	32.5	0.14	1.08	\$0.000
Green Beans - contest name	1/2 cup	200	12	0.00	81	*N/A*	0.00	0.00	0	4.63	1.16	0.58	58	11.6	0.69	0.21	\$0.000
Veg Cup Broccoli,Carrot,Tomato	3/4 Cup	150	15	0.02	19	*1	0.12	*0.00	0	3.17	1.14	0.77	2456	15.5	19.21	0.32	\$0.000
Slushes, Welch's Variety	each	200	51	0.00	11	9	0.00	0.00	0	12.71	0.00	0.14	0	11.3	33.90	0.00	\$0.000
Peach Cups 1/2 CUP	1/2 CUP	155	30	0.00	3	*N/A*	0.02	0.00	0	7.99	0.70	0.24	10	1.7	1.31	0.20	\$0.000
Ranch Dressing- old fashion	each	150	24	0.34	48	*N/A*	2.03	0.00	5	1.02	0.00	0.34	34	10.2	0.00	0.00	\$0.000
Milk: 1% & FF Choc & strawb	servings	230	75	0.19	101	*5	0.32	0.00	4	12.73	0.00	5.20	650	194.9	0.94	0.09	\$0.000
Water; Bottled	each	127	0	0.00	5	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	3.4	0.00	0.02	\$0.000
Weighted Daily Average			609	5.16	1017	*20	14.83	*0.00	45	93.69	*6.75	29.32	3815	517.3	66.55	4.21	\$0.000
% of Calories				7.63%		*13.1%	21.9%	*0.0%		61.5%		19.3%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Tuesday - 06/06/2017

Summer Lunch Vernal Area

Reimbursable Meal Total 500

	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)	Cost
ChickenBreastproview2m1.2 5g	each	480	222	1.58	517	*N/A*	8.05	0.02	58	16.09	1.47	20.30	68	32.2	0.00	1.95	\$0.000
Potatoes Mashed Pearls Sysco C	1/2 cup	475	65	0.00	19	*N/A*	0.00	0.00	0	14.19	1.29	1.29	0	1.7	3.10	0.24	\$0.000
Chicken Gravy w/o Chicken	1/3 cup	490	24	0.06	401	0	0.23	*0.00	0	4.94	0.05	0.29	0	5.8	0.02	0.04	\$0.000
Carrots:frozen,contest name	1/2 CUP	475	26	0.08	41	3	0.47	0.00	0	5.36	2.29	0.40	11740	24.3	1.60	0.37	\$0.000
Side Salad	1.25 Cup	475	58	0.12	80	*1	0.60	0.00	0	10.36	3.50	3.52	3408	47.2	10.53	1.47	\$0.000

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	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)	Cost
Orange (smiles)	EACH	400	36	0.01	0	7	0.09	0.00	0	9.02	1.84	0.72	173	30.7	40.86	0.08	\$0.000
Corn Bread 1G	2 oz	425	217	5.37	341	*13	9.16	*0.32	53	30.13	0.76	3.74	326	33.2	0.21	1.19	\$0.000
Milk: 1% & FF Choc & strawb	servings	400	93	0.24	124	*6	0.40	0.00	5	15.68	0.00	6.40	800	240.0	1.15	0.12	\$0.000
Honey Butter	2 TEASPOON	400	3	0.03	1	*N/A*	0.13	*N/A*	0	0.43	0.00	0.00	6	0.0	0.00	0.00	\$0.000
Bananas- Whole	1 Banana	100	18	0.02	0	2	0.07	0.00	0	4.61	0.53	0.22	13	1.0	1.76	0.05	\$0.000
Weighted Daily Average			761	7.51	1523	*32	19.21	*0.34	116	110.81	11.72	36.89	16532	416.2	59.22	5.50	\$0.000
% of Calories				8.88%		*16.8%	22.7%	*0.4%		58.2%		19.4%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Wednesday - 06/07/2017

Summer Lunch Vernal Area

Reimbursable Meal Total 294

	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)	Cost
Orange Chicken	3.6 oz	294	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
Cookie Choc Chip (WG)	cookie	150	66	0.51	61	*N/A*	2.04	0.00	0	11.73	1.02	1.02	51	10.2	0.00	0.37	\$0.000
Rice 50/50	1/2 CUP	150	70	0.06	41	*0	0.28	0.00	*0	14.99	*0.34	1.41	*0	*3.2	*0.00	0.45	\$0.000
Broccoli Frozen-contest name	1/2 cup	275	27	0.02	11	1	0.11	0.00	0	5.11	2.86	2.96	965	31.5	38.28	0.58	\$0.000
Veg Cup Broccoli,Carrot, Tomato	3/4 Cup	150	18	0.02	23	*1	0.15	*0.00	0	3.82	1.37	0.92	2958	18.6	23.13	0.39	\$0.000
Clementines	each	250	30	0.00	0	*N/A*	0.00	0.00	0	7.65	0.85	0.85	0	17.0	30.61	0.15	\$0.000
STRAWBERRIES: frozen	1/2 cup	150	62	0.00	2	16	0.08	0.00	0	16.86	1.24	0.34	16	7.2	26.93	0.38	\$0.000
Ranch Dressing- old fashion	each	70	13	0.19	27	*N/A*	1.14	0.00	3	0.57	0.00	0.19	19	5.7	0.00	0.00	\$0.000

