

Planned Menu Spreadsheet

Uintah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

Menu Name: High School Lunch
Site: 10 - Uintah High School

Include Cost: Yes
Report Style: Detailed

Friday - 11/01/2019

Reimbursable Meal Total 928

	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
990302 Salad, Cobb	Serving	50	451	10.15	878	*4	28.60	*0.01	263	19.64	3.97	29.24	4074	119.8	20.62	2.93	\$0.000
001517 Salad, Chef	Serving	50	266	4.99	878	*10	12.24	*0.00	143	21.57	5.85	21.71	10232	184.5	51.01	2.63	\$0.000
001565 Chicken Tortilla Soup	cup	30	354	2.85	1222	*0	7.57	*0.00	54	44.99	9.62	25.96	1058	180.0	16.80	3.40	\$0.000
001649 Wheat Roll	2 OZ	25	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000
001537 Juice Cup Frozen	cup	30	70	0.00	5	*N/A*	0.00	0.00	0	18.00	3.00	0.00	400	80.0	60.00	0.36	\$0.000
000399 Peaches canned juice pack usda	.5 CUP	24	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00	300	0.0	1.20	0.00	\$0.000
990295 cookies,chocolate chip,wg bake crafters	each	30	110	1.00	80	8	3.50	0.00	5	18.00	1.00	1.00	0	0.0	0.00	1.08	\$0.000
990229 Hot Dog on a Bun homemade 2 m, 2 g	SERVING	100	346	6.96	865	*7	20.14	*0.00	36	30.66	2.45	11.16	3	41.1	0.18	2.09	\$0.000
001711 Sandwich, WOWBUTTER & Grape(2)	each	80	570	6.00	440	21	32.00	0.00	0	55.00	8.00	19.00	*N/A*	150.0	*N/A*	5.40	\$0.000
990218 UHS chips 1	1 each	250	122	0.75	185	*1	4.50	0.00	0	18.50	2.00	2.00	25	5.0	0.30	0.18	\$0.000
990241 string cheese mozzarella 1oz	each	100	90	5.00	200	0	7.00	0.00	20	0.00	0.00	7.00	0	0.0	0.00	0.00	\$0.000
001734 Slushes, Welch's Variety	each	100	90	0.00	19	17	0.00	0.00	0	22.50	0.00	0.25	0	20.0	60.00	0.00	\$0.000
990098 Veg Cup Broccoli,Carrot,Celery 1 CUP	Cup	50	40	0.04	96	4	0.24	0.00	0	8.79	3.36	1.36	10729	49.4	22.74	0.91	\$0.000
001529 Clementines	each	100	35	0.00	0	*N/A*	0.00	0.00	0	9.00	1.00	1.00	0	20.0	36.00	0.18	\$0.000

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Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
990223 Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
001430 Pig in a Blanket-2M & 2 G	serving	300	317	6.98	835	*6	19.81	*0.01	*35	24.93	1.96	10.13	*17	32.9	0.14	1.82	\$0.000
001716 baked beans-vms	1/2 cup	200	262	0.01	435	*7	1.00	*0.00	0	50.70	12.37	14.40	455	90.8	36.35	2.31	\$0.000
000712 condiments (ket,mus.)	servings	50	38	0.01	316	*7	0.20	*0.00	0	8.29	0.04	0.21	200	3.8	2.40	0.09	\$0.000
990098 Veg Cup Broccoli,Carrot,Celery 1 CUP	Cup	96	40	0.04	96	4	0.24	0.00	0	8.79	3.36	1.36	10729	49.4	22.74	0.91	\$0.000
001537 Juice Cup Frozen	cup	144	70	0.00	5	*N/A*	0.00	0.00	0	18.00	3.00	0.00	400	80.0	60.00	0.36	\$0.000
000399 Peaches canned juice pack usda	.5 CUP	144	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00	300	0.0	1.20	0.00	\$0.000
990223 Lite Ranch cup 1.25 oz	each	96	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
001000 MACARONI AND CHEESE	CUP	100	295	7.16	772	*6	12.51	*0.44	41	30.87	1.05	14.36	623	525.8	0.00	1.36	\$0.000
001627 Pizza, Ripper WG Pepperoni	Slice	132	290	5.00	550	3	13.00	0.00	30	27.00	3.00	16.00	0	150.0	0.00	1.80	\$0.000
990146 Pizza, Hawaiian max	Slice	24	358	4.54	876	*4	14.64	*0.00	19	39.48	3.34	17.24	312	306.1	2.62	1.99	\$0.000
990249 potato sweet bites RND	.5 CUP	30	105	0.40	89	9	3.63	0.00	0	16.94	2.42	1.61	0	16.1	2.90	0.29	\$0.000
001690 onion rings	2.72 oz	100	202	1.52	233	5	8.09	0.00	0	28.31	3.03	3.03	0	101.1	2.43	1.09	\$0.000
990235 Ketchup cups 1 oz	each	60	35	0.00	260	7	0.00	0.00	0	8.00	0.00	0.00	200	0.0	2.40	0.00	\$0.000
990234 fry sauce chatsworth	each	60	90	1.00	180	7	6.00	0.00	5	8.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
001716 baked beans-vms	1/2 cup	50	262	0.01	435	*7	1.00	*0.00	0	50.70	12.37	14.40	455	90.8	36.35	2.31	\$0.000
990098 Veg Cup Broccoli,Carrot,Celery 1 CUP	Cup	60	40	0.04	96	4	0.24	0.00	0	8.79	3.36	1.36	10729	49.4	22.74	0.91	\$0.000
001537 Juice Cup Frozen	cup	50	70	0.00	5	*N/A*	0.00	0.00	0	18.00	3.00	0.00	400	80.0	60.00	0.36	\$0.000

Planned Menu Spreadsheet

Uintah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
000399 Peaches canned juice pack usda	.5 CUP	48	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00	300	0.0	1.20	0.00	\$0.000
990223 Lite Ranch cup 1.25 oz	each	60	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
001000 MACARONI AND CHEESE	CUP	100	295	7.16	772	*6	12.51	*0.44	41	30.87	1.05	14.36	623	525.8	0.00	1.36	\$0.000
001435 Cheeseburger- 2.5 M 2 G	EACH	10	368	7.02	732	*5	18.50	*0.16	45	31.34	3.45	19.73	264	209.3	0.18	3.26	\$0.000
001600 Chicken Sandwich homemade 2g	1 each	90	418	2.61	753	*4	14.54	*0.02	61	45.42	3.98	26.31	74	74.7	0.18	3.40	\$0.000
990181 Chicken Sand SPICY 2M & 2.5G homemade	1 each	130	396	1.96	545	*4	16.15	*0.00	36	41.66	3.45	21.16	304	61.1	0.18	2.81	\$0.000
001754 ChickenNuggetsproview 6 nugs	serving	20	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
001681 Chicken Sandwichgrill home 2g	1 each	10	296	0.96	625	*4	12.15	*0.00	11	28.66	2.45	18.16	4	41.1	0.18	2.09	\$0.000
001649 Wheat Roll	2 OZ	20	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000
990249 potato sweet bites RND	.5 CUP	30	105	0.40	89	9	3.63	0.00	0	16.94	2.42	1.61	0	16.1	2.90	0.29	\$0.000
001690 onion rings	2.72 oz	120	202	1.52	233	5	8.09	0.00	0	28.31	3.03	3.03	0	101.1	2.43	1.09	\$0.000
001716 baked beans-vms	1/2 cup	96	262	0.01	435	*7	1.00	*0.00	0	50.70	12.37	14.40	455	90.8	36.35	2.31	\$0.000
990098 Veg Cup Broccoli,Carrot,Celery 1 CUP	Cup	96	40	0.04	96	4	0.24	0.00	0	8.79	3.36	1.36	10729	49.4	22.74	0.91	\$0.000
001537 Juice Cup Frozen	cup	150	70	0.00	5	*N/A*	0.00	0.00	0	18.00	3.00	0.00	400	80.0	60.00	0.36	\$0.000
000399 Peaches canned juice pack usda	.5 CUP	144	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00	300	0.0	1.20	0.00	\$0.000
990223 Lite Ranch cup 1.25 oz	each	96	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990234 fry sauce chatsworth	each	50	90	1.00	180	7	6.00	0.00	5	8.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990235 Ketchup cups 1 oz	each	50	35	0.00	260	7	0.00	0.00	0	8.00	0.00	0.00	200	0.0	2.40	0.00	\$0.000

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Portion Values

Nov 1, 2019 thru Nov 29, 2019

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001538 Honey Mustard Dipping cup heinz	container	50	45	0.00	115	5	0.50	0.00	0	9.00	1.00	1.00	0	0.0	0.00	0.00	\$0.000
990223 Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990257 bullseye BBQ sauce cups	each	50	45	0.00	240	9	0.00	0.00	0	10.00	0.00	0.00	0	0.0	0.00	0.72	\$0.000
000549 Trimmings (m,m,let, tom, on,pic	serving	40	25	0.03	292	*1	0.31	*0.00	0	4.95	0.76	0.68	225	18.4	4.32	0.24	\$0.000
001000 MACARONI AND CHEESE	CUP	100	295	7.16	772	*6	12.51	*0.44	41	30.87	1.05	14.36	623	525.8	0.00	1.36	\$0.000
001765 Strawberry Fat Free Milk TruMo	carton	100	110	0.00	125	18	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00	\$0.000
001764 Chocolate Fat Free Milk Tru Mo	carton	300	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
001763 Milk 1% dairy pure white	carton	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
000176 Water; Bottled	each	600	0	0.00	7	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02	\$0.000
Weighted Daily Average			882	10.00	1639	*34	32.33	*0.15	*79	112.07	13.28	35.92	*5480	544.4	*62.62	5.06	\$0.000
% of Calories				10.20%		*15.4%	33.0%	*0.2%		50.8%		16.3%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Monday - 11/04/2019

Reimbursable Meal Total 959

	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
001519 Salad, Southwestern	Serving	75	623	11.38	1465	*5	33.58	*0.00	94	51.40	*12.36	30.31	*3537	*215.7	*46.42	*13.98	\$0.000
990301 Salad, berry walnut	Serving	75	357	6.05	1069	*19	18.60	*0.00	30	35.29	7.32	15.34	3186	72.8	83.37	2.11	\$0.000
001517 Salad, Chef	Serving	25	266	4.99	878	*10	12.24	*0.00	143	21.57	5.85	21.71	10232	184.5	51.01	2.63	\$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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost	
001649	Wheat Roll	2 OZ	50	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000
000948	Bananas Dried	each	50	150	9.00	0	*N/A*	10.00	0.00	0	12.00	1.00	0.00	*N/A*	0.0	*N/A*	0.00	\$0.000
000438	Pears	.5 CUP	52	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00	0	0.0	1.19	0.00	\$0.000
001505	Veg Cup Broccoli,Carrot,Tomato	3/4 Cup	48	35	0.04	46	*3	0.29	*0.00	0	7.49	2.69	1.81	5797	36.5	45.33	0.76	\$0.000
990223	Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
001539	Chicken Cordon Bleu	5 oz	275	302	4.52	862	*0	12.67	*0.02	82	17.44	1.53	28.34	138	136.1	5.04	2.17	\$0.000
990222	potato pearls basic american	.5 CUP	300	88	0.00	402	*1	1.46	0.00	0	16.54	0.97	1.95	0	2.4	8.76	0.36	\$0.000
990064	Chicken Gravy *RESIZED*	4 oz 1 each	300	42	0.07	565	*0	0.40	*0.00	0	8.08	0.26	1.38	0	7.5	0.02	0.51	\$0.000
001649	Wheat Roll	2 OZ	300	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000
001505	Veg Cup Broccoli,Carrot,Tomato	3/4 Cup	96	35	0.04	46	*3	0.29	*0.00	0	7.49	2.69	1.81	5797	36.5	45.33	0.76	\$0.000
000948	Bananas Dried	each	100	150	9.00	0	*N/A*	10.00	0.00	0	12.00	1.00	0.00	*N/A*	0.0	*N/A*	0.00	\$0.000
000438	Pears	.5 CUP	104	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00	0	0.0	1.19	0.00	\$0.000
990223	Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990251	pizza Buffalo Chicken UHS	each	36	394	5.22	862	*10	17.57	0.56	21	41.43	3.00	18.02	438	302.2	0.01	1.89	\$0.000
990242	pizza pepperoni stuffed crust MAX	each	144	370	3.50	600	11	12.00	0.00	10	47.00	6.00	19.00	200	350.0	0.00	0.00	\$0.000
990245	seasoned potato wedges (lamb weston)	.5 CUP	140	114	1.31	245	1	5.25	0.00	0	15.75	1.75	1.75	0	0.0	0.00	0.63	\$0.000
000433	Mixed Vegetables	.5 cup	24	39	0.02	21	2	0.09	0.00	0	7.92	2.66	1.73	2587	15.1	1.94	0.50	\$0.000
001505	Veg Cup Broccoli,Carrot,Tomato	3/4 Cup	48	35	0.04	46	*3	0.29	*0.00	0	7.49	2.69	1.81	5797	36.5	45.33	0.76	\$0.000

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000948 Bananas Dried	each	50	150	9.00	0	*N/A*	10.00	0.00	0	12.00	1.00	0.00	*N/A*	0.0	*N/A*	0.00	\$0.000
000438 Pears	.5 CUP	52	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00	0	0.0	1.19	0.00	\$0.000
990223 Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990262 Deli Sand. Roast/Prov home2g UHS	Serving	100	322	3.81	775	*5	12.11	*0.00	41	34.55	2.69	20.05	139	166.5	0.20	2.59	\$0.000
001711 Sandwich, WOWBUTTER & Grape(2)	each	40	570	6.00	440	21	32.00	0.00	0	55.00	8.00	19.00	*N/A*	150.0	*N/A*	5.40	\$0.000
990218 UHS chips 1	1 each	250	122	0.75	185	*1	4.50	0.00	0	18.50	2.00	2.00	25	5.0	0.30	0.18	\$0.000
990241 string cheese mozzarella 1oz	each	140	90	5.00	200	0	7.00	0.00	20	0.00	0.00	7.00	0	0.0	0.00	0.00	\$0.000
990153 Carrots Baby 1 CUP	cup	60	60	0.04	133	8	0.22	0.00	0	14.02	4.93	1.09	23456	54.4	4.42	1.51	\$0.000
000948 Bananas Dried	each	100	150	9.00	0	*N/A*	10.00	0.00	0	12.00	1.00	0.00	*N/A*	0.0	*N/A*	0.00	\$0.000
000064 APPLES,Fresh	EACH	100	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17	\$0.000
990223 Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
001435 Cheeseburger- 2.5 M 2 G	EACH	15	368	7.02	732	*5	18.50	*0.16	45	31.34	3.45	19.73	264	209.3	0.18	3.26	\$0.000
001600 Chicken Sandwich homemade 2g	1 each	100	418	2.61	753	*4	14.54	*0.02	61	45.42	3.98	26.31	74	74.7	0.18	3.40	\$0.000
990181 Chicken Sand SPICY 2M & 2.5G homemade	1 each	130	396	1.96	545	*4	16.15	*0.00	36	41.66	3.45	21.16	304	61.1	0.18	2.81	\$0.000
001552 ChickenNuggetsprovie2 m1g	3 oz	30	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
001681 Chicken Sandwichgrill home 2g	1 each	15	296	0.96	625	*4	12.15	*0.00	11	28.66	2.45	18.16	4	41.1	0.18	2.09	\$0.000
001649 Wheat Roll	2 OZ	40	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000
000548 Trimmings (k,m,m,let,tom,onion)	serving	60	53	0.01	438	*8	0.22	*0.00	0	11.37	0.29	0.38	240	7.3	3.29	0.14	\$0.000

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Nov 1, 2019 thru Nov 29, 2019

	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
001538 Honey Mustard Dipping cup heinz	container	50	45	0.00	115	5	0.50	0.00	0	9.00	1.00	1.00	0	0.0	0.00	0.00	\$0.000
990223 Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990257 bullseye BBQ sauce cups	each	50	45	0.00	240	9	0.00	0.00	0	10.00	0.00	0.00	0	0.0	0.00	0.72	\$0.000
990245 seasoned potato wedges (lamb weston)	.5 CUP	160	114	1.31	245	1	5.25	0.00	0	15.75	1.75	1.75	0	0.0	0.00	0.63	\$0.000
000433 Mixed Vegetables	.5 cup	60	39	0.02	21	2	0.09	0.00	0	7.92	2.66	1.73	2587	15.1	1.94	0.50	\$0.000
001505 Veg Cup Broccoli,Carrot,Tomato	3/4 Cup	96	35	0.04	46	*3	0.29	*0.00	0	7.49	2.69	1.81	5797	36.5	45.33	0.76	\$0.000
000948 Bananas Dried	each	100	150	9.00	0	*N/A*	10.00	0.00	0	12.00	1.00	0.00	*N/A*	0.0	*N/A*	0.00	\$0.000
000438 Pears	.5 CUP	104	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00	0	0.0	1.19	0.00	\$0.000
990223 Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
001765 Strawberry Fat Free Milk TruMo	carton	100	110	0.00	125	18	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00	\$0.000
001764 Chocolate Fat Free Milk Tru Mo	carton	300	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
001763 Milk 1% dairy pure white	carton	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
000176 Water; Bottled	each	600	0	0.00	7	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02	\$0.000
Weighted Daily Average			787	10.72	1602	*26	30.50	*0.04	*66	92.95	*9.85	35.06	*4810	*363.4	*31.82	*4.81	\$0.000
% of Calories				12.26%		*13.2%	34.9%	*0.0%		47.2%		17.8%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Tuesday - 11/05/2019

Reimbursable Meal Total 982

Planned Menu Spreadsheet

Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
001517 Salad, Chef	Serving	50	266	4.99	878	*10	12.24	*0.00	143	21.57	5.85	21.71	10232	184.5	51.01	2.63	\$0.000
001516 Salad, Oriental Chicken	Serving	50	767	5.69	1263	*14	40.98	*0.64	30	82.18	9.58	20.20	9206	114.7	23.94	6.09	\$0.000
001649 Wheat Roll	2 OZ	30	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000
001415 Soup Golden Broccoli Cheese	1/2 Cup	32	150	3.00	800	*N/A*	11.00	0.00	10	10.00	2.00	2.00	100	60.0	3.60	0.36	\$0.000
001304 Soup Roasted Chick Noodle	1/2 Cup	32	82	0.51	849	*N/A*	2.05	0.00	15	9.21	0.00	6.14	512	0.0	0.00	0.37	\$0.000
001535 Sandwich Bar sides	Serving	25	48	0.41	355	*1	2.16	*0.00	0	6.71	1.47	1.12	366	33.8	14.10	1.34	\$0.000
001257 Bananas- Whole	1 Banana	30	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26	\$0.000
000399 Peaches canned juice pack usda	.5 CUP	96	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00	300	0.0	1.20	0.00	\$0.000
000612 Meatball Sandwich	each	358	458	8.08	638	*12	21.56	*0.00	54	43.63	3.69	23.39	47	82.9	25.20	7.31	\$0.000
990243 french fried potatoes Value way	.5 CUP	275	95	0.79	20	1	3.16	0.00	0	14.22	1.58	1.58	0	0.0	0.00	0.00	\$0.000
990235 Ketchup cups 1 oz	each	100	35	0.00	260	7	0.00	0.00	0	8.00	0.00	0.00	200	0.0	2.40	0.00	\$0.000
990234 fry sauce chatsworth	each	100	90	1.00	180	7	6.00	0.00	5	8.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990221 Green beans del monte RS	1/2 cup	48	20	0.00	142	2	0.00	0.00	0	4.06	2.03	1.02	305	20.3	2.44	0.73	\$0.000
001668 Side Salad	1.25 Cup	50	61	0.12	85	*1	0.60	0.00	0	10.95	3.52	3.67	1678	46.9	10.92	1.43	\$0.000
001257 Bananas- Whole	1 Banana	100	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26	\$0.000
000399 Peaches canned juice pack usda	.5 CUP	96	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00	300	0.0	1.20	0.00	\$0.000
990223 Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990242 pizza pepperoni stuffed crust MAX	each	144	370	3.50	600	11	12.00	0.00	10	47.00	6.00	19.00	200	350.0	0.00	0.00	\$0.000