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Milk: 1% & FF Choc & strawb	servings	150	59	0.15	79	*4	0.26	0.00	3	10.00	0.00	4.08	510	153.1	0.73	0.07	\$0.000
Water; Bottled	each	250	0	0.00	12	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	8.1	0.00	0.04	\$0.000
Weighted Daily Average			496	1.45	596	*22	7.07	*0.00	*46	89.73	*7.68	22.78	*4619	*254.6	*120.89	3.16	\$0.000
% of Calories				2.63%		*17.7%	12.8%	*0.0%		72.4%		18.4%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Thursday - 06/08/2017

Summer Lunch Vernal Area

Reimbursable Meal Total 265

	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)	Cost
Grilled Ham & Cheese 1M&1.5 G	1 each	265	281	2.99	1409	*4	9.45	*0.00	39	24.14	1.96	24.42	64	155.4	18.13	1.74	\$0.000
French Fries- Ore-ida	1/2 cup	150	57	0.00	10	*N/A*	1.30	0.00	0	8.85	1.04	1.04	0	0.0	2.50	0.19	\$0.000
Beans Vegetarian	1/2 cup	125	52	0.00	208	*N/A*	0.23	*N/A*	0	10.38	1.88	2.82	335	35.8	0.94	1.75	\$0.000
Side Salad	1.25 Cup	100	23	0.05	32	*0	0.24	0.00	0	4.11	1.39	1.40	1354	18.8	4.18	0.58	\$0.000
Pears	1/2 cup	150	37	0.00	3	*N/A*	0.03	*N/A*	0	9.89	1.77	0.15	0	3.9	0.46	0.18	\$0.000
Oranges Fresh Whole	EACH	171	28	0.00	0	*N/A*	0.00	0.00	0	6.81	1.24	0.62	124	24.8	31.59	0.11	\$0.000
Ranch Dressing- old fashion	each	125	26	0.38	53	*N/A*	2.26	0.00	5	1.13	0.00	0.38	38	11.3	0.00	0.00	\$0.000
Ketchup	tbsp	175	10	0.00	88	2	0.01	0.00	0	2.66	0.03	0.10	51	1.5	0.40	0.03	\$0.000
Fry Sauce- old Fashion	each	112	33	0.42	64	*N/A*	3.38	0.00	3	1.27	0.00	0.00	63	0.0	0.00	0.00	\$0.000
Milk: 1% & FF Choc & strawb	servings	265	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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Water; Bottled	each	150	0	0.00	8	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	5.4	0.00	0.03	\$0.000
Weighted Daily Average			663	4.14	2030	*13	17.41	*0.00	54	88.85	9.31	38.93	3029	556.9	59.64	4.77	\$0.000
% of Calories				5.62%		*7.8%	23.6%	*0.0%		53.6%		23.5%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Friday - 06/09/2017

Summer Lunch Vernal Area

Reimbursable Meal Total 340

	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)	Cost
Pizza, Pepperoni max	slice	340	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
Asparagus- contest name	1/2 cup	340	16	0.09	3	0	0.38	0.00	0	1.73	1.44	2.66	725	16.2	21.96	0.50	\$0.000
Sweet Potato Tater Tots	1/2 cup	175	61	0.00	102	*N/A*	1.54	0.00	0	10.24	1.02	1.02	1280	10.2	1.23	0.18	\$0.000
Veg Cup Broccoli,Carrot,Tomato	3/4 Cup	174	18	0.02	23	*1	0.15	*0.00	0	3.83	1.38	0.93	2967	18.7	23.20	0.39	\$0.000
Pineapple Chunks:canned,lt syr	1/2 cup	160	31	0.01	1	8	0.07	0.00	0	7.98	0.47	0.21	23	8.3	4.45	0.23	\$0.000
craisins strawberry	each	125	40	0.00	0	9	0.00	0.00	*N/A*	10.29	1.10	0.00	0	0.0	0.00	0.00	\$0.000
Ranch Dressing- old fashion	each	115	19	0.27	38	*N/A*	1.62	0.00	4	0.81	0.00	0.27	27	8.1	0.00	0.00	\$0.000
Ketchup	tbsp	166	7	0.00	65	2	0.01	0.00	0	1.97	0.02	0.07	38	1.1	0.29	0.02	\$0.000
Fry Sauce- old Fashion	each	125	28	0.37	56	*N/A*	2.94	0.00	3	1.10	0.00	0.00	55	0.0	0.00	0.00	\$0.000
Milk: 1% & FF Choc & strawb	servings	340	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 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)	Cost
Water; Bottled	each	115	0	0.00	5	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	3.2	0.00	0.02	\$0.000
Weighted Daily Average			627	4.05	1048	*31	16.20	*0.00	*28	95.55	8.44	29.16	6125	400.9	52.57	16.49	\$0.000
% of Calories				5.81%		*19.8%	23.3%	*0.0%		61.0%		18.6%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Monday - 06/12/2017