Planned Menu Spreadsheet

Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
990147 Pizza, Combo Max	Slice	24	409	4.17	668	*11	14.13	*0.00	17	49.44	6.30	21.10	288	362.4	14.77	0.81	\$0.000
990243 french fried potatoes Value way	.5 CUP	140	95	0.79	20	1	3.16	0.00	0	14.22	1.58	1.58	0	0.0	0.00	0.00	\$0.000
990221 Green beans del monte RS	1/2 cup	24	20	0.00	142	2	0.00	0.00	0	4.06	2.03	1.02	305	20.3	2.44	0.73	\$0.000
001668 Side Salad	1.25 Cup	50	61	0.12	85	*1	0.60	0.00	0	10.95	3.52	3.67	1678	46.9	10.92	1.43	\$0.000
001257 Bananas- Whole	1 Banana	100	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26	\$0.000
000399 Peaches canned juice pack usda	.5 CUP	96	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00	300	0.0	1.20	0.00	\$0.000
990223 Lite Ranch cup 1.25 oz	each	60	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990235 Ketchup cups 1 oz	each	60	35	0.00	260	7	0.00	0.00	0	8.00	0.00	0.00	200	0.0	2.40	0.00	\$0.000
990234 fry sauce chatsworth	each	60	90	1.00	180	7	6.00	0.00	5	8.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
001697 Chicken Salad Sandwich	servings	96	526	7.35	574	9	36.25	*0.00	51	34.55	2.37	14.78	30	26.8	2.66	1.94	\$0.000
001711 Sandwich, WOWBUTTER & Grape(2)	each	40	570	6.00	440	21	32.00	0.00	0	55.00	8.00	19.00	*N/A*	150.0	*N/A*	5.40	\$0.000
990219 UHS chips 2	1 each	250	128	0.62	175	*0	4.38	0.00	0	20.25	2.00	2.00	0	10.0	0.60	0.36	\$0.000
990241 string cheese mozzarella 1oz	each	136	90	5.00	200	0	7.00	0.00	20	0.00	0.00	7.00	0	0.0	0.00	0.00	\$0.000
001257 Bananas- Whole	1 Banana	100	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26	\$0.000
001769 craisins strawberry	each	100	110	0.00	0	24	0.00	0.00	*N/A*	28.00	3.00	0.00	0	0.0	0.00	0.00	\$0.000
990252 Carrots Baby 3/4 Cup	3/4 cup	50	40	0.03	88	5	0.15	0.00	0	9.34	3.29	0.73	15638	36.3	2.95	1.01	\$0.000
001668 Side Salad	1.25 Cup	48	61	0.12	85	*1	0.60	0.00	0	10.95	3.52	3.67	1678	46.9	10.92	1.43	\$0.000
990223 Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000

Planned Menu Spreadsheet

Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
001435 Cheeseburger- 2.5 M 2 G	EACH	15	368	7.02	732	*5	18.50	*0.16	45	31.34	3.45	19.73	264	209.3	0.18	3.26	\$0.000
001600 Chicken Sandwich homemade 2g	1 each	100	418	2.61	753	*4	14.54	*0.02	61	45.42	3.98	26.31	74	74.7	0.18	3.40	\$0.000
990181 Chicken Sand SPICY 2M & 2.5G homemade	1 each	130	396	1.96	545	*4	16.15	*0.00	36	41.66	3.45	21.16	304	61.1	0.18	2.81	\$0.000
001552 ChickenNuggetsproview2 m1g	3 oz	30	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
001681 Chicken Sandwichgrill home 2g	1 each	15	296	0.96	625	*4	12.15	*0.00	11	28.66	2.45	18.16	4	41.1	0.18	2.09	\$0.000
001649 Wheat Roll	2 OZ	40	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000
000548 Trimmings (k,m,m,let,tom,onion)	serving	60	53	0.01	438	*8	0.22	*0.00	0	11.37	0.29	0.38	240	7.3	3.29	0.14	\$0.000
001538 Honey Mustard Dipping cup heinz	container	50	45	0.00	115	5	0.50	0.00	0	9.00	1.00	1.00	0	0.0	0.00	0.00	\$0.000
990223 Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990257 bullseye BBQ sauce cups	each	50	45	0.00	240	9	0.00	0.00	0	10.00	0.00	0.00	0	0.0	0.00	0.72	\$0.000
990243 french fried potatoes Value way	.5 CUP	160	95	0.79	20	1	3.16	0.00	0	14.22	1.58	1.58	0	0.0	0.00	0.00	\$0.000
001668 Side Salad	1.25 Cup	50	61	0.12	85	*1	0.60	0.00	0	10.95	3.52	3.67	1678	46.9	10.92	1.43	\$0.000
001257 Bananas- Whole	1 Banana	100	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26	\$0.000
000399 Peaches canned juice pack usda	.5 CUP	96	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00	300	0.0	1.20	0.00	\$0.000
990223 Lite Ranch cup 1.25 oz	each	100	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990235 Ketchup cups 1 oz	each	100	35	0.00	260	7	0.00	0.00	0	8.00	0.00	0.00	200	0.0	2.40	0.00	\$0.000
990234 fry sauce chatsworth	each	100	90	1.00	180	7	6.00	0.00	5	8.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
001765 Strawberry Fat Free Milk TruMo	carton	100	110	0.00	125	18	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00	\$0.000

Planned Menu Spreadsheet

Uintah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
001764 Chocolate Fat Free Milk Tru Mo	carton	300	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
001763 Milk 1% dairy pure white	carton	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
000176 Water; Bottled	each	600	0	0.00	7	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02	\$0.000
Weighted Daily Average			795	7.96	1180	*38	30.56	*0.04	*59	99.26	9.32	31.03	*2888	308.4	*22.60	5.20	\$0.000
% of Calories				9.01%		*19.1%	34.6%	*0.0%		49.9%		15.6%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Wednesday - 11/06/2019

Reimbursable Meal Total 1014

	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
001470 Potato Bar/ VJH-meat Chili	serving	75	649	10.97	1368	*14	23.52	*0.52	73	82.17	14.96	31.15	11226	466.9	61.16	7.40	\$0.000
990307 nacho cheese sauce trio 2018	1/4 cup	75	47	0.00	317	*2	1.05	0.00	0	9.45	0.00	0.00	0	1.1	0.00	0.00	\$0.000
001520 Salad, Taco	Serving	50	601	13.92	776	*3	31.75	*0.00	79	51.51	11.68	29.11	3733	299.2	16.25	7.97	\$0.000
990083 Corn Bread 2G	4 oz	80	511	12.69	782	*30	21.66	*0.74	126	70.90	1.78	8.82	767	78.3	0.49	2.81	\$0.000
001002 Honey Butter	2 TEASPOON	80	36	0.72	47	*3	2.88	*0.04	*0	2.67	0.01	0.03	*0	0.3	0.02	0.02	\$0.000
000086 Oranges Fresh Whole	EACH	80	43	0.00	0	*N/A*	0.00	0.00	0	10.56	1.92	0.96	192	38.4	48.96	0.17	\$0.000
990308 Apple Goodie	4 oz	30	196	2.46	37	*25	4.42	*0.15	10	37.86	2.30	2.12	116	24.9	0.70	0.95	\$0.000
001505 Veg Cup Broccoli,Carrot, Tomato	3/4 Cup	24	35	0.04	46	*3	0.29	*0.00	0	7.49	2.69	1.81	5797	36.5	45.33	0.76	\$0.000
990223 Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000

Planned Menu Spreadsheet

Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
990263 Deli Sand Turk/Pep Jack home2g UHS	sandwich	100	347	5.32	754	*5	14.63	*0.00	58	33.12	2.69	23.20	139	146.5	0.20	1.51	\$0.000
001711 Sandwich, WOWBUTTER & Grape(2)	each	40	570	6.00	440	21	32.00	0.00	0	55.00	8.00	19.00	*N/A*	150.0	*N/A*	5.40	\$0.000
990218 UHS chips 1	1 each	250	122	0.75	185	*1	4.50	0.00	0	18.50	2.00	2.00	25	5.0	0.30	0.18	\$0.000
990241 string cheese mozzarella 1oz	each	136	90	5.00	200	0	7.00	0.00	20	0.00	0.00	7.00	0	0.0	0.00	0.00	\$0.000
000086 Oranges Fresh Whole	EACH	100	43	0.00	0	*N/A*	0.00	0.00	0	10.56	1.92	0.96	192	38.4	48.96	0.17	\$0.000
990096 Veg Cup Broccoli,Carrot,Tomato 1 CUP	Cup	96	41	0.04	68	*4	0.25	*0.00	0	9.14	3.21	1.43	10872	38.3	26.69	0.93	\$0.000
990223 Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
001608 Juice, Fruitable Mixed Berry	Each	200	60	0.00	15	*N/A*	0.00	0.00	0	14.00	0.00	0.00	500	0.0	0.00	0.00	\$0.000
000664 Mayonnaise	packet	200	10	0.00	120	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
000223 MUSTARD: individual PC	PC packet	100	3	0.01	56	*N/A*	0.20	*N/A*	0	0.29	0.04	0.21	0	3.8	0.00	0.09	\$0.000
001554 Corn Dog Turkey (StateFair)2m2g	each	300	280	3.50	650	*N/A*	13.00	0.00	40	31.00	1.00	9.00	0	80.0	1.20	1.80	\$0.000
990254 tator tots puzzle peice	.5 CUP	300	77	0.60	185	0	3.57	0.00	0	9.52	1.19	1.19	0	0.0	2.14	0.00	\$0.000
001551 Peas(from frozen)-contest name	.5 CUP	100	62	0.04	58	4	0.22	0.00	0	11.41	3.60	4.12	1680	19.2	7.92	1.22	\$0.000
000712 condiments (ket,mus.)	servings	200	38	0.01	316	*7	0.20	*0.00	0	8.29	0.04	0.21	200	3.8	2.40	0.09	\$0.000
001505 Veg Cup Broccoli,Carrot,Tomato	3/4 Cup	96	35	0.04	46	*3	0.29	*0.00	0	7.49	2.69	1.81	5797	36.5	45.33	0.76	\$0.000
000086 Oranges Fresh Whole	EACH	100	43	0.00	0	*N/A*	0.00	0.00	0	10.56	1.92	0.96	192	38.4	48.96	0.17	\$0.000
990308 Apple Goodie	4 oz	30	196	2.46	37	*25	4.42	*0.15	10	37.86	2.30	2.12	116	24.9	0.70	0.95	\$0.000
990223 Lite Ranch cup 1.25 oz	each	96	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000

Planned Menu Spreadsheet

Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
990234 fry sauce chatsworth	each	50	90	1.00	180	7	6.00	0.00	5	8.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990235 Ketchup cups 1 oz	each	50	35	0.00	260	7	0.00	0.00	0	8.00	0.00	0.00	200	0.0	2.40	0.00	\$0.000
990242 pizza pepperoni stuffed crust MAX	each	144	370	3.50	600	11	12.00	0.00	10	47.00	6.00	19.00	200	350.0	0.00	0.00	\$0.000
990146 Pizza, Hawiian max	Slice	24	358	4.54	876	*4	14.64	*0.00	19	39.48	3.34	17.24	312	306.1	2.62	1.99	\$0.000
990254 tator tots puzzle peice	.5 CUP	140	77	0.60	185	0	3.57	0.00	0	9.52	1.19	1.19	0	0.0	2.14	0.00	\$0.000
000625 Peas(from frozen)	.5 cup	24	62	0.04	58	4	0.22	0.00	0	11.41	3.60	4.12	1680	19.2	7.92	1.22	\$0.000
001505 Veg Cup Broccoli,Carrot,Tomato	3/4 Cup	48	35	0.04	46	*3	0.29	*0.00	0	7.49	2.69	1.81	5797	36.5	45.33	0.76	\$0.000
000086 Oranges Fresh Whole	EACH	50	43	0.00	0	*N/A*	0.00	0.00	0	10.56	1.92	0.96	192	38.4	48.96	0.17	\$0.000
990308 Apple Goodie	4 oz	30	196	2.46	37	*25	4.42	*0.15	10	37.86	2.30	2.12	116	24.9	0.70	0.95	\$0.000
990223 Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990234 fry sauce chatsworth	each	50	90	1.00	180	7	6.00	0.00	5	8.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990235 Ketchup cups 1 oz	each	50	35	0.00	260	7	0.00	0.00	0	8.00	0.00	0.00	200	0.0	2.40	0.00	\$0.000
001435 Cheeseburger- 2.5 M 2 G	EACH	15	368	7.02	732	*5	18.50	*0.16	45	31.34	3.45	19.73	264	209.3	0.18	3.26	\$0.000
001600 Chicken Sandwich homemade 2g	1 each	100	418	2.61	753	*4	14.54	*0.02	61	45.42	3.98	26.31	74	74.7	0.18	3.40	\$0.000
990181 Chicken Sand SPICY 2M & 2.5G homemade	1 each	130	396	1.96	545	*4	16.15	*0.00	36	41.66	3.45	21.16	304	61.1	0.18	2.81	\$0.000
001552 ChickenNuggetsproview2 m1g	3 oz	30	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
001681 Chicken Sandwichgrill home 2g	1 each	15	296	0.96	625	*4	12.15	*0.00	11	28.66	2.45	18.16	4	41.1	0.18	2.09	\$0.000
001649 Wheat Roll	2 OZ	20	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000

Planned Menu Spreadsheet

Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
990254 tator tots puzzle peice	.5 CUP	160	77	0.60	185	0	3.57	0.00	0	9.52	1.19	1.19	0	0.0	2.14	0.00	\$0.000
000548 Trimmings (k,m,m,let,tom,onion)	serving	60	53	0.01	438	*8	0.22	*0.00	0	11.37	0.29	0.38	240	7.3	3.29	0.14	\$0.000
001538 Honey Mustard Dipping cup heinz	container	50	45	0.00	115	5	0.50	0.00	0	9.00	1.00	1.00	0	0.0	0.00	0.00	\$0.000
990257 bullseye BBQ sauce cups	each	50	45	0.00	240	9	0.00	0.00	0	10.00	0.00	0.00	0	0.0	0.00	0.72	\$0.000
990223 Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990235 Ketchup cups 1 oz	each	50	35	0.00	260	7	0.00	0.00	0	8.00	0.00	0.00	200	0.0	2.40	0.00	\$0.000
990234 fry sauce chatsworth	each	50	90	1.00	180	7	6.00	0.00	5	8.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
000625 Peas(from frozen)	.5 cup	96	62	0.04	58	4	0.22	0.00	0	11.41	3.60	4.12	1680	19.2	7.92	1.22	\$0.000
001505 Veg Cup Broccoli,Carrot,Tomato	3/4 Cup	96	35	0.04	46	*3	0.29	*0.00	0	7.49	2.69	1.81	5797	36.5	45.33	0.76	\$0.000
000086 Oranges Fresh Whole	EACH	100	43	0.00	0	*N/A*	0.00	0.00	0	10.56	1.92	0.96	192	38.4	48.96	0.17	\$0.000
990308 Apple Goodie	4 oz	30	196	2.46	37	*25	4.42	*0.15	10	37.86	2.30	2.12	116	24.9	0.70	0.95	\$0.000
990223 Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
001764 Chocolate Fat Free Milk Tru Mo	carton	300	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
001763 Milk 1% dairy pure white	carton	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
001765 Strawberry Fat Free Milk TruMo	carton	100	110	0.00	125	18	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00	\$0.000

Planned Menu Spreadsheet

Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000176 Water; Bottled	each	600	0	0.00	7	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02	\$0.000
Weighted Daily Average			715	7.70	1342	*26	26.18	*0.12	*62	91.60	8.77	27.91	*4743	363.1	*45.70	3.83	\$0.000
% of Calories				9.69%		*14.5%	33.0%	*0.2%		51.2%		15.6%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Thursday - 11/07/2019

Reimbursable Meal Total 979

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990299 Salad, buffalo chicken	Serving	50	381	7.80	488	*12	22.38	*0.52	90	20.23	3.85	26.42	9916	111.6	21.33	2.35	\$0.000
001517 Salad, Chef	Serving	50	266	4.99	878	*10	12.24	*0.00	143	21.57	5.85	21.71	10232	184.5	51.01	2.63	\$0.000
001649 Wheat Roll	2 OZ	30	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000
001414 Soup Cream of Potato	1/2 Cup	32	160	3.00	830	*N/A*	8.00	0.00	10	18.00	2.00	3.00	200	60.0	0.00	0.36	\$0.000
990081 VEGETABLE SOUP:scratch-potatoe *RESIZED*	1/2 CUP	32	37	0.03	424	*1	0.22	*0.00	0	7.93	1.31	1.62	721	12.6	6.73	0.47	\$0.000
001535 Sandwich Bar sides	Serving	30	48	0.41	355	*1	2.16	*0.00	0	6.71	1.47	1.12	366	33.8	14.10	1.34	\$0.000
001529 Clementines	each	50	35	0.00	0	*N/A*	0.00	0.00	0	9.00	1.00	1.00	0	20.0	36.00	0.18	\$0.000
000092 Pineapple Chunks:canned,lt syr	1/2 cup	50	66	0.01	1	16	0.15	0.00	0	16.95	1.01	0.45	48	17.6	9.45	0.49	\$0.000
001352 Orange Chicken	3.6 oz	240	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
990329 General Tso's Chicken Asian foods	3.9 oz	120	210	1.00	450	14	7.00	0.00	50	24.00	1.00	12.00	0	20.0	0.00	0.72	\$0.000
001649 Wheat Roll	2 OZ	360	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000

Planned Menu Spreadsheet

Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
001264 Rice 50/50	1/2 CUP	360	137	0.11	80	*0	0.55	0.00	*0	29.38	*0.66	2.77	*0	*6.3	*0.00	0.88	\$0.000
000258 Broccoli from Frozen	.5 cup	50	29	0.02	11	2	0.12	0.00	0	5.46	3.06	3.16	1032	33.7	40.92	0.62	\$0.000
990056 Carrots:frozen, boiled	1/2 CUP	50	27	0.09	43	3	0.50	0.00	0	5.64	2.41	0.42	12357	25.6	1.68	0.39	\$0.000
001668 Side Salad	1.25 Cup	96	61	0.12	85	*1	0.60	0.00	0	10.95	3.52	3.67	1678	46.9	10.92	1.43	\$0.000
001529 Clementines	each	100	35	0.00	0	*N/A*	0.00	0.00	0	9.00	1.00	1.00	0	20.0	36.00	0.18	\$0.000
000092 Pineapple Chunks:canned,lt syr	1/2 cup	50	66	0.01	1	16	0.15	0.00	0	16.95	1.01	0.45	48	17.6	9.45	0.49	\$0.000
990223 Lite Ranch cup 1.25 oz	each	96	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990242 pizza pepperoni stuffed crust MAX	each	144	370	3.50	600	11	12.00	0.00	10	47.00	6.00	19.00	200	350.0	0.00	0.00	\$0.000
001625 Pizza, Veggie max	Slice	18	350	4.70	882	*4	14.93	*0.00	15	37.44	3.30	16.18	388	311.6	14.77	2.45	\$0.000
990056 Carrots:frozen, boiled	1/2 CUP	24	27	0.09	43	3	0.50	0.00	0	5.64	2.41	0.42	12357	25.6	1.68	0.39	\$0.000
990245 seasoned potato wedges (lamb weston)	.5 CUP	140	114	1.31	245	1	5.25	0.00	0	15.75	1.75	1.75	0	0.0	0.00	0.63	\$0.000
001668 Side Salad	1.25 Cup	48	61	0.12	85	*1	0.60	0.00	0	10.95	3.52	3.67	1678	46.9	10.92	1.43	\$0.000
001529 Clementines	each	50	35	0.00	0	*N/A*	0.00	0.00	0	9.00	1.00	1.00	0	20.0	36.00	0.18	\$0.000
000092 Pineapple Chunks:canned,lt syr	1/2 cup	50	66	0.01	1	16	0.15	0.00	0	16.95	1.01	0.45	48	17.6	9.45	0.49	\$0.000
990223 Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990234 fry sauce chatsworth	each	50	90	1.00	180	7	6.00	0.00	5	8.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990235 Ketchup cups 1 oz	each	50	35	0.00	260	7	0.00	0.00	0	8.00	0.00	0.00	200	0.0	2.40	0.00	\$0.000
990265 Deli Sand Club/Mozz home2g UHS	sandwich	100	306	4.27	731	*5	11.69	*0.00	32	33.28	2.69	17.84	71	152.7	0.20	1.97	\$0.000

Planned Menu Spreadsheet

Uintah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
001711 Sandwich, WOWBUTTER & Grape(2)	each	40	570	6.00	440	21	32.00	0.00	0	55.00	8.00	19.00	*N/A*	150.0	*N/A*	5.40	\$0.000
990219 UHS chips 2	1 each	250	128	0.62	175	*0	4.38	0.00	0	20.25	2.00	2.00	0	10.0	0.60	0.36	\$0.000
990241 string cheese mozzarella 1oz	each	136	90	5.00	200	0	7.00	0.00	20	0.00	0.00	7.00	0	0.0	0.00	0.00	\$0.000
000788 Potato Salad	1/2 cup	50	213	3.02	283	1	18.37	*0.00	67	9.20	0.86	2.82	83	11.4	5.86	0.34	\$0.000
001529 Clementines	each	100	35	0.00	0	*N/A*	0.00	0.00	0	9.00	1.00	1.00	0	20.0	36.00	0.18	\$0.000
000533 Trimmings (may,must,let, pick)	servings	100	15	0.02	290	*0	0.24	*0.00	0	2.70	0.22	0.30	30	12.2	0.39	0.14	\$0.000
000701 Raisins in a box	box	96	113	0.04	10	25	0.09	0.00	0	29.91	1.70	1.24	0	23.4	0.87	0.68	\$0.000
990252 Carrots Baby 3/4 Cup	3/4 cup	50	40	0.03	88	5	0.15	0.00	0	9.34	3.29	0.73	15638	36.3	2.95	1.01	\$0.000
990223 Lite Ranch cup 1.25 oz	each	96	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
001435 Cheeseburger- 2.5 M 2 G	EACH	15	368	7.02	732	*5	18.50	*0.16	45	31.34	3.45	19.73	264	209.3	0.18	3.26	\$0.000
001600 Chicken Sandwich homemade 2g	1 each	90	418	2.61	753	*4	14.54	*0.02	61	45.42	3.98	26.31	74	74.7	0.18	3.40	\$0.000
990181 Chicken Sand SPICY 2M & 2.5G homemade	1 each	130	396	1.96	545	*4	16.15	*0.00	36	41.66	3.45	21.16	304	61.1	0.18	2.81	\$0.000
001552 ChickenNuggetsproview2 m1g	3 oz	20	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
001681 Chicken Sandwichgrill home 2g	1 each	15	296	0.96	625	*4	12.15	*0.00	11	28.66	2.45	18.16	4	41.1	0.18	2.09	\$0.000
001649 Wheat Roll	2 OZ	20	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000
001208 Trimmings (ket,may,mus,let,pic)	servings	50	50	0.02	550	*7	0.24	*0.00	0	10.70	0.22	0.30	230	12.2	2.79	0.14	\$0.000
001538 Honey Mustard Dipping cup heinz	container	50	45	0.00	115	5	0.50	0.00	0	9.00	1.00	1.00	0	0.0	0.00	0.00	\$0.000
990223 Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000

Planned Menu Spreadsheet

Uintah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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	
990257	bullseye BBQ sauce cups	each	50	45	0.00	240	9	0.00	0.00	0	10.00	0.00	0.00	0	0.0	0.00	0.72	\$0.000
990056	Carrots:frozen, boiled	1/2 CUP	96	27	0.09	43	3	0.50	0.00	0	5.64	2.41	0.42	12357	25.6	1.68	0.39	\$0.000
990245	seasoned potato wedges (lamb weston)	.5 CUP	160	114	1.31	245	1	5.25	0.00	0	15.75	1.75	1.75	0	0.0	0.00	0.63	\$0.000
001668	Side Salad	1.25 Cup	96	61	0.12	85	*1	0.60	0.00	0	10.95	3.52	3.67	1678	46.9	10.92	1.43	\$0.000
001529	Clementines	each	100	35	0.00	0	*N/A*	0.00	0.00	0	9.00	1.00	1.00	0	20.0	36.00	0.18	\$0.000
000092	Pineapple Chunks:canned,lt syr	1/2 cup	50	66	0.01	1	16	0.15	0.00	0	16.95	1.01	0.45	48	17.6	9.45	0.49	\$0.000
990223	Lite Ranch cup 1.25 oz	each	96	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990234	fry sauce chatsworth	each	50	90	1.00	180	7	6.00	0.00	5	8.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990235	Ketchup cups 1 oz	each	50	35	0.00	260	7	0.00	0.00	0	8.00	0.00	0.00	200	0.0	2.40	0.00	\$0.000
001765	Strawberry Fat Free Milk TruMo	carton	100	110	0.00	125	18	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00	\$0.000
001764	Chocolate Fat Free Milk Tru Mo	carton	300	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
001763	Milk 1% dairy pure white	carton	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
000176	Water; Bottled	each	600	0	0.00	7	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02	\$0.000
Weighted Daily Average				694	5.38	1185	*26	22.93	*0.04	*59	93.66	*7.88	29.46	*5048	*327.1	*28.46	3.76	\$0.000
% of Calories					6.98%		*15.0%	29.7%	*0.1%		54.0%		17.0%					
Weekly Nutrient Guideline				750 - 850	<10	1420		<=0										

Friday - 11/08/2019

Reimbursable Meal Total 923

Planned Menu Spreadsheet

Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
001517 Salad, Chef	Serving	50	266	4.99	878	*10	12.24	*0.00	143	21.57	5.85	21.71	10232	184.5	51.01	2.63	\$0.000
990302 Salad, Cobb	Serving	50	451	10.15	878	*4	28.60	*0.01	263	19.64	3.97	29.24	4074	119.8	20.62	2.93	\$0.000
001565 Chicken Tortilla Soup	cup	32	354	2.85	1222	*0	7.57	*0.00	54	44.99	9.62	25.96	1058	180.0	16.80	3.40	\$0.000
990256 Tomato soup condensed Heinz	CUP	32	69	0.39	254	*6	0.65	0.00	3	12.74	0.00	3.05	275	87.9	2.55	0.35	\$0.000
001649 Wheat Roll	2 OZ	30	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000
000064 APPLES,Fresh	EACH	50	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17	\$0.000
990240 mandarin oranges sysco	.5 CUP	24	70	0.00	10	17	0.00	0.00	0	17.00	1.00	1.00	300	20.0	24.00	0.72	\$0.000
990295 cookies,chocolate chip,wg bake crafters	each	50	110	1.00	80	8	3.50	0.00	5	18.00	1.00	1.00	0	0.0	0.00	1.08	\$0.000
000223 MUSTARD: individual PC	PC packet	100	3	0.01	56	*N/A*	0.20	*N/A*	0	0.29	0.04	0.21	0	3.8	0.00	0.09	\$0.000
000664 Mayonnaise	packet	200	10	0.00	120	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990098 Veg Cup Broccoli,Carrot,Celery 1 CUP	Cup	50	40	0.04	96	4	0.24	0.00	0	8.79	3.36	1.36	10729	49.4	22.74	0.91	\$0.000
990223 Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
008069 Macho Nacho 2 M & 2.5 g	serving	250	487	14.00	194	*0	26.77	*2.36	61	41.55	6.08	20.93	0	93.1	0.00	3.65	\$0.000
000113 Sour Cream Reduced Fat	tbsp	250	24	1.15	10	0	1.86	*N/A*	5	0.97	0.00	0.96	58	19.9	0.12	0.01	\$0.000
990232 salsa,low-sodium,pouch	tbs	250	5	0.00	17	*0	0.00	*0.00	0	0.90	0.44	0.00	0	0.0	0.00	0.00	\$0.000
990295 cookies,chocolate chip,wg bake crafters	each	225	110	1.00	80	8	3.50	0.00	5	18.00	1.00	1.00	0	0.0	0.00	1.08	\$0.000
990098 Veg Cup Broccoli,Carrot,Celery 1 CUP	Cup	96	40	0.04	96	4	0.24	0.00	0	8.79	3.36	1.36	10729	49.4	22.74	0.91	\$0.000
000064 APPLES,Fresh	EACH	100	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17	\$0.000

Planned Menu Spreadsheet

Uintah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
990240 mandarin oranges sysco	.5 CUP	96	70	0.00	10	17	0.00	0.00	0	17.00	1.00	1.00	300	20.0	24.00	0.72	\$0.000
000581 Corn canned	1/2 cup	50	83	0.08	286	6	0.52	0.00	0	20.41	2.10	2.53	85	5.2	8.50	0.44	\$0.000
990223 Lite Ranch cup 1.25 oz	each	96	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990242 pizza pepperoni stuffed crust MAX	each	144	370	3.50	600	11	12.00	0.00	10	47.00	6.00	19.00	200	350.0	0.00	0.00	\$0.000
990247 Pizza, Stuffed crust Cheese max	each	36	330	4.50	820	4	14.00	0.00	15	35.00	3.00	16.00	300	300.0	0.00	1.80	\$0.000
990249 potato sweet bites RND	.5 CUP	30	105	0.40	89	9	3.63	0.00	0	16.94	2.42	1.61	0	16.1	2.90	0.29	\$0.000
001690 onion rings	2.72 oz	100	202	1.52	233	5	8.09	0.00	0	28.31	3.03	3.03	0	101.1	2.43	1.09	\$0.000
000581 Corn canned	1/2 cup	50	83	0.08	286	6	0.52	0.00	0	20.41	2.10	2.53	85	5.2	8.50	0.44	\$0.000
990295 cookies,chocolate chip,wg bake crafters	each	175	110	1.00	80	8	3.50	0.00	5	18.00	1.00	1.00	0	0.0	0.00	1.08	\$0.000
990235 Ketchup cups 1 oz	each	50	35	0.00	260	7	0.00	0.00	0	8.00	0.00	0.00	200	0.0	2.40	0.00	\$0.000
990234 fry sauce chatsworth	each	50	90	1.00	180	7	6.00	0.00	5	8.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990264 Deli Sand. ham/Chedd home 2g UHS	sandwich	100	315	5.59	673	*6	14.49	*0.00	41	34.55	2.69	16.55	139	146.5	0.20	1.51	\$0.000
001711 Sandwich, WOWBUTTER & Grape(2)	each	40	570	6.00	440	21	32.00	0.00	0	55.00	8.00	19.00	*N/A*	150.0	*N/A*	5.40	\$0.000
990218 UHS chips 1	1 each	250	122	0.75	185	*1	4.50	0.00	0	18.50	2.00	2.00	25	5.0	0.30	0.18	\$0.000
990241 string cheese mozzarella 1oz	each	136	90	5.00	200	0	7.00	0.00	20	0.00	0.00	7.00	0	0.0	0.00	0.00	\$0.000
990295 cookies,chocolate chip,wg bake crafters	each	175	110	1.00	80	8	3.50	0.00	5	18.00	1.00	1.00	0	0.0	0.00	1.08	\$0.000
990098 Veg Cup Broccoli,Carrot,Celery 1 CUP	Cup	50	40	0.04	96	4	0.24	0.00	0	8.79	3.36	1.36	10729	49.4	22.74	0.91	\$0.000
000064 APPLES,Fresh	EACH	100	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17	\$0.000

Planned Menu Spreadsheet

Uintah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
001734 Slushes, Welch's Variety	each	100	90	0.00	19	17	0.00	0.00	0	22.50	0.00	0.25	0	20.0	60.00	0.00	\$0.000
990223 Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
001435 Cheeseburger- 2.5 M 2 G	EACH	15	368	7.02	732	*5	18.50	*0.16	45	31.34	3.45	19.73	264	209.3	0.18	3.26	\$0.000
001600 Chicken Sandwich homemade 2g	1 each	100	418	2.61	753	*4	14.54	*0.02	61	45.42	3.98	26.31	74	74.7	0.18	3.40	\$0.000
990181 Chicken Sand SPICY 2M & 2.5G homemade	1 each	130	396	1.96	545	*4	16.15	*0.00	36	41.66	3.45	21.16	304	61.1	0.18	2.81	\$0.000
001552 ChickenNuggetsproview2 m1g	3 oz	30	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
001681 Chicken Sandwichgrill home 2g	1 each	15	296	0.96	625	*4	12.15	*0.00	11	28.66	2.45	18.16	4	41.1	0.18	2.09	\$0.000
001649 Wheat Roll	2 OZ	20	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000
990249 potato sweet bites RND	.5 CUP	30	105	0.40	89	9	3.63	0.00	0	16.94	2.42	1.61	0	16.1	2.90	0.29	\$0.000
001690 onion rings	2.72 oz	140	202	1.52	233	5	8.09	0.00	0	28.31	3.03	3.03	0	101.1	2.43	1.09	\$0.000
990295 cookies,chocolate chip,wg bake crafters	each	100	110	1.00	80	8	3.50	0.00	5	18.00	1.00	1.00	0	0.0	0.00	1.08	\$0.000
990098 Veg Cup Broccoli,Carrot,Celery 1 CUP	Cup	96	40	0.04	96	4	0.24	0.00	0	8.79	3.36	1.36	10729	49.4	22.74	0.91	\$0.000
000581 Corn canned	1/2 cup	50	83	0.08	286	6	0.52	0.00	0	20.41	2.10	2.53	85	5.2	8.50	0.44	\$0.000
000064 APPLES,Fresh	EACH	100	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17	\$0.000
990240 mandarin oranges sysco	.5 CUP	96	70	0.00	10	17	0.00	0.00	0	17.00	1.00	1.00	300	20.0	24.00	0.72	\$0.000
990223 Lite Ranch cup 1.25 oz	each	96	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990234 fry sauce chatsworth	each	50	90	1.00	180	7	6.00	0.00	5	8.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990235 Ketchup cups 1 oz	each	50	35	0.00	260	7	0.00	0.00	0	8.00	0.00	0.00	200	0.0	2.40	0.00	\$0.000

Planned Menu Spreadsheet

Uintah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
001538 Honey Mustard Dipping cup heinz	container	50	45	0.00	115	5	0.50	0.00	0	9.00	1.00	1.00	0	0.0	0.00	0.00	\$0.000
990223 Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990257 bullseye BBQ sauce cups	each	50	45	0.00	240	9	0.00	0.00	0	10.00	0.00	0.00	0	0.0	0.00	0.72	\$0.000
000549 Trimmings (m,m,let, tom, on,pic	serving	50	25	0.03	292	*1	0.31	*0.00	0	4.95	0.76	0.68	225	18.4	4.32	0.24	\$0.000
001765 Strawberry Fat Free Milk TruMo	carton	100	110	0.00	125	18	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00	\$0.000
001764 Chocolate Fat Free Milk Tru Mo	carton	300	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
001763 Milk 1% dairy pure white	carton	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
000176 Water; Bottled	each	600	0	0.00	7	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02	\$0.000
Weighted Daily Average			825	10.12	1167	*39	31.17	*0.65	*76	105.50	10.74	31.88	*4916	386.3	*29.81	4.74	\$0.000
% of Calories				11.04%		*18.9%	34.0%	*0.7%		51.2%		15.5%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Tuesday - 11/12/2019

Reimbursable Meal Total 983

	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
001516 Salad, Oriental Chicken	Serving	50	767	5.69	1263	*14	40.98	*0.64	30	82.18	9.58	20.20	9206	114.7	23.94	6.09	\$0.000
001517 Salad, Chef	Serving	50	266	4.99	878	*10	12.24	*0.00	143	21.57	5.85	21.71	10232	184.5	51.01	2.63	\$0.000
001649 Wheat Roll	2 OZ	30	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000
001585 Corn Chowder	cups	32	153	0.60	252	*4	2.60	*0.00	4	27.37	3.69	6.03	2225	89.6	11.24	0.77	\$0.000

Planned Menu Spreadsheet

Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
001304 Soup Roasted Chick Noodle	1/2 Cup	32	82	0.51	849	*N/A*	2.05	0.00	15	9.21	0.00	6.14	512	0.0	0.00	0.37	\$0.000
001535 Sandwich Bar sides	Serving	20	48	0.41	355	*1	2.16	*0.00	0	6.71	1.47	1.12	366	33.8	14.10	1.34	\$0.000
000064 APPLES,Fresh	EACH	50	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17	\$0.000
990240 mandarin oranges sysco	.5 CUP	50	70	0.00	10	17	0.00	0.00	0	17.00	1.00	1.00	300	20.0	24.00	0.72	\$0.000
990157 sweet pork quesadilla	serving	353	463	9.59	1069	13	19.03	*1.00	82	36.38	1.31	30.71	*514	*545.6	*1.22	*2.19	\$0.000
990197 Rice,Spanish,Sysco	1/2 cup	350	200	0.00	630	2	0.00	0.00	0	44.00	1.00	4.00	500	40.0	9.00	1.80	\$0.000
990237 chips doritos nacho cheese RF	each	350	130	1.00	200	1	5.00	0.00	0	20.00	2.00	2.00	0	20.0	0.00	0.00	\$0.000
000113 Sour Cream Reduced Fat	tbsp	150	24	1.15	10	0	1.86	*N/A*	5	0.97	0.00	0.96	58	19.9	0.12	0.01	\$0.000
990232 salsa,low-sodium,pouch	tbs	150	5	0.00	17	*0	0.00	*0.00	0	0.90	0.44	0.00	0	0.0	0.00	0.00	\$0.000
990221 Green beans del monte RS	1/2 cup	96	20	0.00	142	2	0.00	0.00	0	4.06	2.03	1.02	305	20.3	2.44	0.73	\$0.000
001668 Side Salad	1.25 Cup	100	61	0.12	85	*1	0.60	0.00	0	10.95	3.52	3.67	1678	46.9	10.92	1.43	\$0.000
000064 APPLES,Fresh	EACH	100	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17	\$0.000
990240 mandarin oranges sysco	.5 CUP	50	70	0.00	10	17	0.00	0.00	0	17.00	1.00	1.00	300	20.0	24.00	0.72	\$0.000
990223 Lite Ranch cup 1.25 oz	each	100	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
001627 Pizza, Ripper WG Pepperoni	Slice	144	290	5.00	550	3	13.00	0.00	30	27.00	3.00	16.00	0	150.0	0.00	1.80	\$0.000
990147 Pizza, Combo Max	Slice	36	409	4.17	668	*11	14.13	*0.00	17	49.44	6.30	21.10	288	362.4	14.77	0.81	\$0.000
990254 tator tots puzzle peice	.5 CUP	140	77	0.60	185	0	3.57	0.00	0	9.52	1.19	1.19	0	0.0	2.14	0.00	\$0.000
990221 Green beans del monte RS	1/2 cup	24	20	0.00	142	2	0.00	0.00	0	4.06	2.03	1.02	305	20.3	2.44	0.73	\$0.000