Summer Lunch Vernal Area

Reimbursable Meal Total 400

	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)	Cost
Cheese quesadilla	each	300	236	9.00	372	*N/A*	14.88	*0.00	45	15.43	2.53	13.03	426	331.3	0.00	0.97	\$0.000
REFRIED BEANS: canned	1/2 cup	150	7	0.04	25	*0	0.17	*0.00	0	1.02	0.26	0.38	0	2.3	0.51	0.10	\$0.000
Salsa(Milani)	2 TBS	125	2	0.00	21	*N/A*	0.00	*N/A*	0	0.27	0.06	0.06	29	1.2	0.52	0.04	\$0.000
Sour Cream Reduced Fat	tbsp	125	8	0.36	3	0	0.58	*N/A*	1	0.30	0.00	0.30	18	6.2	0.04	0.00	\$0.000
Veg Cup Broccoli,Carrot,Cucumb	3/4 Cup	40	3	0.00	4	0	0.02	0.00	0	0.70	0.24	0.17	551	3.7	4.10	0.07	\$0.000
Mandarin Orange	1/2 cup	150	26	0.00	4	*N/A*	0.00	0.00	0	6.38	0.38	0.38	112	7.5	9.00	0.27	\$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
Ranch Dressing- old fashion	each	18	3	0.04	5	*N/A*	0.22	0.00	1	0.11	0.00	0.04	4	1.1	0.00	0.00	\$0.000
Milk: 1% & FF Choc & strawb	servings	350	102	0.26	136	*6	0.44	0.00	5	17.15	0.00	7.00	875	262.5	1.26	0.13	\$0.000

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	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)	Cost
Water; Bottled	each	50	0	0.00	2	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	1.2	0.00	0.01	\$0.000
Weighted Daily Average			419	9.75	572	*11	16.43	*0.00	52	50.02	4.45	21.76	2040	618.9	18.72	1.69	\$0.000
% of Calories				20.94%		*10.5%	35.3%	*0.0%		47.8%		20.8%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Tuesday - 06/13/2017

Summer Lunch Vernal Area

Reimbursable Meal Total 259

	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)	Cost
Corn Dog Nuggets- 4 Pieces	serving	259	180	2.50	280	*N/A*	8.00	0.00	25	20.00	3.00	7.00	0	100.0	0.00	1.44	\$0.000
French Fries- Ore-ida	1/2 cup	225	88	0.00	16	*N/A*	2.00	0.00	0	13.58	1.60	1.60	0	0.0	3.83	0.29	\$0.000
Green Beans - contest name	1/2 cup	175	14	0.00	97	*N/A*	0.00	0.00	0	5.53	1.38	0.69	69	13.8	0.83	0.25	\$0.000
Side Salad	1.25 Cup	128	30	0.06	42	*0	0.31	0.00	0	5.39	1.82	1.83	1773	24.6	5.48	0.76	\$0.000
Pineapple Chunks:canned,lt syr	1/2 cup	174	44	0.01	1	11	0.10	0.00	0	11.39	0.68	0.31	32	11.9	6.35	0.33	\$0.000
APPLES,Fresh	EACH	86	24	0.01	0	5	0.08	0.00	0	6.33	1.10	0.12	25	2.7	2.11	0.06	\$0.000
Ranch Dressing- old fashion	each	128	28	0.40	56	*N/A*	2.37	0.00	6	1.19	0.00	0.40	40	11.9	0.00	0.00	\$0.000
condiments(ket,mus.)	servings	175	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
Milk: 1% & FF Choc & strawb	servings	175	78	0.20	105	*5	0.34	0.00	4	13.24	0.00	5.40	676	202.7	0.97	0.10	\$0.000

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	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)	Cost
Water; Bottled	each	80	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			489	3.19	649	*21	13.35	*0.00	35	76.98	9.61	17.50	2614	373.4	19.57	3.30	\$0.000
% of Calories				5.87%		*17.2%	24.6%	*0.0%		63.0%		14.3%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Wednesday - 06/14/2017

Summer Lunch Vernal Area

Reimbursable Meal Total 300

	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)	Cost
Macho Nacho 2 M & 2 G	serving	300	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
Salsa(Milani)	2 TBS	175	3	0.00	39	*N/A*	0.00	*N/A*	0	0.51	0.11	0.11	54	2.2	0.98	0.08	\$0.000
Sour Cream Reduced Fat	tbsp	175	14	0.67	6	0	1.08	*N/A*	3	0.57	0.00	0.56	34	11.6	0.07	0.00	\$0.000
Broccoli Frozen-contest name	1/2 cup	200	19	0.01	7	1	0.08	0.00	0	3.64	2.04	2.11	688	22.5	27.28	0.42	\$0.000
Veg Cup Broccoli,Carrot,Cucumb	3/4 Cup	150	16	0.02	22	1	0.12	0.00	0	3.49	1.18	0.83	2757	18.5	20.48	0.36	\$0.000
Clementines	each	150	18	0.00	0	*N/A*	0.00	0.00	0	4.50	0.50	0.50	0	10.0	18.00	0.09	\$0.000
STRAWBERRIES: frozen	1/2 cup	150	61	0.00	2	15	0.08	0.00	0	16.52	1.21	0.34	15	7.0	26.39	0.38	\$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	200	77	0.20	103	*5	0.33	0.00	4	13.07	0.00	5.33	667	200.0	0.96	0.10	\$0.000