Planned Menu Spreadsheet

Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
001668 Side Salad	1.25 Cup	48	61	0.12	85	*1	0.60	0.00	0	10.95	3.52	3.67	1678	46.9	10.92	1.43	\$0.000
000064 APPLES,Fresh	EACH	50	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17	\$0.000
990240 mandarin oranges sysco	.5 CUP	50	70	0.00	10	17	0.00	0.00	0	17.00	1.00	1.00	300	20.0	24.00	0.72	\$0.000
990223 Lite Ranch cup 1.25 oz	each	60	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990235 Ketchup cups 1 oz	each	60	35	0.00	260	7	0.00	0.00	0	8.00	0.00	0.00	200	0.0	2.40	0.00	\$0.000
990234 fry sauce chatsworth	each	60	90	1.00	180	7	6.00	0.00	5	8.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990338 pizza cheese calzone 4.5 oz	each	100	340	7.00	570	5	14.00	0.00	40	35.00	2.00	16.00	500	250.0	6.00	2.70	\$0.000
990337 pizza calzone WG 4.5 oz	each	40	300	5.00	460	4	13.00	0.00	25	30.00	3.00	14.00	200	150.0	2.40	2.70	\$0.000
990219 UHS chips 2	1 each	250	128	0.62	175	*0	4.38	0.00	0	20.25	2.00	2.00	0	10.0	0.60	0.36	\$0.000
990241 string cheese mozzarella 1oz	each	136	90	5.00	200	0	7.00	0.00	20	0.00	0.00	7.00	0	0.0	0.00	0.00	\$0.000
000064 APPLES,Fresh	EACH	200	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17	\$0.000
000533 Trimmings (may,must,let, pick)	servings	100	15	0.02	290	*0	0.24	*0.00	0	2.70	0.22	0.30	30	12.2	0.39	0.14	\$0.000
001668 Side Salad	1.25 Cup	50	61	0.12	85	*1	0.60	0.00	0	10.95	3.52	3.67	1678	46.9	10.92	1.43	\$0.000
990252 Carrots Baby 3/4 Cup	3/4 cup	50	40	0.03	88	5	0.15	0.00	0	9.34	3.29	0.73	15638	36.3	2.95	1.01	\$0.000
990223 Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
001734 Slushes, Welch's Variety	each	150	90	0.00	19	17	0.00	0.00	0	22.50	0.00	0.25	0	20.0	60.00	0.00	\$0.000
001435 Cheeseburger- 2.5 M 2 G	EACH	15	368	7.02	732	*5	18.50	*0.16	45	31.34	3.45	19.73	264	209.3	0.18	3.26	\$0.000
001600 Chicken Sandwich homemade 2g	1 each	100	418	2.61	753	*4	14.54	*0.02	61	45.42	3.98	26.31	74	74.7	0.18	3.40	\$0.000

Planned Menu Spreadsheet

Uintah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
990181 Chicken Sand SPICY 2M & 2.5G homemade	1 each	130	396	1.96	545	*4	16.15	*0.00	36	41.66	3.45	21.16	304	61.1	0.18	2.81	\$0.000
001754 ChickenNuggetsproview 6 nugs	serving	20	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
001681 Chicken Sandwichgrill home 2g	1 each	15	296	0.96	625	*4	12.15	*0.00	11	28.66	2.45	18.16	4	41.1	0.18	2.09	\$0.000
001649 Wheat Roll	2 OZ	20	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000
000548 Trimmings (k,m,m,let,tom,onion)	serving	50	53	0.01	438	*8	0.22	*0.00	0	11.37	0.29	0.38	240	7.3	3.29	0.14	\$0.000
001538 Honey Mustard Dipping cup heinz	container	50	45	0.00	115	5	0.50	0.00	0	9.00	1.00	1.00	0	0.0	0.00	0.00	\$0.000
990223 Lite Ranch cup 1.25 oz	each	100	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990257 bullseye BBQ sauce cups	each	50	45	0.00	240	9	0.00	0.00	0	10.00	0.00	0.00	0	0.0	0.00	0.72	\$0.000
990254 tator tots puzzle peice	.5 CUP	160	77	0.60	185	0	3.57	0.00	0	9.52	1.19	1.19	0	0.0	2.14	0.00	\$0.000
001668 Side Salad	1.25 Cup	96	61	0.12	85	*1	0.60	0.00	0	10.95	3.52	3.67	1678	46.9	10.92	1.43	\$0.000
000064 APPLES,Fresh	EACH	100	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17	\$0.000
990240 mandarin oranges sysco	.5 CUP	50	70	0.00	10	17	0.00	0.00	0	17.00	1.00	1.00	300	20.0	24.00	0.72	\$0.000
990223 Lite Ranch cup 1.25 oz	each	96	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990235 Ketchup cups 1 oz	each	50	35	0.00	260	7	0.00	0.00	0	8.00	0.00	0.00	200	0.0	2.40	0.00	\$0.000
990234 fry sauce chatsworth	each	50	90	1.00	180	7	6.00	0.00	5	8.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
001765 Strawberry Fat Free Milk TruMo	carton	100	110	0.00	125	18	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00	\$0.000
001764 Chocolate Fat Free Milk Tru Mo	carton	300	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
001763 Milk 1% dairy pure white	carton	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000

Planned Menu Spreadsheet

Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000176 Water; Bottled	each	600	0	0.00	7	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02	\$0.000
Weighted Daily Average			831	8.75	1641	*35	27.50	*0.40	*73	108.22	8.93	35.41	*3449	*514.6	*32.30	*4.47	\$0.000
% of Calories				9.48%		*16.8%	29.8%	*0.4%		52.1%		17.0%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Wednesday - 11/13/2019

Reimbursable Meal Total 899

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001470 Potato Bar/ VJH-meat Chili	serving	75	649	10.97	1368	*14	23.52	*0.52	73	82.17	14.96	31.15	11226	466.9	61.16	7.40	\$0.000
990307 nacho cheese sauce trio 2018	1/4 cup	75	47	0.00	317	*2	1.05	0.00	0	9.45	0.00	0.00	0	1.1	0.00	0.00	\$0.000
001520 Salad, Taco	Serving	50	601	13.92	776	*3	31.75	*0.00	79	51.51	11.68	29.11	3733	299.2	16.25	7.97	\$0.000
990083 Corn Bread 2G	4 oz	64	511	12.69	782	*30	21.66	*0.74	126	70.90	1.78	8.82	767	78.3	0.49	2.81	\$0.000
001002 Honey Butter	2 TEASPOON	60	36	0.72	47	*3	2.88	*0.04	*0	2.67	0.01	0.03	*0	0.3	0.02	0.02	\$0.000
000701 Raisins in a box	box	50	113	0.04	10	25	0.09	0.00	0	29.91	1.70	1.24	0	23.4	0.87	0.68	\$0.000
990224 applesauce,unsweetened,canned	.5 CUP	48	51	0.00	2	11	0.00	0.00	0	13.99	0.99	0.00	0	0.0	0.00	0.00	\$0.000
001506 Veg Cup Broccoli,Carrot,redbell	3/4 Cup	48	27	0.05	38	3	0.20	0.00	0	5.96	2.15	1.09	6070	24.0	49.98	0.60	\$0.000
990223 Lite Ranch cup 1.25 oz	each	48	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
001697 Chicken Salad Sandwich	servings	96	526	7.35	574	9	36.25	*0.00	51	34.55	2.37	14.78	30	26.8	2.66	1.94	\$0.000
001711 Sandwich, WOWBUTTER & Grape(2)	each	40	570	6.00	440	21	32.00	0.00	0	55.00	8.00	19.00	*N/A*	150.0	*N/A*	5.40	\$0.000

Planned Menu Spreadsheet

Uintah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
990241 string cheese mozzarella 1oz	each	168	90	5.00	200	0	7.00	0.00	20	0.00	0.00	7.00	0	0.0	0.00	0.00	\$0.000
000701 Raisins in a box	box	100	113	0.04	10	25	0.09	0.00	0	29.91	1.70	1.24	0	23.4	0.87	0.68	\$0.000
990095 Veg Cup Broccoli,Carrot,redbell 1 CUP	Cup	50	40	0.06	67	5	0.25	0.00	0	9.08	3.25	1.33	11282	36.1	50.96	0.93	\$0.000
990223 Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
001257 Bananas- Whole	1 Banana	100	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26	\$0.000
990218 UHS chips 1	1 each	250	122	0.75	185	*1	4.50	0.00	0	18.50	2.00	2.00	25	5.0	0.30	0.18	\$0.000
001590 Chicken Rice Bowl	servings	250	346	0.14	538	*18	3.78	*0.00	*63	52.98	*3.20	23.32	*5012	*44.6	*19.26	1.46	\$0.000
001649 Wheat Roll	2 OZ	245	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000
001506 Veg Cup Broccoli,Carrot,redbell	3/4 Cup	96	27	0.05	38	3	0.20	0.00	0	5.96	2.15	1.09	6070	24.0	49.98	0.60	\$0.000
000701 Raisins in a box	box	100	113	0.04	10	25	0.09	0.00	0	29.91	1.70	1.24	0	23.4	0.87	0.68	\$0.000
990224 applesauce,unsweetened,canned	.5 CUP	96	51	0.00	2	11	0.00	0.00	0	13.99	0.99	0.00	0	0.0	0.00	0.00	\$0.000
990223 Lite Ranch cup 1.25 oz	each	96	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
001627 Pizza, Ripper WG Pepperoni	Slice	144	290	5.00	550	3	13.00	0.00	30	27.00	3.00	16.00	0	150.0	0.00	1.80	\$0.000
001625 Pizza, Veggie max	Slice	24	350	4.70	882	*4	14.93	*0.00	15	37.44	3.30	16.18	388	311.6	14.77	2.45	\$0.000
990249 potato sweet bites RND	.5 CUP	30	105	0.40	89	9	3.63	0.00	0	16.94	2.42	1.61	0	16.1	2.90	0.29	\$0.000
001690 onion rings	2.72 oz	100	202	1.52	233	5	8.09	0.00	0	28.31	3.03	3.03	0	101.1	2.43	1.09	\$0.000
000433 Mixed Vegetables	.5 cup	24	39	0.02	21	2	0.09	0.00	0	7.92	2.66	1.73	2587	15.1	1.94	0.50	\$0.000
001506 Veg Cup Broccoli,Carrot,redbell	3/4 Cup	48	27	0.05	38	3	0.20	0.00	0	5.96	2.15	1.09	6070	24.0	49.98	0.60	\$0.000

Planned Menu Spreadsheet

Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
000701 Raisins in a box	box	24	113	0.04	10	25	0.09	0.00	0	29.91	1.70	1.24	0	23.4	0.87	0.68	\$0.000
990224 applesauce,unsweetened,canned	.5 CUP	48	51	0.00	2	11	0.00	0.00	0	13.99	0.99	0.00	0	0.0	0.00	0.00	\$0.000
990223 Lite Ranch cup 1.25 oz	each	60	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990234 fry sauce chatsworth	each	60	90	1.00	180	7	6.00	0.00	5	8.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990235 Ketchup cups 1 oz	each	60	35	0.00	260	7	0.00	0.00	0	8.00	0.00	0.00	200	0.0	2.40	0.00	\$0.000
001435 Cheeseburger- 2.5 M 2 G	EACH	15	368	7.02	732	*5	18.50	*0.16	45	31.34	3.45	19.73	264	209.3	0.18	3.26	\$0.000
001600 Chicken Sandwich homemade 2g	1 each	100	418	2.61	753	*4	14.54	*0.02	61	45.42	3.98	26.31	74	74.7	0.18	3.40	\$0.000
990181 Chicken Sand SPICY 2M & 2.5G homemade	1 each	130	396	1.96	545	*4	16.15	*0.00	36	41.66	3.45	21.16	304	61.1	0.18	2.81	\$0.000
001754 ChickenNuggetsproview 6 nugs	serving	20	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
001681 Chicken Sandwichgrill home 2g	1 each	15	296	0.96	625	*4	12.15	*0.00	11	28.66	2.45	18.16	4	41.1	0.18	2.09	\$0.000
001649 Wheat Roll	2 OZ	20	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000
990249 potato sweet bites RND	.5 CUP	30	105	0.40	89	9	3.63	0.00	0	16.94	2.42	1.61	0	16.1	2.90	0.29	\$0.000
001690 onion rings	2.72 oz	100	202	1.52	233	5	8.09	0.00	0	28.31	3.03	3.03	0	101.1	2.43	1.09	\$0.000
000548 Trimmings (k,m,m,let,tom,onion)	serving	40	53	0.01	438	*8	0.22	*0.00	0	11.37	0.29	0.38	240	7.3	3.29	0.14	\$0.000
001538 Honey Mustard Dipping cup heinz	container	50	45	0.00	115	5	0.50	0.00	0	9.00	1.00	1.00	0	0.0	0.00	0.00	\$0.000
990257 bullseye BBQ sauce cups	each	50	45	0.00	240	9	0.00	0.00	0	10.00	0.00	0.00	0	0.0	0.00	0.72	\$0.000
990223 Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990235 Ketchup cups 1 oz	each	50	35	0.00	260	7	0.00	0.00	0	8.00	0.00	0.00	200	0.0	2.40	0.00	\$0.000

Planned Menu Spreadsheet

Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
990234 fry sauce chatsworth	each	50	90	1.00	180	7	6.00	0.00	5	8.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
000433 Mixed Vegetables	.5 cup	48	39	0.02	21	2	0.09	0.00	0	7.92	2.66	1.73	2587	15.1	1.94	0.50	\$0.000
001506 Veg Cup Broccoli,Carrot,redbell	3/4 Cup	96	27	0.05	38	3	0.20	0.00	0	5.96	2.15	1.09	6070	24.0	49.98	0.60	\$0.000
990224 applesauce,unsweetened,canned	.5 CUP	96	51	0.00	2	11	0.00	0.00	0	13.99	0.99	0.00	0	0.0	0.00	0.00	\$0.000
000701 Raisins in a box	box	50	113	0.04	10	25	0.09	0.00	0	29.91	1.70	1.24	0	23.4	0.87	0.68	\$0.000
990223 Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
001765 Strawberry Fat Free Milk TruMo	carton	100	110	0.00	125	18	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00	\$0.000
001763 Milk 1% dairy pure white	carton	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
001764 Chocolate Fat Free Milk Tru Mo	carton	300	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
000176 Water; Bottled	each	600	0	0.00	7	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02	\$0.000
Weighted Daily Average			820	7.79	1234	*43	28.64	*0.11	*73	108.74	*9.50	33.13	*5923	*358.0	*34.39	4.64	\$0.000
% of Calories				8.55%		*21.0%	31.4%	*0.1%		53.0%		16.2%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Thursday - 11/14/2019

Reimbursable Meal Total 898

	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
990299 Salad, buffalo chicken	Serving	50	381	7.80	488	*12	22.38	*0.52	90	20.23	3.85	26.42	9916	111.6	21.33	2.35	\$0.000
001517 Salad, Chef	Serving	50	266	4.99	878	*10	12.24	*0.00	143	21.57	5.85	21.71	10232	184.5	51.01	2.63	\$0.000

Planned Menu Spreadsheet

Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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	
001649	Wheat Roll	2 OZ	30	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000
001415	Soup Golden Broccoli Cheese	1/2 Cup	32	150	3.00	800	*N/A*	11.00	0.00	10	10.00	2.00	2.00	100	60.0	3.60	0.36	\$0.000
990081	VEGETABLE SOUP:scratch-potatoe *RESIZED*	1/2 CUP	32	37	0.03	424	*1	0.22	*0.00	0	7.93	1.31	1.62	721	12.6	6.73	0.47	\$0.000
001535	Sandwich Bar sides	Serving	30	48	0.41	355	*1	2.16	*0.00	0	6.71	1.47	1.12	366	33.8	14.10	1.34	\$0.000
001529	Clementines	each	40	35	0.00	0	*N/A*	0.00	0.00	0	9.00	1.00	1.00	0	20.0	36.00	0.18	\$0.000
990286	Apple crisps strawberry-tree top	package	50	40	0.00	0	7	0.00	0.00	0	10.00	2.00	0.00	0	0.0	0.00	0.00	\$0.000
001266	Indian Taco secondary	serving	200	433	6.51	1508	*6	15.05	*0.00	71	40.41	8.17	34.63	1324	295.0	12.80	6.42	\$0.000
000258	Broccoli from Frozen	.5 cup	96	29	0.02	11	2	0.12	0.00	0	5.46	3.06	3.16	1032	33.7	40.92	0.62	\$0.000
000113	Sour Cream Reduced Fat	tbsp	128	24	1.15	10	0	1.86	*N/A*	5	0.97	0.00	0.96	58	19.9	0.12	0.01	\$0.000
990232	salsa,low-sodium,pouch	tbs	128	5	0.00	17	*0	0.00	*0.00	0	0.90	0.44	0.00	0	0.0	0.00	0.00	\$0.000
001668	Side Salad	1.25 Cup	100	61	0.12	85	*1	0.60	0.00	0	10.95	3.52	3.67	1678	46.9	10.92	1.43	\$0.000
001529	Clementines	each	100	35	0.00	0	*N/A*	0.00	0.00	0	9.00	1.00	1.00	0	20.0	36.00	0.18	\$0.000
990286	Apple crisps strawberry-tree top	package	50	40	0.00	0	7	0.00	0.00	0	10.00	2.00	0.00	0	0.0	0.00	0.00	\$0.000
990223	Lite Ranch cup 1.25 oz	each	100	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
001627	Pizza, Ripper WG Pepperoni	Slice	144	290	5.00	550	3	13.00	0.00	30	27.00	3.00	16.00	0	150.0	0.00	1.80	\$0.000
990251	pizza Buffalo Chicken UHS	each	36	394	5.22	862	*10	17.57	0.56	21	41.43	3.00	18.02	438	302.2	0.01	1.89	\$0.000
000258	Broccoli from Frozen	.5 cup	24	29	0.02	11	2	0.12	0.00	0	5.46	3.06	3.16	1032	33.7	40.92	0.62	\$0.000
990245	seasoned potato wedges (lamb weston)	.5 CUP	140	114	1.31	245	1	5.25	0.00	0	15.75	1.75	1.75	0	0.0	0.00	0.63	\$0.000

Planned Menu Spreadsheet

Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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	
001668	Side Salad	1.25 Cup	48	61	0.12	85	*1	0.60	0.00	0	10.95	3.52	3.67	1678	46.9	10.92	1.43	\$0.000
001529	Clementines	each	50	35	0.00	0	*N/A*	0.00	0.00	0	9.00	1.00	1.00	0	20.0	36.00	0.18	\$0.000
990286	Apple crisps strawberry-tree top	package	50	40	0.00	0	7	0.00	0.00	0	10.00	2.00	0.00	0	0.0	0.00	0.00	\$0.000
990223	Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990235	Ketchup cups 1 oz	each	50	35	0.00	260	7	0.00	0.00	0	8.00	0.00	0.00	200	0.0	2.40	0.00	\$0.000
001554	Corn Dog Turkey (StateFair)2m2g	each	190	280	3.50	650	*N/A*	13.00	0.00	40	31.00	1.00	9.00	0	80.0	1.20	1.80	\$0.000
001711	Sandwich, WOWBUTTER & Grape(2)	each	40	570	6.00	440	21	32.00	0.00	0	55.00	8.00	19.00	*N/A*	150.0	*N/A*	5.40	\$0.000
990219	UHS chips 2	1 each	250	128	0.62	175	*0	4.38	0.00	0	20.25	2.00	2.00	0	10.0	0.60	0.36	\$0.000
990241	string cheese mozzarella 1oz	each	150	90	5.00	200	0	7.00	0.00	20	0.00	0.00	7.00	0	0.0	0.00	0.00	\$0.000
000223	MUSTARD: individual PC	PC packet	25	3	0.01	56	*N/A*	0.20	*N/A*	0	0.29	0.04	0.21	0	3.8	0.00	0.09	\$0.000
001529	Clementines	each	150	35	0.00	0	*N/A*	0.00	0.00	0	9.00	1.00	1.00	0	20.0	36.00	0.18	\$0.000
990252	Carrots Baby 3/4 Cup	3/4 cup	75	40	0.03	88	5	0.15	0.00	0	9.34	3.29	0.73	15638	36.3	2.95	1.01	\$0.000
990223	Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
001769	crainsins strawberry	each	100	110	0.00	0	24	0.00	0.00	*N/A*	28.00	3.00	0.00	0	0.0	0.00	0.00	\$0.000
000788	Potato Salad	1/2 cup	50	213	3.02	283	1	18.37	*0.00	67	9.20	0.86	2.82	83	11.4	5.86	0.34	\$0.000
001435	Cheeseburger- 2.5 M 2 G	EACH	15	368	7.02	732	*5	18.50	*0.16	45	31.34	3.45	19.73	264	209.3	0.18	3.26	\$0.000
001600	Chicken Sandwich homemade 2g	1 each	100	418	2.61	753	*4	14.54	*0.02	61	45.42	3.98	26.31	74	74.7	0.18	3.40	\$0.000
990181	Chicken Sand SPICY 2M & 2.5G homemade	1 each	130	396	1.96	545	*4	16.15	*0.00	36	41.66	3.45	21.16	304	61.1	0.18	2.81	\$0.000

Planned Menu Spreadsheet

Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
001754 ChickenNuggetsproview 6 nugs	serving	20	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
001681 Chicken Sandwichgrill home 2g	1 each	15	296	0.96	625	*4	12.15	*0.00	11	28.66	2.45	18.16	4	41.1	0.18	2.09	\$0.000
001649 Wheat Roll	2 OZ	20	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000
001208 Trimmings (ket,may,mus,let,pic)	servings	40	50	0.02	550	*7	0.24	*0.00	0	10.70	0.22	0.30	230	12.2	2.79	0.14	\$0.000
001538 Honey Mustard Dipping cup heinz	container	50	45	0.00	115	5	0.50	0.00	0	9.00	1.00	1.00	0	0.0	0.00	0.00	\$0.000
990223 Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990257 bullseye BBQ sauce cups	each	50	45	0.00	240	9	0.00	0.00	0	10.00	0.00	0.00	0	0.0	0.00	0.72	\$0.000
000258 Broccoli from Frozen	.5 cup	96	29	0.02	11	2	0.12	0.00	0	5.46	3.06	3.16	1032	33.7	40.92	0.62	\$0.000
990245 seasoned potato wedges (lamb weston)	.5 CUP	160	114	1.31	245	1	5.25	0.00	0	15.75	1.75	1.75	0	0.0	0.00	0.63	\$0.000
001668 Side Salad	1.25 Cup	96	61	0.12	85	*1	0.60	0.00	0	10.95	3.52	3.67	1678	46.9	10.92	1.43	\$0.000
001529 Clementines	each	100	35	0.00	0	*N/A*	0.00	0.00	0	9.00	1.00	1.00	0	20.0	36.00	0.18	\$0.000
990286 Apple crisps strawberry-tree top	package	50	40	0.00	0	7	0.00	0.00	0	10.00	2.00	0.00	0	0.0	0.00	0.00	\$0.000
990223 Lite Ranch cup 1.25 oz	each	96	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990234 fry sauce chatsworth	each	50	90	1.00	180	7	6.00	0.00	5	8.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990235 Ketchup cups 1 oz	each	50	35	0.00	260	7	0.00	0.00	0	8.00	0.00	0.00	200	0.0	2.40	0.00	\$0.000
001765 Strawberry Fat Free Milk TruMo	carton	100	110	0.00	125	18	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00	\$0.000
001764 Chocolate Fat Free Milk Tru Mo	carton	300	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
001763 Milk 1% dairy pure white	carton	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000

Planned Menu Spreadsheet

Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
000176 Water; Bottled	each	600	0	0.00	7	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02	\$0.000
Weighted Daily Average			686	7.41	1393	*23	26.11	*0.06	*72	80.93	9.43	33.13	*4019	375.6	*40.30	4.85	\$0.000
% of Calories				9.72%		*13.4%	34.3%	*0.1%		47.2%		19.3%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Friday - 11/15/2019

Reimbursable Meal Total 948

	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
990302 Salad, Cobb	Serving	50	451	10.15	878	*4	28.60	*0.01	263	19.64	3.97	29.24	4074	119.8	20.62	2.93	\$0.000
001517 Salad, Chef	Serving	50	266	4.99	878	*10	12.24	*0.00	143	21.57	5.85	21.71	10232	184.5	51.01	2.63	\$0.000
001565 Chicken Tortilla Soup	cup	20	354	2.85	1222	*0	7.57	*0.00	54	44.99	9.62	25.96	1058	180.0	16.80	3.40	\$0.000
001649 Wheat Roll	2 OZ	20	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000
000438 Pears	.5 CUP	24	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00	0	0.0	1.19	0.00	\$0.000
001633 juice, Fruitable Variety	servings	40	60	0.00	18	*3	0.00	0.00	0	14.00	0.00	0.00	1500	0.0	9.00	0.00	\$0.000
001347 Cookie Candy Chip (WG)	cookie	40	140	1.50	125	*N/A*	5.00	0.00	0	23.00	2.00	2.00	200	0.0	0.00	0.72	\$0.000
990264 Deli Sand. ham/Chedd home 2g UHS	sandwich	100	315	5.59	673	*6	14.49	*0.00	41	34.55	2.69	16.55	139	146.5	0.20	1.51	\$0.000
001711 Sandwich, WOWBUTTER & Grape(2)	each	40	570	6.00	440	21	32.00	0.00	0	55.00	8.00	19.00	*N/A*	150.0	*N/A*	5.40	\$0.000
990218 UHS chips 1	1 each	250	122	0.75	185	*1	4.50	0.00	0	18.50	2.00	2.00	25	5.0	0.30	0.18	\$0.000
990241 string cheese mozzarella 1oz	each	100	90	5.00	200	0	7.00	0.00	20	0.00	0.00	7.00	0	0.0	0.00	0.00	\$0.000

Planned Menu Spreadsheet

Uintah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
000086 Oranges Fresh Whole	EACH	100	43	0.00	0	*N/A*	0.00	0.00	0	10.56	1.92	0.96	192	38.4	48.96	0.17	\$0.000
000223 MUSTARD: individual PC	PC packet	100	3	0.01	56	*N/A*	0.20	*N/A*	0	0.29	0.04	0.21	0	3.8	0.00	0.09	\$0.000
000664 Mayonnaise	packet	100	10	0.00	120	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990098 Veg Cup Broccoli,Carrot,Celery 1 CUP	Cup	50	40	0.04	96	4	0.24	0.00	0	8.79	3.36	1.36	10729	49.4	22.74	0.91	\$0.000
001633 juice, Fruitable Variety	servings	200	60	0.00	18	*3	0.00	0.00	0	14.00	0.00	0.00	1500	0.0	9.00	0.00	\$0.000
001347 Cookie Candy Chip (WG)	cookie	200	140	1.50	125	*N/A*	5.00	0.00	0	23.00	2.00	2.00	200	0.0	0.00	0.72	\$0.000
001443 Grilled Cheese Sand 2 M 2.25 G	1 each	260	281	3.35	912	*4	7.76	*0.00	13	33.48	2.92	19.79	124	283.9	0.21	1.85	\$0.000
990256 Tomato soup condensed Heinz	CUP	260	69	0.39	254	*6	0.65	0.00	3	12.74	0.00	3.05	275	87.9	2.55	0.35	\$0.000
990098 Veg Cup Broccoli,Carrot,Celery 1 CUP	Cup	96	40	0.04	96	4	0.24	0.00	0	8.79	3.36	1.36	10729	49.4	22.74	0.91	\$0.000
000438 Pears	.5 CUP	96	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00	0	0.0	1.19	0.00	\$0.000
001633 juice, Fruitable Variety	servings	160	60	0.00	18	*3	0.00	0.00	0	14.00	0.00	0.00	1500	0.0	9.00	0.00	\$0.000
990223 Lite Ranch cup 1.25 oz	each	96	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
001347 Cookie Candy Chip (WG)	cookie	250	140	1.50	125	*N/A*	5.00	0.00	0	23.00	2.00	2.00	200	0.0	0.00	0.72	\$0.000
001627 Pizza, Ripper WG Pepperoni	Slice	144	290	5.00	550	3	13.00	0.00	30	27.00	3.00	16.00	0	150.0	0.00	1.80	\$0.000
990146 Pizza, Hawaiian max	Slice	36	358	4.54	876	*4	14.64	*0.00	19	39.48	3.34	17.24	312	306.1	2.62	1.99	\$0.000
990249 potato sweet bites RND	.5 CUP	30	105	0.40	89	9	3.63	0.00	0	16.94	2.42	1.61	0	16.1	2.90	0.29	\$0.000
001690 onion rings	2.72 oz	80	202	1.52	233	5	8.09	0.00	0	28.31	3.03	3.03	0	101.1	2.43	1.09	\$0.000
000625 Peas(from frozen)	.5 cup	50	62	0.04	58	4	0.22	0.00	0	11.41	3.60	4.12	1680	19.2	7.92	1.22	\$0.000

Planned Menu Spreadsheet

Uintah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
990235 Ketchup cups 1 oz	each	60	35	0.00	260	7	0.00	0.00	0	8.00	0.00	0.00	200	0.0	2.40	0.00	\$0.000
990234 fry sauce chatsworth	each	60	90	1.00	180	7	6.00	0.00	5	8.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990098 Veg Cup Broccoli,Carrot,Celery 1 CUP	Cup	60	40	0.04	96	4	0.24	0.00	0	8.79	3.36	1.36	10729	49.4	22.74	0.91	\$0.000
000438 Pears	.5 CUP	48	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00	0	0.0	1.19	0.00	\$0.000
001633 juice, Fruitable Variety	servings	80	60	0.00	18	*3	0.00	0.00	0	14.00	0.00	0.00	1500	0.0	9.00	0.00	\$0.000
990223 Lite Ranch cup 1.25 oz	each	60	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
001347 Cookie Candy Chip (WG)	cookie	150	140	1.50	125	*N/A*	5.00	0.00	0	23.00	2.00	2.00	200	0.0	0.00	0.72	\$0.000
001435 Cheeseburger- 2.5 M 2 G	EACH	15	368	7.02	732	*5	18.50	*0.16	45	31.34	3.45	19.73	264	209.3	0.18	3.26	\$0.000
001600 Chicken Sandwich homemade 2g	1 each	100	418	2.61	753	*4	14.54	*0.02	61	45.42	3.98	26.31	74	74.7	0.18	3.40	\$0.000
990181 Chicken Sand SPICY 2M & 2.5G homemade	1 each	130	396	1.96	545	*4	16.15	*0.00	36	41.66	3.45	21.16	304	61.1	0.18	2.81	\$0.000
001754 ChickenNuggetspreview 6 nugs	serving	20	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
001681 Chicken Sandwichgrill home 2g	1 each	15	296	0.96	625	*4	12.15	*0.00	11	28.66	2.45	18.16	4	41.1	0.18	2.09	\$0.000
001649 Wheat Roll	2 OZ	20	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000
990249 potato sweet bites RND	.5 CUP	30	105	0.40	89	9	3.63	0.00	0	16.94	2.42	1.61	0	16.1	2.90	0.29	\$0.000
001690 onion rings	2.72 oz	120	202	1.52	233	5	8.09	0.00	0	28.31	3.03	3.03	0	101.1	2.43	1.09	\$0.000
990098 Veg Cup Broccoli,Carrot,Celery 1 CUP	Cup	48	40	0.04	96	4	0.24	0.00	0	8.79	3.36	1.36	10729	49.4	22.74	0.91	\$0.000
000625 Peas(from frozen)	.5 cup	50	62	0.04	58	4	0.22	0.00	0	11.41	3.60	4.12	1680	19.2	7.92	1.22	\$0.000

Planned Menu Spreadsheet

Uintah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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	
001633	juice, Fruitable Variety	servings	160	60	0.00	18	*3	0.00	0.00	0	14.00	0.00	0.00	1500	0.0	9.00	0.00	\$0.000
000438	Pears	.5 CUP	96	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00	0	0.0	1.19	0.00	\$0.000
990223	Lite Ranch cup 1.25 oz	each	48	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990234	fry sauce chatsworth	each	50	90	1.00	180	7	6.00	0.00	5	8.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990235	Ketchup cups 1 oz	each	50	35	0.00	260	7	0.00	0.00	0	8.00	0.00	0.00	200	0.0	2.40	0.00	\$0.000
001538	Honey Mustard Dipping cup heinz	container	50	45	0.00	115	5	0.50	0.00	0	9.00	1.00	1.00	0	0.0	0.00	0.00	\$0.000
990223	Lite Ranch cup 1.25 oz	each	48	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990257	bullseye BBQ sauce cups	each	50	45	0.00	240	9	0.00	0.00	0	10.00	0.00	0.00	0	0.0	0.00	0.72	\$0.000
000549	Trimmings (m,m,let, tom, on,pic	serving	40	25	0.03	292	*1	0.31	*0.00	0	4.95	0.76	0.68	225	18.4	4.32	0.24	\$0.000
001347	Cookie Candy Chip (WG)	cookie	200	140	1.50	125	*N/A*	5.00	0.00	0	23.00	2.00	2.00	200	0.0	0.00	0.72	\$0.000
001765	Strawberry Fat Free Milk TruMo	carton	100	110	0.00	125	18	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00	\$0.000
001764	Chocolate Fat Free Milk Tru Mo	carton	300	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
001763	Milk 1% dairy pure white	carton	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
000176	Water; Bottled	each	600	0	0.00	7	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02	\$0.000
Weighted Daily Average				765	7.25	1336	*27	25.51	*0.01	*58	104.08	9.04	30.71	*5665	398.2	*25.43	4.02	\$0.000
% of Calories					8.53%		*14.1%	30.0%	*0.0%		54.4%		16.1%					
Weekly Nutrient Guideline				750 - 850	<10	1420		<=0										

Monday - 11/18/2019

Reimbursable Meal Total 1024

Planned Menu Spreadsheet

Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
001470 Potato Bar/ VJH-meat Chili	serving	75	649	10.97	1368	*14	23.52	*0.52	73	82.17	14.96	31.15	11226	466.9	61.16	7.40	\$0.000
990307 nacho cheese sauce trio 2018	1/4 cup	50	47	0.00	317	*2	1.05	0.00	0	9.45	0.00	0.00	0	1.1	0.00	0.00	\$0.000
001520 Salad, Taco	Serving	50	601	13.92	776	*3	31.75	*0.00	79	51.51	11.68	29.11	3733	299.2	16.25	7.97	\$0.000
990083 Corn Bread 2G	4 oz	64	511	12.69	782	*30	21.66	*0.74	126	70.90	1.78	8.82	767	78.3	0.49	2.81	\$0.000
001002 Honey Butter	2 TEASPOON	65	36	0.72	47	*3	2.88	*0.04	*0	2.67	0.01	0.03	*0	0.3	0.02	0.02	\$0.000
000086 Oranges Fresh Whole	EACH	24	43	0.00	0	*N/A*	0.00	0.00	0	10.56	1.92	0.96	192	38.4	48.96	0.17	\$0.000
000092 Pineapple Chunks:canned,lt syr	1/2 cup	24	66	0.01	1	16	0.15	0.00	0	16.95	1.01	0.45	48	17.6	9.45	0.49	\$0.000
001482 Veg Cup Broccoli,Carrot,Caulif	3/4 Cup	24	28	0.05	45	3	0.21	0.00	0	6.00	2.24	1.41	5350	28.8	34.46	0.62	\$0.000
990223 Lite Ranch cup 1.25 oz	each	10	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990262 Deli Sand. Roast/Prov home2g UHS	Serving	100	322	3.81	775	*5	12.11	*0.00	41	34.55	2.69	20.05	139	166.5	0.20	2.59	\$0.000
001711 Sandwich, WOWBUTTER & Grape(2)	each	60	570	6.00	440	21	32.00	0.00	0	55.00	8.00	19.00	*N/A*	150.0	*N/A*	5.40	\$0.000
990218 UHS chips 1	1 each	200	122	0.75	185	*1	4.50	0.00	0	18.50	2.00	2.00	25	5.0	0.30	0.18	\$0.000
990241 string cheese mozzarella 1oz	each	100	90	5.00	200	0	7.00	0.00	20	0.00	0.00	7.00	0	0.0	0.00	0.00	\$0.000
000086 Oranges Fresh Whole	EACH	100	43	0.00	0	*N/A*	0.00	0.00	0	10.56	1.92	0.96	192	38.4	48.96	0.17	\$0.000
990097 Veg Cup Broccoli,Carrot,Caulif 1 CUP	Cup	50	41	0.06	75	5	0.26	0.00	0	9.12	3.34	1.66	10562	40.9	35.45	0.95	\$0.000
990223 Lite Ranch cup 1.25 oz	each	20	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
000701 Raisins in a box	box	48	113	0.04	10	25	0.09	0.00	0	29.91	1.70	1.24	0	23.4	0.87	0.68	\$0.000
000533 Trimmings (may,must,let, pick)	servings	40	15	0.02	290	*0	0.24	*0.00	0	2.70	0.22	0.30	30	12.2	0.39	0.14	\$0.000

Planned Menu Spreadsheet

Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
990215 Frito Pie Meat Chili 2M& 2 G homemade	serving	385	704	7.77	1767	*5	32.76	*0.00	61	70.49	9.41	32.81	1007	202.1	10.30	6.30	\$0.000
000581 Corn canned	1/2 cup	50	83	0.08	286	6	0.52	0.00	0	20.41	2.10	2.53	85	5.2	8.50	0.44	\$0.000
001482 Veg Cup Broccoli,Carrot,Caulif	3/4 Cup	96	28	0.05	45	3	0.21	0.00	0	6.00	2.24	1.41	5350	28.8	34.46	0.62	\$0.000
000086 Oranges Fresh Whole	EACH	100	43	0.00	0	*N/A*	0.00	0.00	0	10.56	1.92	0.96	192	38.4	48.96	0.17	\$0.000
000092 Pineapple Chunks:canned,lt syr	1/2 cup	144	66	0.01	1	16	0.15	0.00	0	16.95	1.01	0.45	48	17.6	9.45	0.49	\$0.000
990223 Lite Ranch cup 1.25 oz	each	10	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990234 fry sauce chatsworth	each	10	90	1.00	180	7	6.00	0.00	5	8.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990235 Ketchup cups 1 oz	each	10	35	0.00	260	7	0.00	0.00	0	8.00	0.00	0.00	200	0.0	2.40	0.00	\$0.000
990242 pizza pepperoni stuffed crust MAX	each	144	370	3.50	600	11	12.00	0.00	10	47.00	6.00	19.00	200	350.0	0.00	0.00	\$0.000
990146 Pizza, Hawiian max	Slice	24	358	4.54	876	*4	14.64	*0.00	19	39.48	3.34	17.24	312	306.1	2.62	1.99	\$0.000
990254 tator tots puzzle peice	.5 CUP	75	77	0.60	185	0	3.57	0.00	0	9.52	1.19	1.19	0	0.0	2.14	0.00	\$0.000
000581 Corn canned	1/2 cup	50	83	0.08	286	6	0.52	0.00	0	20.41	2.10	2.53	85	5.2	8.50	0.44	\$0.000
001482 Veg Cup Broccoli,Carrot,Caulif	3/4 Cup	48	28	0.05	45	3	0.21	0.00	0	6.00	2.24	1.41	5350	28.8	34.46	0.62	\$0.000
000086 Oranges Fresh Whole	EACH	50	43	0.00	0	*N/A*	0.00	0.00	0	10.56	1.92	0.96	192	38.4	48.96	0.17	\$0.000
000092 Pineapple Chunks:canned,lt syr	1/2 cup	48	66	0.01	1	16	0.15	0.00	0	16.95	1.01	0.45	48	17.6	9.45	0.49	\$0.000
990223 Lite Ranch cup 1.25 oz	each	20	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990234 fry sauce chatsworth	each	30	90	1.00	180	7	6.00	0.00	5	8.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990235 Ketchup cups 1 oz	each	20	35	0.00	260	7	0.00	0.00	0	8.00	0.00	0.00	200	0.0	2.40	0.00	\$0.000