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	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)	Cost
Water; Bottled	each	100	0	0.00	5	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	3.2	0.00	0.02	\$0.000
Weighted Daily Average			885	22.50	1592	*23	39.36	*0.00	91	92.71	11.38	46.28	5607	1003.9	95.21	6.47	\$0.000
% of Calories				22.88%		*10.4%	40.0%	*0.0%		41.9%		20.9%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Thursday - 06/15/2017

Summer Lunch Vernal Area

Reimbursable Meal Total 400

	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)	Cost
Pulled Pork Sandwich	Sandwich	300	411	5.49	717	*3	16.47	*0.00	81	34.05	2.25	28.05	24	162.0	0.30	2.22	\$0.000
Sun Chips Harvest Cheddar	Bag	175	61	0.44	88	*N/A*	2.62	0.00	0	8.31	1.31	0.88	0	0.0	0.00	0.16	\$0.000
Carrots:frozen,contest name	CUP	150	20	0.07	32	2	0.37	0.00	0	4.23	1.81	0.32	9268	19.2	1.26	0.29	\$0.000
Side Salad	1.25 Cup	20	3	0.01	4	*0	0.03	0.00	0	0.55	0.18	0.19	179	2.5	0.55	0.08	\$0.000
Pears	1/2 cup	150	25	0.00	2	*N/A*	0.02	*N/A*	0	6.55	1.17	0.10	0	2.6	0.30	0.12	\$0.000
Oranges Fresh Whole	EACH	150	16	0.00	0	*N/A*	0.00	0.00	0	3.96	0.72	0.36	72	14.4	18.36	0.06	\$0.000
Ranch Dressing- old fashion	each	18	3	0.04	5	*N/A*	0.22	0.00	1	0.11	0.00	0.04	4	1.1	0.00	0.00	\$0.000
Milk: 1% & FF Choc & strawb	servings	300	87	0.22	116	*5	0.38	0.00	4	14.70	0.00	6.00	750	225.0	1.08	0.11	\$0.000
Water; Bottled	each	50	0	0.00	2	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	1.2	0.00	0.01	\$0.000
Weighted Daily Average			626	6.26	966	*11	20.11	*0.00	86	72.46	7.44	35.92	10297	427.9	21.86	3.05	\$0.000
% of Calories				9.00%		*7.0%	28.9%	*0.0%		46.3%		23.0%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

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Friday - 06/16/2017

Summer Lunch Vernal Area

Reimbursable Meal Total 265

	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)	Cost
Pizza, Pepperoni max	slice	265	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
Asparagus- contest name	1/2 cup	150	9	0.05	2	0	0.21	0.00	0	0.98	0.82	1.50	411	9.2	12.43	0.29	\$0.000
Sweet Potato Tater Tots	1/2 cup	175	79	0.00	131	*N/A*	1.97	0.00	0	13.14	1.31	1.31	1643	13.1	1.58	0.24	\$0.000
Veg Cup Broccoli, Carrot, Cucumb	3/4 Cup	150	18	0.02	25	2	0.14	0.00	0	3.95	1.34	0.94	3121	20.9	23.18	0.41	\$0.000
Slushes, Welch's Variety	each	200	68	0.00	14	13	0.00	0.00	0	16.98	0.00	0.19	0	15.1	45.28	0.00	\$0.000
Raisins in a box	box	65	28	0.01	1	5	0.04	0.00	0	7.32	0.34	0.28	0	4.6	0.21	0.17	\$0.000
Ranch Dressing- old fashion	each	150	32	0.45	64	*N/A*	2.72	0.00	6	1.36	0.00	0.45	45	13.6	0.00	0.00	\$0.000
Ketchup	tbsp	150	8	0.00	76	2	0.01	0.00	0	2.28	0.02	0.09	44	1.2	0.34	0.03	\$0.000
Fry Sauce- old Fashion	each	150	44	0.57	85	*N/A*	4.53	0.00	5	1.70	0.00	0.00	85	0.0	0.00	0.00	\$0.000
Milk: 1% & FF Choc & strawb	servings	182	80	0.21	106	*5	0.34	0.00	4	13.46	0.00	5.49	687	206.0	0.99	0.10	\$0.000
Water; Bottled	each	112	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			655	4.30	1111	*31	18.96	*0.00	30	99.17	6.84	26.26	6045	322.9	84.02	16.26	\$0.000
% of Calories				5.91%		*18.9%	26.1%	*0.0%		60.6%		16.0%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Monday - 06/19/2017

Summer Lunch Vernal Area

Reimbursable Meal Total 400

	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)	Cost
Chicken Sandwich 2M & 2.5G	Sandwich	300	294	1.24	554	*3	7.79	0.02	45	29.82	3.40	21.11	68	175.1	0.00	2.87	\$0.000