Planned Menu Spreadsheet

Uintah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
001435 Cheeseburger- 2.5 M 2 G	EACH	10	368	7.02	732	*5	18.50	*0.16	45	31.34	3.45	19.73	264	209.3	0.18	3.26	\$0.000
001600 Chicken Sandwich homemade 2g	1 each	90	418	2.61	753	*4	14.54	*0.02	61	45.42	3.98	26.31	74	74.7	0.18	3.40	\$0.000
990181 Chicken Sand SPICY 2M & 2.5G homemade	1 each	130	396	1.96	545	*4	16.15	*0.00	36	41.66	3.45	21.16	304	61.1	0.18	2.81	\$0.000
001754 ChickenNuggetsproview 6 nugs	serving	20	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
001681 Chicken Sandwichgrill home 2g	1 each	10	296	0.96	625	*4	12.15	*0.00	11	28.66	2.45	18.16	4	41.1	0.18	2.09	\$0.000
001649 Wheat Roll	2 OZ	20	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000
990254 tator tots puzzle peice	.5 CUP	145	77	0.60	185	0	3.57	0.00	0	9.52	1.19	1.19	0	0.0	2.14	0.00	\$0.000
000548 Trimmings (k,m,m,let,tom,onion)	serving	40	53	0.01	438	*8	0.22	*0.00	0	11.37	0.29	0.38	240	7.3	3.29	0.14	\$0.000
001538 Honey Mustard Dipping cup heinz	container	50	45	0.00	115	5	0.50	0.00	0	9.00	1.00	1.00	0	0.0	0.00	0.00	\$0.000
990257 bullseye BBQ sauce cups	each	50	45	0.00	240	9	0.00	0.00	0	10.00	0.00	0.00	0	0.0	0.00	0.72	\$0.000
990223 Lite Ranch cup 1.25 oz	each	10	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990235 Ketchup cups 1 oz	each	50	35	0.00	260	7	0.00	0.00	0	8.00	0.00	0.00	200	0.0	2.40	0.00	\$0.000
990234 fry sauce chatsworth	each	100	90	1.00	180	7	6.00	0.00	5	8.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
000581 Corn canned	1/2 cup	50	83	0.08	286	6	0.52	0.00	0	20.41	2.10	2.53	85	5.2	8.50	0.44	\$0.000
001482 Veg Cup Broccoli,Carrot,Caulif	3/4 Cup	96	28	0.05	45	3	0.21	0.00	0	6.00	2.24	1.41	5350	28.8	34.46	0.62	\$0.000
000086 Oranges Fresh Whole	EACH	100	43	0.00	0	*N/A*	0.00	0.00	0	10.56	1.92	0.96	192	38.4	48.96	0.17	\$0.000
000092 Pineapple Chunks:canned,lt syr	1/2 cup	144	66	0.01	1	16	0.15	0.00	0	16.95	1.01	0.45	48	17.6	9.45	0.49	\$0.000
990223 Lite Ranch cup 1.25 oz	each	30	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000

Planned Menu Spreadsheet

Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
001765 Strawberry Fat Free Milk TruMo	carton	100	110	0.00	125	18	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00	\$0.000
001764 Chocolate Fat Free Milk Tru Mo	carton	300	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
001763 Milk 1% dairy pure white	carton	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
000176 Water; Bottled	each	600	0	0.00	7	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02	\$0.000
Weighted Daily Average			799	8.26	1569	*29	30.24	*0.09	*63	98.51	10.77	34.85	*3907	400.4	*43.85	5.50	\$0.000
% of Calories				9.30%		*14.5%	34.1%	*0.1%		49.3%		17.4%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Tuesday - 11/19/2019

Reimbursable Meal Total 981

	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
001516 Salad, Oriental Chicken	Serving	50	767	5.69	1263	*14	40.98	*0.64	30	82.18	9.58	20.20	9206	114.7	23.94	6.09	\$0.000
001517 Salad, Chef	Serving	50	266	4.99	878	*10	12.24	*0.00	143	21.57	5.85	21.71	10232	184.5	51.01	2.63	\$0.000
001649 Wheat Roll	2 OZ	30	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000
001414 Soup Cream of Potato	1/2 Cup	20	160	3.00	830	*N/A*	8.00	0.00	10	18.00	2.00	3.00	200	60.0	0.00	0.36	\$0.000
001304 Soup Roasted Chick Noodle	1/2 Cup	25	82	0.51	849	*N/A*	2.05	0.00	15	9.21	0.00	6.14	512	0.0	0.00	0.37	\$0.000
001535 Sandwich Bar sides	Serving	25	48	0.41	355	*1	2.16	*0.00	0	6.71	1.47	1.12	366	33.8	14.10	1.34	\$0.000
001257 Bananas- Whole	1 Banana	40	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26	\$0.000
000399 Peaches canned juice pack usda	.5 CUP	50	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00	300	0.0	1.20	0.00	\$0.000

Planned Menu Spreadsheet

Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

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990311 Spaghetti Noodles (UHS)	1 cup	200	639	0.48	10	5	2.60	0.00	0	128.54	5.51	22.45	0	36.1	0.00	5.68	\$0.000
001522 Spaghetti sauce	2/3 cup	200	93	1.31	538	*0	3.46	*0.00	30	5.94	*1.06	9.70	603	16.0	13.81	1.60	\$0.000
001521 Chicken Alfredo Sauce	servings	190	213	0.00	729	*0	3.56	*0.00	75	11.40	0.00	21.33	0	13.0	0.00	0.01	\$0.000
990085 Breadstick-seasoned *RESIZED*	2.5 OZ	300	187	0.98	216	*4	6.23	*0.00	1	28.66	2.45	5.16	7	41.1	0.18	1.37	\$0.000
990221 Green beans del monte RS	1/2 cup	70	20	0.00	142	2	0.00	0.00	0	4.06	2.03	1.02	305	20.3	2.44	0.73	\$0.000
000950 Shredded Mozzarella	1 oz	160	1	0.06	2	0	0.09	0.00	0	0.01	0.00	0.08	0	0.0	0.00	0.00	\$0.000
000841 Cheese Cheddar Red Fat	oz	160	80	3.28	206	0	5.19	*N/A*	16	0.57	0.00	7.71	179	256.6	0.00	0.04	\$0.000
001668 Side Salad	1.25 Cup	96	61	0.12	85	*1	0.60	0.00	0	10.95	3.52	3.67	1678	46.9	10.92	1.43	\$0.000
001257 Bananas- Whole	1 Banana	75	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26	\$0.000
000399 Peaches canned juice pack usda	.5 CUP	50	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00	300	0.0	1.20	0.00	\$0.000
990223 Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990242 pizza pepperoni stuffed crust MAX	each	144	370	3.50	600	11	12.00	0.00	10	47.00	6.00	19.00	200	350.0	0.00	0.00	\$0.000
990147 Pizza, Combo Max	Slice	36	409	4.17	668	*11	14.13	*0.00	17	49.44	6.30	21.10	288	362.4	14.77	0.81	\$0.000
990245 seasoned potato wedges (lamb weston)	.5 CUP	140	114	1.31	245	1	5.25	0.00	0	15.75	1.75	1.75	0	0.0	0.00	0.63	\$0.000
990221 Green beans del monte RS	1/2 cup	30	20	0.00	142	2	0.00	0.00	0	4.06	2.03	1.02	305	20.3	2.44	0.73	\$0.000
001668 Side Salad	1.25 Cup	48	61	0.12	85	*1	0.60	0.00	0	10.95	3.52	3.67	1678	46.9	10.92	1.43	\$0.000
001257 Bananas- Whole	1 Banana	48	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26	\$0.000
000399 Peaches canned juice pack usda	.5 CUP	20	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00	300	0.0	1.20	0.00	\$0.000

Planned Menu Spreadsheet

Uintah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
990223 Lite Ranch cup 1.25 oz	each	30	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990235 Ketchup cups 1 oz	each	25	35	0.00	260	7	0.00	0.00	0	8.00	0.00	0.00	200	0.0	2.40	0.00	\$0.000
990234 fry sauce chatsworth	each	25	90	1.00	180	7	6.00	0.00	5	8.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990263 Deli Sand Turk/Pep Jack home2g UHS	sandwich	100	347	5.32	754	*5	14.63	*0.00	58	33.12	2.69	23.20	139	146.5	0.20	1.51	\$0.000
001711 Sandwich, WOWBUTTER & Grape(2)	each	40	570	6.00	440	21	32.00	0.00	0	55.00	8.00	19.00	*N/A*	150.0	*N/A*	5.40	\$0.000
990219 UHS chips 2	1 each	200	128	0.62	175	*0	4.38	0.00	0	20.25	2.00	2.00	0	10.0	0.60	0.36	\$0.000
990241 string cheese mozzarella 1oz	each	100	90	5.00	200	0	7.00	0.00	20	0.00	0.00	7.00	0	0.0	0.00	0.00	\$0.000
001257 Bananas- Whole	1 Banana	150	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26	\$0.000
008031 Carrots Baby 1/2 Cup	.5 CUP	75	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67	\$0.000
001668 Side Salad	1.25 Cup	50	61	0.12	85	*1	0.60	0.00	0	10.95	3.52	3.67	1678	46.9	10.92	1.43	\$0.000
990223 Lite Ranch cup 1.25 oz	each	30	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
001608 Juice, Fruitable Mixed Berry	Each	200	60	0.00	15	*N/A*	0.00	0.00	0	14.00	0.00	0.00	500	0.0	0.00	0.00	\$0.000
000223 MUSTARD: individual PC	PC packet	100	3	0.01	56	*N/A*	0.20	*N/A*	0	0.29	0.04	0.21	0	3.8	0.00	0.09	\$0.000
000664 Mayonnaise	packet	200	10	0.00	120	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
001435 Cheeseburger- 2.5 M 2 G	EACH	10	368	7.02	732	*5	18.50	*0.16	45	31.34	3.45	19.73	264	209.3	0.18	3.26	\$0.000
001600 Chicken Sandwich homemade 2g	1 each	90	418	2.61	753	*4	14.54	*0.02	61	45.42	3.98	26.31	74	74.7	0.18	3.40	\$0.000
990181 Chicken Sand SPICY 2M & 2.5G homemade	1 each	130	396	1.96	545	*4	16.15	*0.00	36	41.66	3.45	21.16	304	61.1	0.18	2.81	\$0.000
001754 ChickenNuggetsproview 6 nugs	serving	20	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

Planned Menu Spreadsheet

Uintah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
001681 Chicken Sandwichgrill home 2g	1 each	10	296	0.96	625	*4	12.15	*0.00	11	28.66	2.45	18.16	4	41.1	0.18	2.09	\$0.000
001649 Wheat Roll	2 OZ	20	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000
000548 Trimmings (k,m,m,let,tom,onion)	serving	75	53	0.01	438	*8	0.22	*0.00	0	11.37	0.29	0.38	240	7.3	3.29	0.14	\$0.000
001538 Honey Mustard Dipping cup heinz	container	50	45	0.00	115	5	0.50	0.00	0	9.00	1.00	1.00	0	0.0	0.00	0.00	\$0.000
990223 Lite Ranch cup 1.25 oz	each	10	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990257 bullseye BBQ sauce cups	each	50	45	0.00	240	9	0.00	0.00	0	10.00	0.00	0.00	0	0.0	0.00	0.72	\$0.000
990245 seasoned potato wedges (lamb weston)	.5 CUP	200	114	1.31	245	1	5.25	0.00	0	15.75	1.75	1.75	0	0.0	0.00	0.63	\$0.000
001668 Side Salad	1.25 Cup	96	61	0.12	85	*1	0.60	0.00	0	10.95	3.52	3.67	1678	46.9	10.92	1.43	\$0.000
001257 Bananas- Whole	1 Banana	150	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26	\$0.000
000399 Peaches canned juice pack usda	.5 CUP	50	60	0.00	5	13	0.00	0.00	0	14.00	1.00	0.00	300	0.0	1.20	0.00	\$0.000
990223 Lite Ranch cup 1.25 oz	each	30	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990235 Ketchup cups 1 oz	each	50	35	0.00	260	7	0.00	0.00	0	8.00	0.00	0.00	200	0.0	2.40	0.00	\$0.000
990234 fry sauce chatsworth	each	150	90	1.00	180	7	6.00	0.00	5	8.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
001765 Strawberry Fat Free Milk TruMo	carton	100	110	0.00	125	18	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00	\$0.000
001764 Chocolate Fat Free Milk Tru Mo	carton	300	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
001763 Milk 1% dairy pure white	carton	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000

Planned Menu Spreadsheet

Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
000176 Water; Bottled	each	600	0	0.00	7	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02	\$0.000
Weighted Daily Average			813	5.52	1313	*28	22.90	*0.04	*59	113.99	*9.59	36.10	*3192	359.1	*16.81	4.68	\$0.000
% of Calories				6.11%		*13.8%	25.4%	*0.0%		56.1%		17.8%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Wednesday - 11/20/2019

Reimbursable Meal Total 948

	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
001519 Salad, Southwestern	Serving	50	623	11.38	1465	*5	33.58	*0.00	94	51.40	*12.36	30.31	*3537	*215.7	*46.42	*13.98	\$0.000
990301 Salad, berry walnut	Serving	50	357	6.05	1069	*19	18.60	*0.00	30	35.29	7.32	15.34	3186	72.8	83.37	2.11	\$0.000
001517 Salad, Chef	Serving	20	266	4.99	878	*10	12.24	*0.00	143	21.57	5.85	21.71	10232	184.5	51.01	2.63	\$0.000
001649 Wheat Roll	2 OZ	50	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000
000064 APPLES,Fresh	EACH	40	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17	\$0.000
000438 Pears	.5 CUP	24	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00	0	0.0	1.19	0.00	\$0.000
001482 Veg Cup Broccoli,Carrot,Caulif	3/4 Cup	24	28	0.05	45	3	0.21	0.00	0	6.00	2.24	1.41	5350	28.8	34.46	0.62	\$0.000
990223 Lite Ranch cup 1.25 oz	each	10	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990196 Pumpkin Pie sysco	slice	0	371	9.72	350	*21	15.72	*0.00	45	56.45	1.00	4.00	0	75.0	0.00	1.00	\$0.000
000374 Turkey Roast,FROZEN,LT&DK MEAT	3.1 oz	250	136	1.67	598	0	5.08	*N/A*	47	2.70	0.00	18.74	0	4.4	0.00	1.43	\$0.000
000494 Gravy Chicken - Cream	1/3 cup	250	64	1.30	158	*4	2.99	*0.07	*6	6.38	0.09	2.79	*129	85.1	0.18	0.18	\$0.000

Planned Menu Spreadsheet

Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
990222 potato pearls basic american	.5 CUP	250	88	0.00	402	*1	1.46	0.00	0	16.54	0.97	1.95	0	2.4	8.76	0.36	\$0.000
990347 Stuffing mix, white bread	1/2 cup	0	130	0.00	510	2	3.00	0.00	0	22.00	1.00	4.00	0	17.0	0.00	1.00	\$0.000
001649 Wheat Roll	2 OZ	250	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000
000433 Mixed Vegetables	.5 cup	48	39	0.02	21	2	0.09	0.00	0	7.92	2.66	1.73	2587	15.1	1.94	0.50	\$0.000
001482 Veg Cup Broccoli,Carrot,Caulif	3/4 Cup	96	28	0.05	45	3	0.21	0.00	0	6.00	2.24	1.41	5350	28.8	34.46	0.62	\$0.000
000064 APPLES,Fresh	EACH	200	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17	\$0.000
000438 Pears	.5 CUP	240	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00	0	0.0	1.19	0.00	\$0.000
990196 Pumpkin Pie sysco	slice	0	371	9.72	350	*21	15.72	*0.00	45	56.45	1.00	4.00	0	75.0	0.00	1.00	\$0.000
990223 Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990247 Pizza, Stuffed crust Cheese max	each	78	330	4.50	820	4	14.00	0.00	15	35.00	3.00	16.00	300	300.0	0.00	1.80	\$0.000
990242 pizza pepperoni stuffed crust MAX	each	100	370	3.50	600	11	12.00	0.00	10	47.00	6.00	19.00	200	350.0	0.00	0.00	\$0.000
990243 french fried potatoes Value way	.5 CUP	150	95	0.79	20	1	3.16	0.00	0	14.22	1.58	1.58	0	0.0	0.00	0.00	\$0.000
000433 Mixed Vegetables	.5 cup	24	39	0.02	21	2	0.09	0.00	0	7.92	2.66	1.73	2587	15.1	1.94	0.50	\$0.000
001482 Veg Cup Broccoli,Carrot,Caulif	3/4 Cup	48	28	0.05	45	3	0.21	0.00	0	6.00	2.24	1.41	5350	28.8	34.46	0.62	\$0.000
000064 APPLES,Fresh	EACH	75	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17	\$0.000
000438 Pears	.5 CUP	48	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00	0	0.0	1.19	0.00	\$0.000
990223 Lite Ranch cup 1.25 oz	each	25	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990196 Pumpkin Pie sysco	slice	0	371	9.72	350	*21	15.72	*0.00	45	56.45	1.00	4.00	0	75.0	0.00	1.00	\$0.000

Planned Menu Spreadsheet

Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
990234 fry sauce chatsworth	each	75	90	1.00	180	7	6.00	0.00	5	8.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990235 Ketchup cups 1 oz	each	75	35	0.00	260	7	0.00	0.00	0	8.00	0.00	0.00	200	0.0	2.40	0.00	\$0.000
990264 Deli Sand. ham/Chedd home 2g UHS	sandwich	100	315	5.59	673	*6	14.49	*0.00	41	34.55	2.69	16.55	139	146.5	0.20	1.51	\$0.000
001711 Sandwich, WOWBUTTER & Grape(2)	each	40	570	6.00	440	21	32.00	0.00	0	55.00	8.00	19.00	*N/A*	150.0	*N/A*	5.40	\$0.000
990218 UHS chips 1	1 each	250	122	0.75	185	*1	4.50	0.00	0	18.50	2.00	2.00	25	5.0	0.30	0.18	\$0.000
990241 string cheese mozzarella 1oz	each	100	90	5.00	200	0	7.00	0.00	20	0.00	0.00	7.00	0	0.0	0.00	0.00	\$0.000
000064 APPLES,Fresh	EACH	200	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17	\$0.000
990153 Carrots Baby 1 CUP	cup	75	60	0.04	133	8	0.22	0.00	0	14.02	4.93	1.09	23456	54.4	4.42	1.51	\$0.000
001770 craisins Cherry	each	50	110	0.00	0	24	0.00	0.00	*N/A*	28.00	3.00	0.00	0	0.0	0.00	0.00	\$0.000
990223 Lite Ranch cup 1.25 oz	each	20	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
000533 Trimmings (may,must,let, pick)	servings	40	15	0.02	290	*0	0.24	*0.00	0	2.70	0.22	0.30	30	12.2	0.39	0.14	\$0.000
990196 Pumpkin Pie sysco	slice	0	371	9.72	350	*21	15.72	*0.00	45	56.45	1.00	4.00	0	75.0	0.00	1.00	\$0.000
001435 Cheeseburger- 2.5 M 2 G	EACH	10	368	7.02	732	*5	18.50	*0.16	45	31.34	3.45	19.73	264	209.3	0.18	3.26	\$0.000
001600 Chicken Sandwich homemade 2g	1 each	90	418	2.61	753	*4	14.54	*0.02	61	45.42	3.98	26.31	74	74.7	0.18	3.40	\$0.000
990181 Chicken Sand SPICY 2M & 2.5G homemade	1 each	130	396	1.96	545	*4	16.15	*0.00	36	41.66	3.45	21.16	304	61.1	0.18	2.81	\$0.000
001754 ChickenNuggetsproview 6 nugs	serving	20	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
001681 Chicken Sandwichgrill home 2g	1 each	10	296	0.96	625	*4	12.15	*0.00	11	28.66	2.45	18.16	4	41.1	0.18	2.09	\$0.000
001649 Wheat Roll	2 OZ	20	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000

Planned Menu Spreadsheet

Uintah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
000548 Trimmings (k,m,m,let,tom,onion)	-serving	75	53	0.01	438	*8	0.22	*0.00	0	11.37	0.29	0.38	240	7.3	3.29	0.14	\$0.000
001538 Honey Mustard Dipping cup heinz	container	50	45	0.00	115	5	0.50	0.00	0	9.00	1.00	1.00	0	0.0	0.00	0.00	\$0.000
990223 Lite Ranch cup 1.25 oz	each	10	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990257 bullseye BBQ sauce cups	each	50	45	0.00	240	9	0.00	0.00	0	10.00	0.00	0.00	0	0.0	0.00	0.72	\$0.000
990243 french fried potatoes Value way	.5 CUP	230	95	0.79	20	1	3.16	0.00	0	14.22	1.58	1.58	0	0.0	0.00	0.00	\$0.000
000433 Mixed Vegetables	.5 cup	96	39	0.02	21	2	0.09	0.00	0	7.92	2.66	1.73	2587	15.1	1.94	0.50	\$0.000
001482 Veg Cup Broccoli,Carrot,Caulif	3/4 Cup	96	28	0.05	45	3	0.21	0.00	0	6.00	2.24	1.41	5350	28.8	34.46	0.62	\$0.000
000064 APPLES,Fresh	EACH	200	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17	\$0.000
000438 Pears	.5 CUP	120	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00	0	0.0	1.19	0.00	\$0.000
990196 Pumpkin Pie sysco	slice	0	371	9.72	350	*21	15.72	*0.00	45	56.45	1.00	4.00	0	75.0	0.00	1.00	\$0.000
990223 Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990234 fry sauce chatsworth	each	100	90	1.00	180	7	6.00	0.00	5	8.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990235 Ketchup cups 1 oz	each	100	35	0.00	260	7	0.00	0.00	0	8.00	0.00	0.00	200	0.0	2.40	0.00	\$0.000
001765 Strawberry Fat Free Milk TruMo	carton	100	110	0.00	125	18	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00	\$0.000
001764 Chocolate Fat Free Milk Tru Mo	carton	300	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
001763 Milk 1% dairy pure white	carton	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000