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Uintah School District

Planned Menu Spreadsheet

Weighted Values -

Jun 1, 2017 thru Jun 30, 2017

Summer Lunch Vernal Area

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

1 - Ashley Elementary

	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)	Cost
Potato Round - Elementary	1/2 cup	200	97	2.24	327	*N/A*	4.71	*N/A*	0	13.38	1.40	1.47	7	13.2	3.03	0.68	\$0.000
Green Beans - contest name	1/2 cup	150	8	0.00	54	*N/A*	0.00	0.00	0	3.07	0.77	0.38	38	7.7	0.46	0.14	\$0.000
Veg Cup Broccoli,Carrot,Celery	3/4 Cup	20	2	0.00	4	0	0.01	0.00	0	0.36	0.14	0.09	283	2.4	2.07	0.04	\$0.000
Bananas Dried	each	150	56	3.38	0	*N/A*	3.75	0.00	0	4.50	0.38	0.00	*N/A*	0.0	*N/A*	0.00	\$0.000
Peach Cups 1/2 CUP	1/2 CUP	150	26	0.00	2	*N/A*	0.01	0.00	0	6.85	0.60	0.21	9	1.5	1.12	0.17	\$0.000
Ranch Dressing- old fashion	each	18	3	0.04	5	*N/A*	0.22	0.00	1	0.11	0.00	0.04	4	1.1	0.00	0.00	\$0.000
Trimnings (ket,may,mus,let,pic)	servings	250	21	0.01	281	*2	0.18	*0.00	0	4.62	0.17	0.32	75	9.5	0.68	0.13	\$0.000
Ketchup	tbsp	120	4	0.00	40	1	0.00	0.00	0	1.21	0.01	0.05	23	0.7	0.18	0.02	\$0.000
Fry Sauce- old Fashion	each	120	23	0.30	45	*N/A*	2.40	0.00	2	0.90	0.00	0.00	45	0.0	0.00	0.00	\$0.000
Milk: 1% & FF Choc & strawb	servings	375	109	0.28	145	*7	0.47	0.00	6	18.38	0.00	7.50	938	281.2	1.35	0.14	\$0.000
Water; Bottled	each	45	0	0.00	2	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	1.1	0.00	0.01	\$0.000
Weighted Daily Average			642	7.48	1460	*13	19.55	*0.02	54	83.19	6.87	31.16	*1489	493.4	*8.89	4.19	\$0.000
% of Calories				10.49%		*8.1%	27.4%	*0.0%		51.8%		19.4%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Tuesday - 06/20/2017

Summer Lunch Vernal Area

Reimbursable Meal Total 400

	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)	Cost
Orange Chicken	3.6 oz	400	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
Egg Rolls, pork- MINH	Each	400	180	2.00	370	*N/A*	7.00	0.00	30	20.00	3.00	9.00	750	60.0	6.00	1.80	\$0.000

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Uintah School District

Planned Menu Spreadsheet

Weighted Values -

Jun 1, 2017 thru Jun 30, 2017

Summer Lunch Vernal Area

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

1 - Ashley Elementary

	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)	Cost
Rice 50/50	1/2 CUP	350	120	0.10	70	*0	0.48	0.00	*0	25.70	*0.58	2.42	*0	*5.5	*0.00	0.77	\$0.000
Corn canned- contest name	1/2 cup	250	52	0.05	178	4	0.33	0.00	0	12.76	1.31	1.58	53	3.3	5.32	0.28	\$0.000
Side Salad	1.25 Cup	100	15	0.03	21	*0	0.16	0.00	0	2.73	0.92	0.93	897	12.4	2.77	0.39	\$0.000
Mandarin Orange	1/2 cup	200	35	0.00	5	*N/A*	0.00	0.00	0	8.50	0.50	0.50	150	10.0	12.00	0.36	\$0.000
Bananas- Whole	1 Banana	200	45	0.06	1	6	0.17	0.00	0	11.53	1.31	0.55	32	2.5	4.39	0.13	\$0.000
Ranch Dressing- old fashion	each	100	14	0.20	28	*N/A*	1.20	0.00	3	0.60	0.00	0.20	20	6.0	0.00	0.00	\$0.000
Milk: 1% & FF Choc & strawb	servings	350	102	0.26	136	*6	0.44	0.00	5	17.15	0.00	7.00	875	262.5	1.26	0.13	\$0.000
Water; Bottled	each	50	0	0.00	2	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	1.2	0.00	0.01	\$0.000
Weighted Daily Average			713	3.20	1151	*16	12.77	*0.00	*78	117.97	*7.62	33.18	*2877	*363.5	*32.94	4.58	\$0.000
% of Calories				4.04%		*9.0%	16.1%	*0.0%		66.2%		18.6%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Wednesday - 06/21/2017

Summer Lunch Vernal Area

Reimbursable Meal Total 400

	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)	Cost
Chicken Drumstick, BBQTeriyaki	each	400	170	2.50	240	3	9.00	0.00	90	3.00	0.00	17.00	0	0.0	0.00	0.72	\$0.000
Corn Bread 1G	2 oz	350	223	5.53	351	*13	9.43	*0.33	55	31.02	0.78	3.85	335	34.2	0.21	1.23	\$0.000
Corn on the Cob: frozen,boiled	EACH	350	52	0.06	132	2	0.41	0.00	0	12.31	1.54	1.71	128	1.7	2.65	0.34	\$0.000
Veg Cup Broccoli,Carrot,Celery	3/4 Cup	150	13	0.02	28	1	0.10	0.00	0	2.68	1.06	0.65	2120	17.9	15.52	0.27	\$0.000
Ranch Dressing- old fashion	each	150	21	0.30	42	*N/A*	1.80	0.00	4	0.90	0.00	0.30	30	9.0	0.00	0.00	\$0.000

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Uintah School District

Planned Menu Spreadsheet

Weighted Values -

Jun 1, 2017 thru Jun 30, 2017

Summer Lunch Vernal Area

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

1 - Ashley Elementary

	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)	Cost
APPLES,Fresh	EACH	200	36	0.02	1	7	0.12	0.00	0	9.53	1.66	0.18	37	4.1	3.17	0.08	\$0.000
Pears	1/2 cup	200	33	0.00	3	*N/A*	0.02	*N/A*	0	8.74	1.56	0.13	0	3.5	0.40	0.16	\$0.000
Milk: 1% & FF Choc & strawb	servings	350	102	0.26	136	*6	0.44	0.00	5	17.15	0.00	7.00	875	262.5	1.26	0.13	\$0.000
Water; Bottled	each	50	0	0.00	2	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	1.2	0.00	0.01	\$0.000
Weighted Daily Average			649	8.69	934	*33	21.32	*0.33	154	85.32	6.60	30.83	3525	334.0	23.22	2.94	\$0.000
% of Calories				12.05%		*20.3%	29.6%	*0.5%		52.6%		19.0%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Thursday - 06/22/2017

Summer Lunch Vernal Area

Reimbursable Meal Total 400

	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)	Cost
Pork Gravy with shredded pork	4 oz	350	138	1.92	277	*0	4.89	*0.96	48	6.07	0.22	11.37	*0	*5.8	*0.01	*0.38	\$0.000
Potatoes Mashed Pearls Sysco C	1/2 cup	350	59	0.00	17	*N/A*	0.00	0.00	0	13.07	1.19	1.19	0	1.6	2.85	0.22	\$0.000
Broccoli Frozen-contest name	1/2 cup	175	13	0.01	5	1	0.05	0.00	0	2.39	1.34	1.38	451	14.7	17.90	0.27	\$0.000
Side Salad	1.25 Cup	100	15	0.03	21	*0	0.16	0.00	0	2.73	0.92	0.93	897	12.4	2.77	0.39	\$0.000
Applesauce Red *RESIZED*	1/2 cup	175	43	0.00	28	*5	0.05	*N/A*	0	10.99	0.57	0.53	15	2.2	10.92	0.13	\$0.000
Oranges Fresh Whole	EACH	150	16	0.00	0	*N/A*	0.00	0.00	0	3.96	0.72	0.36	72	14.4	18.36	0.06	\$0.000
Ranch Dressing- old fashion	each	100	14	0.20	28	*N/A*	1.20	0.00	3	0.60	0.00	0.20	20	6.0	0.00	0.00	\$0.000
Wheat Roll	2 OZ	350	130	0.67	151	*3	4.31	*0.00	0	20.06	1.71	3.61	3	28.8	0.12	0.96	\$0.000
Milk: 1% & FF Choc & strawb	servings	300	87	0.22	116	*5	0.38	0.00	4	14.70	0.00	6.00	750	225.0	1.08	0.11	\$0.000

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	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)	Cost
Water; Bottled	each	50	0	0.00	2	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	1.2	0.00	0.01	\$0.000
Weighted Daily Average			517	3.06	645	*14	11.04	*0.96	56	74.57	6.67	25.58	*2208	*312.1	*54.02	*2.53	\$0.000
% of Calories				5.33%		*10.8%	19.2%	*1.7%		57.7%		19.8%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Friday - 06/23/2017

Summer Lunch Vernal Area

Reimbursable Meal Total 259

	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)	Cost
Corn Dog Nuggets- 4 Pieces	serving	259	180	2.50	280	*N/A*	8.00	0.00	25	20.00	3.00	7.00	0	100.0	0.00	1.44	\$0.000
Potato Wedges	1/2 cup	225	87	1.16	197	*N/A*	4.06	0.00	0	10.43	1.74	1.16	0	23.2	0.00	0.42	\$0.000
condiments(ket,mus.)	servings	200	4	0.01	55	*N/A*	0.17	*0.00	0	0.38	0.04	0.18	0	3.2	0.00	0.08	\$0.000
Asparagus- contest name	1/2 cup	175	11	0.06	2	0	0.26	0.00	0	1.17	0.97	1.79	490	10.9	14.84	0.34	\$0.000
Veg Cup Broccoli,Carrot,Celery	3/4 Cup	128	17	0.02	36	2	0.14	0.00	0	3.53	1.40	0.86	2794	23.5	20.45	0.36	\$0.000
Bananas Dried	each	175	101	6.08	0	*N/A*	6.76	0.00	0	8.11	0.68	0.00	*N/A*	0.0	*N/A*	0.00	\$0.000
Fruit Spectrum	1/2 cup	100	19	0.00	2	*N/A*	0.00	0.00	0	4.39	0.67	0.29	75	2.7	24.14	0.00	\$0.000
Ranch Dressing- old fashion	each	100	22	0.31	44	*N/A*	1.85	0.00	4	0.93	0.00	0.31	31	9.3	0.00	0.00	\$0.000
Fry Sauce- old Fashion	each	100	30	0.39	58	*N/A*	3.09	0.00	3	1.16	0.00	0.00	58	0.0	0.00	0.00	\$0.000
Cookie Choc Chip (WG)	cookie	250	125	0.97	116	*N/A*	3.86	0.00	0	22.20	1.93	1.93	97	19.3	0.00	0.69	\$0.000
Milk: 1% & FF Choc & strawb	servings	200	90	0.23	120	*6	0.39	0.00	5	15.14	0.00	6.18	772	231.7	1.11	0.11	\$0.000