Planned Menu Spreadsheet

Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
000176 Water; Bottled	each	600	0	0.00	7	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02	\$0.000
Weighted Daily Average			700	5.84	1268	*40	22.53	*0.03	*49	96.69	*10.84	29.42	*5029	*331.3	*27.44	*3.76	\$0.000
% of Calories				7.51%		*22.9%	29.0%	*0.0%		55.3%		16.8%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Thursday - 11/21/2019

Reimbursable Meal Total 910

	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
990299 Salad, buffalo chicken	Serving	50	381	7.80	488	*12	22.38	*0.52	90	20.23	3.85	26.42	9916	111.6	21.33	2.35	\$0.000
001517 Salad, Chef	Serving	50	266	4.99	878	*10	12.24	*0.00	143	21.57	5.85	21.71	10232	184.5	51.01	2.63	\$0.000
001649 Wheat Roll	2 OZ	20	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000
001415 Soup Golden Broccoli Cheese	1/2 Cup	20	150	3.00	800	*N/A*	11.00	0.00	10	10.00	2.00	2.00	100	60.0	3.60	0.36	\$0.000
990081 VEGETABLE SOUP:scratch-potatoe *RESIZED*	1/2 CUP	20	37	0.03	424	*1	0.22	*0.00	0	7.93	1.31	1.62	721	12.6	6.73	0.47	\$0.000
001535 Sandwich Bar sides	Serving	30	48	0.41	355	*1	2.16	*0.00	0	6.71	1.47	1.12	366	33.8	14.10	1.34	\$0.000
001529 Clementines	each	40	35	0.00	0	*N/A*	0.00	0.00	0	9.00	1.00	1.00	0	20.0	36.00	0.18	\$0.000
000098 STRAWBERRIES: frozen	1/2 cup	24	122	0.01	4	31	0.17	0.00	0	33.05	2.42	0.68	31	14.0	52.78	0.75	\$0.000
990332 Japanese Cherry Blossom Chicken WG	3.9 oz	300	200	1.00	350	14	4.00	0.00	45	27.00	2.00	13.00	0	0.0	2.40	1.26	\$0.000
990333 Lemongrass Chicken WG asian foods	3.9 oz	100	190	1.00	350	10	6.00	0.00	45	21.00	2.00	12.00	0	20.0	0.00	1.08	\$0.000
001264 Rice 50/50	1/2 CUP	400	137	0.11	80	*0	0.55	0.00	*0	29.38	*0.66	2.77	*0	*6.3	*0.00	0.88	\$0.000

Planned Menu Spreadsheet

Uintah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
000258 Broccoli from Frozen	.5 cup	50	29	0.02	11	2	0.12	0.00	0	5.46	3.06	3.16	1032	33.7	40.92	0.62	\$0.000
990056 Carrots:frozen, boiled	1/2 CUP	50	27	0.09	43	3	0.50	0.00	0	5.64	2.41	0.42	12357	25.6	1.68	0.39	\$0.000
001649 Wheat Roll	2 OZ	400	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000
001668 Side Salad	1.25 Cup	96	61	0.12	85	*1	0.60	0.00	0	10.95	3.52	3.67	1678	46.9	10.92	1.43	\$0.000
001529 Clementines	each	150	35	0.00	0	*N/A*	0.00	0.00	0	9.00	1.00	1.00	0	20.0	36.00	0.18	\$0.000
000098 STRAWBERRIES: frozen	1/2 cup	144	122	0.01	4	31	0.17	0.00	0	33.05	2.42	0.68	31	14.0	52.78	0.75	\$0.000
990223 Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990242 pizza pepperoni stuffed crust MAX	each	132	370	3.50	600	11	12.00	0.00	10	47.00	6.00	19.00	200	350.0	0.00	0.00	\$0.000
001625 Pizza, Veggie max	Slice	24	350	4.70	882	*4	14.93	*0.00	15	37.44	3.30	16.18	388	311.6	14.77	2.45	\$0.000
990056 Carrots:frozen, boiled	1/2 CUP	50	27	0.09	43	3	0.50	0.00	0	5.64	2.41	0.42	12357	25.6	1.68	0.39	\$0.000
001690 onion rings	2.72 oz	80	202	1.52	233	5	8.09	0.00	0	28.31	3.03	3.03	0	101.1	2.43	1.09	\$0.000
990249 potato sweet bites RND	.5 CUP	80	105	0.40	89	9	3.63	0.00	0	16.94	2.42	1.61	0	16.1	2.90	0.29	\$0.000
001668 Side Salad	1.25 Cup	24	61	0.12	85	*1	0.60	0.00	0	10.95	3.52	3.67	1678	46.9	10.92	1.43	\$0.000
001529 Clementines	each	50	35	0.00	0	*N/A*	0.00	0.00	0	9.00	1.00	1.00	0	20.0	36.00	0.18	\$0.000
000098 STRAWBERRIES: frozen	1/2 cup	48	122	0.01	4	31	0.17	0.00	0	33.05	2.42	0.68	31	14.0	52.78	0.75	\$0.000
990223 Lite Ranch cup 1.25 oz	each	60	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990234 fry sauce chatsworth	each	60	90	1.00	180	7	6.00	0.00	5	8.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990235 Ketchup cups 1 oz	each	60	35	0.00	260	7	0.00	0.00	0	8.00	0.00	0.00	200	0.0	2.40	0.00	\$0.000

Planned Menu Spreadsheet

Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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	
001697	Chicken Salad Sandwich	servings	96	526	7.35	574	9	36.25	*0.00	51	34.55	2.37	14.78	30	26.8	2.66	1.94	\$0.000
990241	string cheese mozzarella 1oz	each	196	90	5.00	200	0	7.00	0.00	20	0.00	0.00	7.00	0	0.0	0.00	0.00	\$0.000
001711	Sandwich, WOWBUTTER & Grape(2)	each	80	570	6.00	440	21	32.00	0.00	0	55.00	8.00	19.00	*N/A*	150.0	*N/A*	5.40	\$0.000
990219	UHS chips 2	1 each	250	128	0.62	175	*0	4.38	0.00	0	20.25	2.00	2.00	0	10.0	0.60	0.36	\$0.000
000788	Potato Salad	1/2 cup	60	213	3.02	283	1	18.37	*0.00	67	9.20	0.86	2.82	83	11.4	5.86	0.34	\$0.000
001529	Clementines	each	100	35	0.00	0	*N/A*	0.00	0.00	0	9.00	1.00	1.00	0	20.0	36.00	0.18	\$0.000
000948	Bananas Dried	each	100	150	9.00	0	*N/A*	10.00	0.00	0	12.00	1.00	0.00	*N/A*	0.0	*N/A*	0.00	\$0.000
990252	Carrots Baby 3/4 Cup	3/4 cup	50	40	0.03	88	5	0.15	0.00	0	9.34	3.29	0.73	15638	36.3	2.95	1.01	\$0.000
990223	Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
001435	Cheeseburger- 2.5 M 2 G	EACH	10	368	7.02	732	*5	18.50	*0.16	45	31.34	3.45	19.73	264	209.3	0.18	3.26	\$0.000
001600	Chicken Sandwich homemade 2g	1 each	90	418	2.61	753	*4	14.54	*0.02	61	45.42	3.98	26.31	74	74.7	0.18	3.40	\$0.000
990181	Chicken Sand SPICY 2M & 2.5G homemade	1 each	120	396	1.96	545	*4	16.15	*0.00	36	41.66	3.45	21.16	304	61.1	0.18	2.81	\$0.000
001754	ChickenNuggetsproview 6 nugs	serving	20	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
001681	Chicken Sandwichgrill home 2g	1 each	10	296	0.96	625	*4	12.15	*0.00	11	28.66	2.45	18.16	4	41.1	0.18	2.09	\$0.000
001649	Wheat Roll	2 OZ	20	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000
001208	Trimmings (ket,may,mus,let,pic)	servings	40	50	0.02	550	*7	0.24	*0.00	0	10.70	0.22	0.30	230	12.2	2.79	0.14	\$0.000
001538	Honey Mustard Dipping cup heinz	container	50	45	0.00	115	5	0.50	0.00	0	9.00	1.00	1.00	0	0.0	0.00	0.00	\$0.000
990223	Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000

Planned Menu Spreadsheet

Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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	
990257	bullseye BBQ sauce cups	each	50	45	0.00	240	9	0.00	0.00	0	10.00	0.00	0.00	0	0.0	0.00	0.72	\$0.000
990056	Carrots:frozen, boiled	1/2 CUP	50	27	0.09	43	3	0.50	0.00	0	5.64	2.41	0.42	12357	25.6	1.68	0.39	\$0.000
001690	onion rings	2.72 oz	50	202	1.52	233	5	8.09	0.00	0	28.31	3.03	3.03	0	101.1	2.43	1.09	\$0.000
990249	potato sweet bites RND	.5 CUP	50	105	0.40	89	9	3.63	0.00	0	16.94	2.42	1.61	0	16.1	2.90	0.29	\$0.000
990234	fry sauce chatsworth	each	50	90	1.00	180	7	6.00	0.00	5	8.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
001668	Side Salad	1.25 Cup	96	61	0.12	85	*1	0.60	0.00	0	10.95	3.52	3.67	1678	46.9	10.92	1.43	\$0.000
001529	Clementines	each	100	35	0.00	0	*N/A*	0.00	0.00	0	9.00	1.00	1.00	0	20.0	36.00	0.18	\$0.000
000098	STRAWBERRIES: frozen	1/2 cup	96	122	0.01	4	31	0.17	0.00	0	33.05	2.42	0.68	31	14.0	52.78	0.75	\$0.000
990223	Lite Ranch cup 1.25 oz	each	20	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990235	Ketchup cups 1 oz	each	50	35	0.00	260	7	0.00	0.00	0	8.00	0.00	0.00	200	0.0	2.40	0.00	\$0.000
001765	Strawberry Fat Free Milk TruMo	carton	100	110	0.00	125	18	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00	\$0.000
001764	Chocolate Fat Free Milk Tru Mo	carton	300	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
001763	Milk 1% dairy pure white	carton	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
000176	Water; Bottled	each	600	0	0.00	7	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02	\$0.000
Weighted Daily Average				844	7.47	1177	*40	29.33	*0.04	*67	112.93	*10.07	33.15	*5044	*347.7	*49.41	4.56	\$0.000
% of Calories					7.97%		*19.0%	31.3%	*0.0%		53.5%		15.7%					
Weekly Nutrient Guideline				750 - 850	<10	1420		<=0										

Friday - 11/22/2019

Reimbursable Meal Total 890

Planned Menu Spreadsheet

Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
990302 Salad, Cobb	Serving	50	451	10.15	878	*4	28.60	*0.01	263	19.64	3.97	29.24	4074	119.8	20.62	2.93	\$0.000
001517 Salad, Chef	Serving	50	266	4.99	878	*10	12.24	*0.00	143	21.57	5.85	21.71	10232	184.5	51.01	2.63	\$0.000
001565 Chicken Tortilla Soup	cup	15	354	2.85	1222	*0	7.57	*0.00	54	44.99	9.62	25.96	1058	180.0	16.80	3.40	\$0.000
990256 Tomato soup condensed Heinz	CUP	10	69	0.39	254	*6	0.65	0.00	3	12.74	0.00	3.05	275	87.9	2.55	0.35	\$0.000
001649 Wheat Roll	2 OZ	27	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000
001734 Slushes, Welch's Variety	each	25	90	0.00	19	17	0.00	0.00	0	22.50	0.00	0.25	0	20.0	60.00	0.00	\$0.000
990240 mandarin oranges sysco	.5 CUP	15	70	0.00	10	17	0.00	0.00	0	17.00	1.00	1.00	300	20.0	24.00	0.72	\$0.000
001634 Cookie, DBL Fudge	each	24	130	1.00	140	*N/A*	4.00	0.00	0	23.00	2.00	2.00	0	0.0	0.00	*N/A*	\$0.000
990265 Deli Sand Club/Mozz home2g UHS	sandwich	160	306	4.27	731	*5	11.69	*0.00	32	33.28	2.69	17.84	71	152.7	0.20	1.97	\$0.000
001711 Sandwich, WOWBUTTER & Grape(2)	each	40	570	6.00	440	21	32.00	0.00	0	55.00	8.00	19.00	*N/A*	150.0	*N/A*	5.40	\$0.000
990218 UHS chips 1	1 each	200	122	0.75	185	*1	4.50	0.00	0	18.50	2.00	2.00	25	5.0	0.30	0.18	\$0.000
990241 string cheese mozzarella 1oz	each	100	90	5.00	200	0	7.00	0.00	20	0.00	0.00	7.00	0	0.0	0.00	0.00	\$0.000
001734 Slushes, Welch's Variety	each	70	90	0.00	19	17	0.00	0.00	0	22.50	0.00	0.25	0	20.0	60.00	0.00	\$0.000
000223 MUSTARD: individual PC	PC packet	50	3	0.01	56	*N/A*	0.20	*N/A*	0	0.29	0.04	0.21	0	3.8	0.00	0.09	\$0.000
000664 Mayonnaise	packet	50	10	0.00	120	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990098 Veg Cup Broccoli,Carrot,Celery 1 CUP	Cup	50	40	0.04	96	4	0.24	0.00	0	8.79	3.36	1.36	10729	49.4	22.74	0.91	\$0.000
000064 APPLES,Fresh	EACH	60	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17	\$0.000
001634 Cookie, DBL Fudge	each	150	130	1.00	140	*N/A*	4.00	0.00	0	23.00	2.00	2.00	0	0.0	0.00	*N/A*	\$0.000

Planned Menu Spreadsheet

Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
990267 French Dip Sandwich Homemade bun	sandwich	123	357	3.91	1016	*6	11.09	*0.00	45	40.70	2.69	23.98	71	175.1	1.61	2.86	\$0.000
990179 Pork Rib Sandwich 2 M & 2.75G homemade	Each	100	376	4.46	615	*11	16.14	*0.00	41	38.66	3.45	18.16	203	61.1	1.38	2.45	\$0.000
990243 french fried potatoes Value way	.5 CUP	200	95	0.79	20	1	3.16	0.00	0	14.22	1.58	1.58	0	0.0	0.00	0.00	\$0.000
990098 Veg Cup Broccoli,Carrot,Celery 1 CUP	Cup	96	40	0.04	96	4	0.24	0.00	0	8.79	3.36	1.36	10729	49.4	22.74	0.91	\$0.000
000625 Peas(from frozen)	.5 cup	50	62	0.04	58	4	0.22	0.00	0	11.41	3.60	4.12	1680	19.2	7.92	1.22	\$0.000
001734 Slushes, Welch's Variety	each	100	90	0.00	19	17	0.00	0.00	0	22.50	0.00	0.25	0	20.0	60.00	0.00	\$0.000
990240 mandarin oranges sysco	.5 CUP	50	70	0.00	10	17	0.00	0.00	0	17.00	1.00	1.00	300	20.0	24.00	0.72	\$0.000
990223 Lite Ranch cup 1.25 oz	each	96	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
001634 Cookie, DBL Fudge	each	180	130	1.00	140	*N/A*	4.00	0.00	0	23.00	2.00	2.00	0	0.0	0.00	*N/A*	\$0.000
990242 pizza pepperoni stuffed crust MAX	each	144	370	3.50	600	11	12.00	0.00	10	47.00	6.00	19.00	200	350.0	0.00	0.00	\$0.000
990251 pizza Buffalo Chicken UHS	each	36	394	5.22	862	*10	17.57	0.56	21	41.43	3.00	18.02	438	302.2	0.01	1.89	\$0.000
990243 french fried potatoes Value way	.5 CUP	200	95	0.79	20	1	3.16	0.00	0	14.22	1.58	1.58	0	0.0	0.00	0.00	\$0.000
990235 Ketchup cups 1 oz	each	50	35	0.00	260	7	0.00	0.00	0	8.00	0.00	0.00	200	0.0	2.40	0.00	\$0.000
990234 fry sauce chatsworth	each	75	90	1.00	180	7	6.00	0.00	5	8.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990098 Veg Cup Broccoli,Carrot,Celery 1 CUP	Cup	50	40	0.04	96	4	0.24	0.00	0	8.79	3.36	1.36	10729	49.4	22.74	0.91	\$0.000
000625 Peas(from frozen)	.5 cup	50	62	0.04	58	4	0.22	0.00	0	11.41	3.60	4.12	1680	19.2	7.92	1.22	\$0.000
001734 Slushes, Welch's Variety	each	96	90	0.00	19	17	0.00	0.00	0	22.50	0.00	0.25	0	20.0	60.00	0.00	\$0.000
990240 mandarin oranges sysco	.5 CUP	75	70	0.00	10	17	0.00	0.00	0	17.00	1.00	1.00	300	20.0	24.00	0.72	\$0.000

Planned Menu Spreadsheet

Uintah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
990223 Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
001634 Cookie, DBL Fudge	each	150	130	1.00	140	*N/A*	4.00	0.00	0	23.00	2.00	2.00	0	0.0	0.00	*N/A*	\$0.000
001435 Cheeseburger- 2.5 M 2 G	EACH	10	368	7.02	732	*5	18.50	*0.16	45	31.34	3.45	19.73	264	209.3	0.18	3.26	\$0.000
001600 Chicken Sandwich homemade 2g	1 each	90	418	2.61	753	*4	14.54	*0.02	61	45.42	3.98	26.31	74	74.7	0.18	3.40	\$0.000
990181 Chicken Sand SPICY 2M & 2.5G homemade	1 each	130	396	1.96	545	*4	16.15	*0.00	36	41.66	3.45	21.16	304	61.1	0.18	2.81	\$0.000
001754 ChickenNuggetsproview 6 nugs	serving	20	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
001681 Chicken Sandwichgrill home 2g	1 each	10	296	0.96	625	*4	12.15	*0.00	11	28.66	2.45	18.16	4	41.1	0.18	2.09	\$0.000
001649 Wheat Roll	2 OZ	20	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000
990243 french fried potatoes Value way	.5 CUP	250	95	0.79	20	1	3.16	0.00	0	14.22	1.58	1.58	0	0.0	0.00	0.00	\$0.000
990098 Veg Cup Broccoli,Carrot,Celery 1 CUP	Cup	30	40	0.04	96	4	0.24	0.00	0	8.79	3.36	1.36	10729	49.4	22.74	0.91	\$0.000
000625 Peas(from frozen)	.5 cup	50	62	0.04	58	4	0.22	0.00	0	11.41	3.60	4.12	1680	19.2	7.92	1.22	\$0.000
001734 Slushes, Welch's Variety	each	150	90	0.00	19	17	0.00	0.00	0	22.50	0.00	0.25	0	20.0	60.00	0.00	\$0.000
990240 mandarin oranges sysco	.5 CUP	75	70	0.00	10	17	0.00	0.00	0	17.00	1.00	1.00	300	20.0	24.00	0.72	\$0.000
990223 Lite Ranch cup 1.25 oz	each	30	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990234 fry sauce chatsworth	each	50	90	1.00	180	7	6.00	0.00	5	8.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990235 Ketchup cups 1 oz	each	50	35	0.00	260	7	0.00	0.00	0	8.00	0.00	0.00	200	0.0	2.40	0.00	\$0.000
001538 Honey Mustard Dipping cup heinz	container	50	45	0.00	115	5	0.50	0.00	0	9.00	1.00	1.00	0	0.0	0.00	0.00	\$0.000
990223 Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000