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	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)	Cost
Water; Bottled	each	59	0	0.00	3	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	2.2	0.00	0.01	\$0.000
Weighted Daily Average			685	11.72	913	*7	28.56	*0.00	37	87.43	10.42	19.70	*4316	426.0	*60.54	3.45	\$0.000
% of Calories				15.40%		*4.1%	37.5%	*0.0%		51.1%		11.5%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Monday - 06/26/2017

Summer Lunch Vernal Area

Reimbursable Meal Total 400

	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)	Cost
Chicken Alfredo	1 cup	250	134	0.93	89	*0	2.93	0.00	26	15.96	0.70	10.79	16	12.3	0.00	0.98	\$0.000
Breadstick-seasoned *RESIZED*	1.25 OZ	300	70	0.37	81	*2	2.34	*0.00	0	10.75	0.92	1.94	3	15.4	0.07	0.51	\$0.000
Asparagus- contest name	1/2 cup	100	4	0.02	1	0	0.09	0.00	0	0.43	0.36	0.66	181	4.1	5.49	0.13	\$0.000
Veg Cup Broccoli,Carrot, Tomato	3/4 Cup	40	3	0.00	5	*0	0.03	*0.00	0	0.75	0.27	0.18	580	3.7	4.53	0.08	\$0.000
Pears	1/2 cup	150	25	0.00	2	*N/A*	0.02	*N/A*	0	6.55	1.17	0.10	0	2.6	0.30	0.12	\$0.000
Oranges Fresh Whole	EACH	150	16	0.00	0	*N/A*	0.00	0.00	0	3.96	0.72	0.36	72	14.4	18.36	0.06	\$0.000
Ranch Dressing- old fashion	each	38	5	0.08	11	*N/A*	0.46	0.00	1	0.23	0.00	0.08	8	2.3	0.00	0.00	\$0.000
Milk: 1% & FF Choc & strawb	servings	45	13	0.03	17	*1	0.06	0.00	1	2.21	0.00	0.90	112	33.8	0.16	0.02	\$0.000
Water; Bottled	each	200	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			271	1.43	213	*3	5.92	*0.00	28	40.83	4.14	15.01	971	93.3	28.92	1.92	\$0.000
% of Calories				4.75%		*4.4%	19.7%	*0.0%		60.3%		22.2%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

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Tuesday - 06/27/2017

Summer Lunch Vernal Area

Reimbursable Meal Total 400

	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)	Cost
Deli Sand. ham hoagie home2g	sandwich	300	251	2.95	871	*4	10.29	*0.00	29	24.42	2.02	15.33	37	146.0	0.15	1.72	\$0.000
Chips Doritos Nacho Cheese RF	Bag	125	53	0.31	0	*N/A*	1.25	*N/A*	0	9.34	0.62	0.93	62	18.7	0.00	0.34	\$0.000
Green Beans - contest name	1/2 cup	150	8	0.00	54	*N/A*	0.00	0.00	0	3.07	0.77	0.38	38	7.7	0.46	0.14	\$0.000
Trimnings (may,must,let, pick)	servings	60	2	0.00	44	*0	0.04	*0.00	0	0.41	0.03	0.05	5	1.9	0.06	0.02	\$0.000
Side Salad	1.25 Cup	200	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
Mandarin Orange	1/2 cup	0	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
Bananas- Whole	1 Banana	100	22	0.03	0	3	0.08	0.00	0	5.77	0.66	0.28	16	1.3	2.20	0.07	\$0.000
Ranch Dressing- old fashion	each	58	8	0.12	16	*N/A*	0.70	0.00	2	0.35	0.00	0.12	12	3.5	0.00	0.00	\$0.000
Milk: 1% & FF Choc & strawb	servings	20	6	0.02	8	*0	0.02	0.00	0	0.98	0.00	0.40	50	15.0	0.07	0.01	\$0.000
Water; Bottled	each	100	0	0.00	4	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	2.4	0.00	0.01	\$0.000
Weighted Daily Average			381	3.49	1039	*7	12.69	*0.00	31	49.79	5.94	19.34	2014	221.3	8.48	3.08	\$0.000
% of Calories				8.24%		*7.3%	30.0%	*0.0%		52.3%		20.3%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Wednesday - 06/28/2017

Summer Lunch Vernal Area

Reimbursable Meal Total 400

	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)	Cost
Taco - UHS *RESIZED*	each	300	130	3.39	183	*1	7.94	*0.11	26	7.13	0.79	7.31	137	97.1	0.25	0.69	\$0.000