Planned Menu Spreadsheet

Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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	
990257	bullseye BBQ sauce cups	each	50	45	0.00	240	9	0.00	0.00	0	10.00	0.00	0.00	0	0.0	0.00	0.72	\$0.000
000549	Trimmings (m,m,let, tom, on,pic	each	40	25	0.03	292	*1	0.31	*0.00	0	4.95	0.76	0.68	225	18.4	4.32	0.24	\$0.000
001634	Cookie, DBL Fudge	each	200	130	1.00	140	*N/A*	4.00	0.00	0	23.00	2.00	2.00	0	0.0	0.00	*N/A*	\$0.000
001765	Strawberry Fat Free Milk TruMo	carton	100	110	0.00	125	18	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00	\$0.000
001764	Chocolate Fat Free Milk Tru Mo	carton	300	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
001763	Milk 1% dairy pure white	carton	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
000176	Water; Bottled	each	600	0	0.00	7	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02	\$0.000
Weighted Daily Average				812	7.05	1259	*36	26.53	*0.03	*64	111.03	9.71	33.05	*4519	373.1	*49.08	*3.37	\$0.000
% of Calories					7.81%		*17.7%	29.4%	*0.0%		54.7%		16.3%					
Weekly Nutrient Guideline				750 - 850	<10	1420		<=0										

Monday - 11/25/2019

Reimbursable Meal Total 982

	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	
990301	Salad, berry walnut	Serving	50	357	6.05	1069	*19	18.60	*0.00	30	35.29	7.32	15.34	3186	72.8	83.37	2.11	\$0.000
001519	Salad, Southwestern	Serving	12	623	11.38	1465	*5	33.58	*0.00	94	51.40	*12.36	30.31	*3537	*215.7	*46.42	*13.98	\$0.000
001517	Salad, Chef	Serving	25	266	4.99	878	*10	12.24	*0.00	143	21.57	5.85	21.71	10232	184.5	51.01	2.63	\$0.000
001649	Wheat Roll	2 OZ	50	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000
000064	APPLES,Fresh	EACH	50	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17	\$0.000

Planned Menu Spreadsheet

Uintah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000092 Pineapple Chunks:canned,lt syr	1/2 cup	24	66	0.01	1	16	0.15	0.00	0	16.95	1.01	0.45	48	17.6	9.45	0.49	\$0.000
001481 Veg Cup Broccoli,Carrot,Celery	3/4 Cup	24	34	0.04	74	3	0.28	0.00	0	7.14	2.83	1.74	5653	47.6	41.38	0.73	\$0.000
990223 Lite Ranch cup 1.25 oz	each	24	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
001553 ChickenBreastproview2m1 .25g	each	300	231	1.65	538	*N/A*	8.39	0.02	60	16.76	1.53	21.15	71	33.5	0.00	2.03	\$0.000
990222 potato pearls basic american	.5 CUP	300	88	0.00	402	*1	1.46	0.00	0	16.54	0.97	1.95	0	2.4	8.76	0.36	\$0.000
000494 Gravy Chicken - Cream	1/3 cup	300	64	1.30	158	*4	2.99	*0.07	*6	6.38	0.09	2.79	*129	85.1	0.18	0.18	\$0.000
001649 Wheat Roll	2 OZ	300	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000
001481 Veg Cup Broccoli,Carrot,Celery	3/4 Cup	96	34	0.04	74	3	0.28	0.00	0	7.14	2.83	1.74	5653	47.6	41.38	0.73	\$0.000
000064 APPLES,Fresh	EACH	100	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17	\$0.000
000092 Pineapple Chunks:canned,lt syr	1/2 cup	144	66	0.01	1	16	0.15	0.00	0	16.95	1.01	0.45	48	17.6	9.45	0.49	\$0.000
990223 Lite Ranch cup 1.25 oz	each	96	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990056 Carrots:frozen, boiled	1/2 CUP	48	27	0.09	43	3	0.50	0.00	0	5.64	2.41	0.42	12357	25.6	1.68	0.39	\$0.000
001626 Pizza, Ripper WG Cheese	Slice	24	340	4.00	600	*N/A*	13.00	0.00	35	32.00	2.00	23.00	400	300.0	3.60	3.60	\$0.000
001627 Pizza, Ripper WG Pepperoni	Slice	132	290	5.00	550	3	13.00	0.00	30	27.00	3.00	16.00	0	150.0	0.00	1.80	\$0.000
990243 french fried potatoes Value way	.5 CUP	120	95	0.79	20	1	3.16	0.00	0	14.22	1.58	1.58	0	0.0	0.00	0.00	\$0.000
990056 Carrots:frozen, boiled	1/2 CUP	24	27	0.09	43	3	0.50	0.00	0	5.64	2.41	0.42	12357	25.6	1.68	0.39	\$0.000
001481 Veg Cup Broccoli,Carrot,Celery	3/4 Cup	48	34	0.04	74	3	0.28	0.00	0	7.14	2.83	1.74	5653	47.6	41.38	0.73	\$0.000
000064 APPLES,Fresh	EACH	50	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17	\$0.000

Planned Menu Spreadsheet

Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
000092 Pineapple Chunks:canned,lt syr	1/2 cup	48	66	0.01	1	16	0.15	0.00	0	16.95	1.01	0.45	48	17.6	9.45	0.49	\$0.000
990223 Lite Ranch cup 1.25 oz	each	60	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990234 fry sauce chatsworth	each	60	90	1.00	180	7	6.00	0.00	5	8.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990235 Ketchup cups 1 oz	each	60	35	0.00	260	7	0.00	0.00	0	8.00	0.00	0.00	200	0.0	2.40	0.00	\$0.000
990263 Deli Sand Turk/Pep Jack home2g UHS	sandwich	100	347	5.32	754	*5	14.63	*0.00	58	33.12	2.69	23.20	139	146.5	0.20	1.51	\$0.000
001711 Sandwich, WOWBUTTER & Grape(2)	each	40	570	6.00	440	21	32.00	0.00	0	55.00	8.00	19.00	*N/A*	150.0	*N/A*	5.40	\$0.000
990218 UHS chips 1	1 each	250	122	0.75	185	*1	4.50	0.00	0	18.50	2.00	2.00	25	5.0	0.30	0.18	\$0.000
990241 string cheese mozzarella 1oz	each	100	90	5.00	200	0	7.00	0.00	20	0.00	0.00	7.00	0	0.0	0.00	0.00	\$0.000
990153 Carrots Baby 1 CUP	cup	75	60	0.04	133	8	0.22	0.00	0	14.02	4.93	1.09	23456	54.4	4.42	1.51	\$0.000
000064 APPLES,Fresh	EACH	150	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17	\$0.000
001770 craisins Cherry	each	60	110	0.00	0	24	0.00	0.00	*N/A*	28.00	3.00	0.00	0	0.0	0.00	0.00	\$0.000
990223 Lite Ranch cup 1.25 oz	each	75	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
000533 Trimmings (may,must,let, pick)	servings	40	15	0.02	290	*0	0.24	*0.00	0	2.70	0.22	0.30	30	12.2	0.39	0.14	\$0.000
001435 Cheeseburger- 2.5 M 2 G	EACH	10	368	7.02	732	*5	18.50	*0.16	45	31.34	3.45	19.73	264	209.3	0.18	3.26	\$0.000
001600 Chicken Sandwich homemade 2g	1 each	90	418	2.61	753	*4	14.54	*0.02	61	45.42	3.98	26.31	74	74.7	0.18	3.40	\$0.000
990181 Chicken Sand SPICY 2M & 2.5G homemade	1 each	130	396	1.96	545	*4	16.15	*0.00	36	41.66	3.45	21.16	304	61.1	0.18	2.81	\$0.000
001754 ChickenNuggetsproview 6 nugs	serving	20	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
001681 Chicken Sandwichgrill home 2g	1 each	10	296	0.96	625	*4	12.15	*0.00	11	28.66	2.45	18.16	4	41.1	0.18	2.09	\$0.000

Planned Menu Spreadsheet

Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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	
001649	Wheat Roll	2 OZ	20	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000
000548	Trimmings (k,m,m,let,tom,onion)	serving	40	53	0.01	438	*8	0.22	*0.00	0	11.37	0.29	0.38	240	7.3	3.29	0.14	\$0.000
001538	Honey Mustard Dipping cup heinz	container	50	45	0.00	115	5	0.50	0.00	0	9.00	1.00	1.00	0	0.0	0.00	0.00	\$0.000
990235	Ketchup cups 1 oz	each	50	35	0.00	260	7	0.00	0.00	0	8.00	0.00	0.00	200	0.0	2.40	0.00	\$0.000
990257	bullseye BBQ sauce cups	each	50	45	0.00	240	9	0.00	0.00	0	10.00	0.00	0.00	0	0.0	0.00	0.72	\$0.000
990243	french fried potatoes Value way	.5 CUP	140	95	0.79	20	1	3.16	0.00	0	14.22	1.58	1.58	0	0.0	0.00	0.00	\$0.000
990056	Carrots:frozen, boiled	1/2 CUP	48	27	0.09	43	3	0.50	0.00	0	5.64	2.41	0.42	12357	25.6	1.68	0.39	\$0.000
001481	Veg Cup Broccoli,Carrot,Celery	3/4 Cup	96	34	0.04	74	3	0.28	0.00	0	7.14	2.83	1.74	5653	47.6	41.38	0.73	\$0.000
000064	APPLES,Fresh	EACH	150	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17	\$0.000
000092	Pineapple Chunks:canned,lt syr	1/2 cup	144	66	0.01	1	16	0.15	0.00	0	16.95	1.01	0.45	48	17.6	9.45	0.49	\$0.000
990223	Lite Ranch cup 1.25 oz	each	96	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
001764	Chocolate Fat Free Milk Tru Mo	carton	300	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
001763	Milk 1% dairy pure white	carton	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
001765	Strawberry Fat Free Milk TruMo	carton	100	110	0.00	125	18	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00	\$0.000
000176	Water; Bottled	each	600	0	0.00	7	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02	\$0.000
Weighted Daily Average				660	5.41	1171	*34	22.14	*0.04	*58	86.81	*8.83	29.58	*5912	*311.3	*28.52	*3.76	\$0.000
% of Calories					7.38%		*20.6%	30.2%	*0.1%		52.6%		17.9%					
Weekly Nutrient Guideline				750 - 850	<10	1420		<=0										

Planned Menu Spreadsheet

Uintah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

Tuesday - 11/26/2019

Reimbursable Meal Total 901

	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 (mg)	Vit-C (mg)	Iron (mg)	Cost
001516 Salad, Oriental Chicken	Serving	50	767	5.69	1263	*14	40.98	*0.64	30	82.18	9.58	20.20	9206	114.7	23.94	6.09	\$0.000
001517 Salad, Chef	Serving	50	266	4.99	878	*10	12.24	*0.00	143	21.57	5.85	21.71	10232	184.5	51.01	2.63	\$0.000
001649 Wheat Roll	2 OZ	30	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000
001585 Corn Chowder	cups	32	153	0.60	252	*4	2.60	*0.00	4	27.37	3.69	6.03	2225	89.6	11.24	0.77	\$0.000
001304 Soup Roasted Chick Noodle	1/2 Cup	32	82	0.51	849	*N/A*	2.05	0.00	15	9.21	0.00	6.14	512	0.0	0.00	0.37	\$0.000
001535 Sandwich Bar sides	Serving	30	48	0.41	355	*1	2.16	*0.00	0	6.71	1.47	1.12	366	33.8	14.10	1.34	\$0.000
001633 juice, Fruitable Variety	servings	40	60	0.00	18	*3	0.00	0.00	0	14.00	0.00	0.00	1500	0.0	9.00	0.00	\$0.000
001257 Bananas- Whole	1 Banana	40	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26	\$0.000
008043 Taco - UHS	2 each	225	348	9.04	488	*1	21.16	*0.29	69	19.02	2.11	19.48	365	259.0	0.68	1.84	\$0.000
990237 chips doritos nacho cheese RF	each	225	130	1.00	200	1	5.00	0.00	0	20.00	2.00	2.00	0	20.0	0.00	0.00	\$0.000
000581 Corn canned	1/2 cup	50	83	0.08	286	6	0.52	0.00	0	20.41	2.10	2.53	85	5.2	8.50	0.44	\$0.000
000113 Sour Cream Reduced Fat	tbsp	128	24	1.15	10	0	1.86	*N/A*	5	0.97	0.00	0.96	58	19.9	0.12	0.01	\$0.000
990232 salsa, low-sodium, pouch	tbs	128	5	0.00	17	*0	0.00	*0.00	0	0.90	0.44	0.00	0	0.0	0.00	0.00	\$0.000
001668 Side Salad	1.25 Cup	96	61	0.12	85	*1	0.60	0.00	0	10.95	3.52	3.67	1678	46.9	10.92	1.43	\$0.000
001633 juice, Fruitable Variety	servings	160	60	0.00	18	*3	0.00	0.00	0	14.00	0.00	0.00	1500	0.0	9.00	0.00	\$0.000
001257 Bananas- Whole	1 Banana	150	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26	\$0.000
990223 Lite Ranch cup 1.25 oz	each	96	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000

Planned Menu Spreadsheet

Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
001627 Pizza, Ripper WG Pepperoni	Slice	144	290	5.00	550	3	13.00	0.00	30	27.00	3.00	16.00	0	150.0	0.00	1.80	\$0.000
990147 Pizza, Combo Max	Slice	36	409	4.17	668	*11	14.13	*0.00	17	49.44	6.30	21.10	288	362.4	14.77	0.81	\$0.000
990254 tator tots puzzle peice	.5 CUP	140	77	0.60	185	0	3.57	0.00	0	9.52	1.19	1.19	0	0.0	2.14	0.00	\$0.000
000581 Corn canned	1/2 cup	50	83	0.08	286	6	0.52	0.00	0	20.41	2.10	2.53	85	5.2	8.50	0.44	\$0.000
001668 Side Salad	1.25 Cup	48	61	0.12	85	*1	0.60	0.00	0	10.95	3.52	3.67	1678	46.9	10.92	1.43	\$0.000
001633 juice, Fruitable Variety	servings	50	60	0.00	18	*3	0.00	0.00	0	14.00	0.00	0.00	1500	0.0	9.00	0.00	\$0.000
001257 Bananas- Whole	1 Banana	125	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26	\$0.000
990223 Lite Ranch cup 1.25 oz	each	60	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990235 Ketchup cups 1 oz	each	60	35	0.00	260	7	0.00	0.00	0	8.00	0.00	0.00	200	0.0	2.40	0.00	\$0.000
990234 fry sauce chatsworth	each	60	90	1.00	180	7	6.00	0.00	5	8.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990262 Deli Sand. Roast/Prov home2g UHS	Serving	100	322	3.81	775	*5	12.11	*0.00	41	34.55	2.69	20.05	139	166.5	0.20	2.59	\$0.000
001711 Sandwich, WOWBUTTER & Grape(2)	each	60	570	6.00	440	21	32.00	0.00	0	55.00	8.00	19.00	*N/A*	150.0	*N/A*	5.40	\$0.000
990219 UHS chips 2	1 each	250	128	0.62	175	*0	4.38	0.00	0	20.25	2.00	2.00	0	10.0	0.60	0.36	\$0.000
990241 string cheese mozzarella 1oz	each	100	90	5.00	200	0	7.00	0.00	20	0.00	0.00	7.00	0	0.0	0.00	0.00	\$0.000
001633 juice, Fruitable Variety	servings	200	60	0.00	18	*3	0.00	0.00	0	14.00	0.00	0.00	1500	0.0	9.00	0.00	\$0.000
000533 Trimmings (may,must,let, pick)	servings	40	15	0.02	290	*0	0.24	*0.00	0	2.70	0.22	0.30	30	12.2	0.39	0.14	\$0.000
001668 Side Salad	1.25 Cup	50	61	0.12	85	*1	0.60	0.00	0	10.95	3.52	3.67	1678	46.9	10.92	1.43	\$0.000
990252 Carrots Baby 3/4 Cup	3/4 cup	50	40	0.03	88	5	0.15	0.00	0	9.34	3.29	0.73	15638	36.3	2.95	1.01	\$0.000

Planned Menu Spreadsheet

Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
990223 Lite Ranch cup 1.25 oz	each	100	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
001257 Bananas- Whole	1 Banana	100	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26	\$0.000
001435 Cheeseburger- 2.5 M 2 G	EACH	10	368	7.02	732	*5	18.50	*0.16	45	31.34	3.45	19.73	264	209.3	0.18	3.26	\$0.000
001600 Chicken Sandwich homemade 2g	1 each	90	418	2.61	753	*4	14.54	*0.02	61	45.42	3.98	26.31	74	74.7	0.18	3.40	\$0.000
990181 Chicken Sand SPICY 2M & 2.5G homemade	1 each	130	396	1.96	545	*4	16.15	*0.00	36	41.66	3.45	21.16	304	61.1	0.18	2.81	\$0.000
001754 ChickenNuggetsproview 6 nugs	serving	20	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
001681 Chicken Sandwichgrill home 2g	1 each	10	296	0.96	625	*4	12.15	*0.00	11	28.66	2.45	18.16	4	41.1	0.18	2.09	\$0.000
001649 Wheat Roll	2 OZ	20	154	0.90	181	*3	5.47	*0.01	*0	22.93	1.96	4.13	*2	32.9	0.14	1.10	\$0.000
000548 Trimmings (k,m,m,let,tom,onion)	serving	50	53	0.01	438	*8	0.22	*0.00	0	11.37	0.29	0.38	240	7.3	3.29	0.14	\$0.000
001538 Honey Mustard Dipping cup heinz	container	50	45	0.00	115	5	0.50	0.00	0	9.00	1.00	1.00	0	0.0	0.00	0.00	\$0.000
990223 Lite Ranch cup 1.25 oz	each	50	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990257 bullseye BBQ sauce cups	each	50	45	0.00	240	9	0.00	0.00	0	10.00	0.00	0.00	0	0.0	0.00	0.72	\$0.000
990254 tator tots puzzle peice	.5 CUP	160	77	0.60	185	0	3.57	0.00	0	9.52	1.19	1.19	0	0.0	2.14	0.00	\$0.000
001668 Side Salad	1.25 Cup	96	61	0.12	85	*1	0.60	0.00	0	10.95	3.52	3.67	1678	46.9	10.92	1.43	\$0.000
001633 juice, Fruitable Variety	servings	160	60	0.00	18	*3	0.00	0.00	0	14.00	0.00	0.00	1500	0.0	9.00	0.00	\$0.000
001257 Bananas- Whole	1 Banana	150	90	0.11	1	12	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26	\$0.000
990223 Lite Ranch cup 1.25 oz	each	96	70	1.00	141	1	6.00	0.00	14	3.00	0.00	1.00	100	30.0	0.00	0.00	\$0.000
990235 Ketchup cups 1 oz	each	50	35	0.00	260	7	0.00	0.00	0	8.00	0.00	0.00	200	0.0	2.40	0.00	\$0.000

Planned Menu Spreadsheet

Utah School District

Portion Values

Nov 1, 2019 thru Nov 29, 2019

	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
990234 fry sauce chatsworth	each	50	90	1.00	180	7	6.00	0.00	5	8.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
000581 Corn canned	1/2 cup	50	83	0.08	286	6	0.52	0.00	0	20.41	2.10	2.53	85	5.2	8.50	0.44	\$0.000
001765 Strawberry Fat Free Milk TruMo	carton	100	110	0.00	125	18	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00	\$0.000
001764 Chocolate Fat Free Milk Tru Mo	carton	300	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.00	\$0.000
001763 Milk 1% dairy pure white	carton	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00	\$0.000
000176 Water; Bottled	each	600	0	0.00	7	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02	\$0.000
Weighted Daily Average			763	7.50	1246	*30	27.97	*0.11	*62	98.63	9.13	30.41	*4321	373.6	*24.62	3.83	\$0.000
% of Calories				8.85%		*15.7%	33.0%	*0.1%		51.7%		15.9%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.