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	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)	Cost
taco Garnishes	servings	150	25	0.96	60	*0	1.58	*0.00	4	1.60	0.19	1.13	146	20.5	0.85	0.26	\$0.000
REFRIED BEANS: canned	1/2 cup	150	7	0.04	25	*0	0.17	*0.00	0	1.02	0.26	0.38	0	2.3	0.51	0.10	\$0.000
Corn canned- contest name	1/2 cup	120	25	0.02	86	2	0.16	0.00	0	6.12	0.63	0.76	26	1.6	2.55	0.13	\$0.000
Veg Cup Broccoli,Carrot,Tomato	3/4 Cup	150	13	0.01	17	*1	0.11	*0.00	0	2.81	1.01	0.68	2174	13.7	17.00	0.28	\$0.000
Ranch Dressing- old fashion	each	20	3	0.04	6	*N/A*	0.24	0.00	1	0.12	0.00	0.04	4	1.2	0.00	0.00	\$0.000
Applesauce	1/2 cup	200	40	0.02	1	9	0.10	0.00	0	10.30	0.71	0.09	4	1.8	1.00	0.07	\$0.000
Bananas Dried	each	250	94	5.63	0	*N/A*	6.25	0.00	0	7.50	0.62	0.00	*N/A*	0.0	*N/A*	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	50	0	0.00	2	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	1.2	0.00	0.01	\$0.000
Weighted Daily Average			409	10.30	475	*16	16.85	*0.11	34	48.85	4.21	15.38	*3115	326.9	*23.06	1.63	\$0.000
% of Calories				22.67%		*15.6%	37.1%	*0.2%		47.8%		15.0%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Thursday - 06/29/2017

Summer Lunch Vernal Area

Reimbursable Meal Total 400

	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)	Cost
Ham, Pork	2.44 oz	300	93	1.63	785	0	4.72	*N/A*	31	0.00	0.00	11.83	0	4.2	0.00	0.70	\$0.000
Scalloped Potatoes - Sysco	1/2 cup	250	69	0.01	278	*N/A*	0.68	*0.00	3	13.76	1.25	1.88	2	39.3	3.75	0.23	\$0.000
Peas(from frozen)-contest name	1/2 cup	150	23	0.01	22	1	0.08	0.00	0	4.28	1.35	1.54	630	7.2	2.97	0.46	\$0.000
Side Salad	1.25 Cup	150	23	0.05	32	*0	0.24	0.00	0	4.09	1.38	1.39	1345	18.6	4.16	0.58	\$0.000

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Uintah School District

Planned Menu Spreadsheet

Weighted Values -

Jun 1, 2017 thru Jun 30, 2017

Summer Lunch Vernal Area

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

1 - Ashley Elementary

	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)	Cost
APPLES,Fresh	EACH	100	18	0.01	0	4	0.06	0.00	0	4.76	0.83	0.09	19	2.1	1.59	0.04	\$0.000
Pineapple Chunks:canned,lt syr	1/2 cup	100	16	0.00	0	4	0.04	0.00	0	4.24	0.25	0.11	12	4.4	2.36	0.12	\$0.000
Ranch Dressing- old fashion	each	150	21	0.30	42	*N/A*	1.80	0.00	4	0.90	0.00	0.30	30	9.0	0.00	0.00	\$0.000
Wheat Roll	2 OZ	18	7	0.03	8	*0	0.22	*0.00	0	1.03	0.09	0.19	0	1.5	0.01	0.05	\$0.000
Milk: 1% & FF Choc & strawb	servings	75	22	0.06	29	*1	0.09	0.00	1	3.68	0.00	1.50	188	56.2	0.27	0.03	\$0.000
Water; Bottled	each	100	0	0.00	4	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	2.4	0.00	0.01	\$0.000
Weighted Daily Average			292	2.11	1199	*11	7.92	*0.00	39	36.73	5.15	18.83	2226	144.9	15.11	2.22	\$0.000
% of Calories				6.50%		*15.1%	24.4%	*0.0%		50.3%		25.8%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Friday - 06/30/2017

Summer Lunch Vernal Area

Reimbursable Meal Total 300

	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)	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
Sweet Potato Tater Tots	1/2 cup	150	60	0.00	100	*N/A*	1.49	0.00	0	9.95	1.00	1.00	1244	10.0	1.19	0.18	\$0.000
Broccoli Frozen-contest name	1/2 cup	175	17	0.01	7	1	0.07	0.00	0	3.19	1.79	1.85	602	19.6	23.87	0.36	\$0.000
Ketchup	tbsp	50	2	0.00	22	1	0.00	0.00	0	0.67	0.01	0.03	13	0.4	0.10	0.01	\$0.000
Fry Sauce- old Fashion	each	150	38	0.50	76	*N/A*	4.00	0.00	4	1.50	0.00	0.00	75	0.0	0.00	0.00	\$0.000
Veg Cup Broccoli,Carrot, Tomato	3/4 Cup	280	33	0.03	43	*2	0.27	*0.00	0	6.99	2.51	1.69	5410	34.1	42.31	0.71	\$0.000
4 Berry Blend	1/2 cup	150	35	0.00	0	*N/A*	0.00	0.00	0	8.84	2.36	0.59	59	0.0	12.37	0.64	\$0.000

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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	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)	Cost
Raisins in a box	box	250	94	0.02	3	19	0.14	0.00	0	24.88	1.16	0.96	0	15.7	0.72	0.59	\$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	250	97	0.25	129	*6	0.42	0.00	5	16.33	0.00	6.67	833	250.0	1.20	0.12	\$0.000
Water; Bottled	each	50	0	0.00	2	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	1.6	0.00	0.01	\$0.000
Weighted Daily Average			694	4.21	1038	*32	17.80	*0.00	30	111.54	11.81	29.18	8286	378.3	81.77	17.61	\$0.000
% of Calories				5.46%		*18.4%	23.1%	*0.0%		64.3%		16.8%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

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