

# Planned Menu Spreadsheet

Utah School District

## Portion Values

May 1, 2019 thru May 24, 2019

**Menu Name:** Alt. HS Lunch  
**Site:** 10 - Uintah High School

**Include Cost:** Yes  
**Report Style:** Detailed

**Wednesday - 05/01/2019**

**Reimbursable Meal Total 35**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001554 Corn Dog Turkey (StateFair)2m2g	each	35	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	35	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	35	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	35	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	35	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	35	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	35	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	35	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	35	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	35	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	10	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	20	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

# Planned Menu Spreadsheet

Utah School District

## Portion Values

May 1, 2019 thru May 24, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001763 Milk 1% dairy pure white	carton	5	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
Weighted Daily Average			1043	8.85	2030	*70	34.05	*0.15	74	153.84	12.74	28.41	9142	532.7	112.43	4.99	\$0.000
% of Calories				7.64%		*26.8%	29.4%	*0.1%		59.0%		10.9%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Thursday - 05/02/2019

Reimbursable Meal Total 35

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001352 Orange Chicken	3.6 oz	35	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
001649 Wheat Roll	2 OZ	35	154	0.87	180	*3	5.51	*0.06	0	22.94	1.96	4.13	*2	33.0	0.14	1.10	\$0.000
001264 Rice 50/50	1/2 CUP	35	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
990056 Carrots:frozen, boiled	1/2 CUP	35	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	35	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	35	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	35	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	35	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	10	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	20	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

# Planned Menu Spreadsheet

Utah School District

## Portion Values

May 1, 2019 thru May 24, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001763 Milk 1% dairy pure white	carton	5	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
Weighted Daily Average			816	2.92	1028	*41	16.66	*0.06	*60	135.57	*10.55	32.44	*15143	*479.4	*60.76	5.19	\$0.000
% of Calories				3.22%		*20.1%	18.4%	*0.1%		66.5%		15.9%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

### Friday - 05/03/2019

### Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
008069 Macho Nacho 2 M & 2.5 g	serving	15	507	5.73	579	*2	24.52	*2.36	61	49.95	4.05	20.76	0	82.7	0.00	0.73	\$0.000
000113 Sour Cream Reduced Fat	tbsp	15	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	15	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	15	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	15	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	15	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	15	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	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
990223 Lite Ranch cup 1.25 oz	each	15	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	5	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	10	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

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Utah School District

## Portion Values

May 1, 2019 thru May 24, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001763 Milk 1% dairy pure white	carton	5	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
Weighted Daily Average			1133	9.54	1425	*75	37.71	*2.36	93	162.10	15.26	39.63	12429	615.5	63.71	4.06	\$0.000
% of Calories				7.58%		*26.5%	30.0%	*1.9%		57.2%		14.0%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

### Monday - 05/06/2019

### Reimbursable Meal Total 35

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990242 pizza pepperoni stuffed crust MAX	each	35	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	35	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
990320 Mixed vegetables, No salt added, Frozen usda	1/2 cup	35	60	0.00	39	3	0.00	0.00	0	12.00	3.00	2.00	0	0.0	0.00	0.00	\$0.000
001482 Veg Cup Broccoli, Carrot, Caulif	3/4 Cup	35	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	35	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	35	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	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	20	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
001765 Strawberry Fat Free Milk TruMo	carton	10	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	20	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

# Planned Menu Spreadsheet

Utah School District

## Portion Values

May 1, 2019 thru May 24, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001763 Milk 1% dairy pure white	carton	5	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
Weighted Daily Average			912	5.74	1200	70	22.82	0.00	27	143.84	18.13	32.92	6653	704.2	44.74	0.78	\$0.000
% of Calories				5.66%		30.7%	22.5%	0.0%		63.1%		14.4%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Tuesday - 05/07/2019

Reimbursable Meal Total 35

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990311 Spaghetti Noodles (UHS)	1 cup	35	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	35	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
990085 Breadstick-seasoned *RESIZED*	2.5 OZ	35	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	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
000841 Cheese Cheddar Red Fat	oz	35	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	35	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	35	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	30	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	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
001765 Strawberry Fat Free Milk TruMo	carton	10	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	20	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

Uintah School District

## Portion Values

May 1, 2019 thru May 24, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001764 Chocolate Fat Free Milk Tru Mo	carton	5	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
Weighted Daily Average			1370	7.70	1399	*50	23.27	*0.00	62	230.63	*17.75	59.22	3965	736.4	38.69	11.01	\$0.000
% of Calories				5.06%		*14.6%	15.3%	*0.0%		67.3%		17.3%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Wednesday - 05/08/2019

Reimbursable Meal Total 35

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990215 Frito Pie Meat Chili 2M& 2 G homemeade	serving	35	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	35	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	35	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	35	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	35	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
001765 Strawberry Fat Free Milk TruMo	carton	10	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	20	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

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## Portion Values

May 1, 2019 thru May 24, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001763 Milk 1% dairy pure white	carton	5	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
Weighted Daily Average			1079	8.71	2337	*48	37.43	*0.00	74	144.84	16.68	46.74	7596	609.3	113.05	8.02	\$0.000
% of Calories				7.27%		*17.8%	31.2%	*0.0%		53.7%		17.3%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Thursday - 05/09/2019

Reimbursable Meal Total 35

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990181 Chicken Sand SPICY 2M & 2.5G homemade	1 each	35	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
990056 Carrots:frozen, boiled	1/2 CUP	35	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
990249 potato sweet bites RND	.5 CUP	35	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	35	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	35	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	35	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
990234 fry sauce chatsworth	each	20	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
001765 Strawberry Fat Free Milk TruMo	carton	10	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	20	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

# Planned Menu Spreadsheet

Utah School District

## Portion Values

May 1, 2019 thru May 24, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001763 Milk 1% dairy pure white	carton	5	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
Weighted Daily Average			974	3.93	1255	*73	28.25	*0.00	52	146.81	15.22	37.11	15399	500.9	107.21	5.85	\$0.000
% of Calories				3.63%		*30.0%	26.1%	*0.0%		60.3%		15.2%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

### Friday - 05/10/2019

### Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990267 French Dip Sandwich Homemade bun	sandwich	15	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
990243 french fried potatoes Value way	.5 CUP	15	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	15	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	15	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	15	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	15	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
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
001765 Strawberry Fat Free Milk TruMo	carton	5	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	5	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



# Planned Menu Spreadsheet

Uintah School District

## Portion Values

May 1, 2019 thru May 24, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001763 Milk 1% dairy pure white	carton	5	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
Weighted Daily Average			1004	6.95	1597	*65	23.54	*0.00	61	156.94	14.23	42.96	13763	603.7	117.88	*5.70	\$0.000
% of Calories				6.23%		*25.9%	21.1%	*0.0%		62.5%		17.1%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

### Monday - 05/13/2019

### Reimbursable Meal Total 35

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990157 sweet pork quesadilla	serving	35	408	8.59	846	*12	16.37	*1.00	82	31.96	3.69	30.09	*514	*559.4	*1.22	*1.30	\$0.000
990197 Rice, Spanish, Sysco	1/2 cup	35	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
000113 Sour Cream Reduced Fat	tbsp	35	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	35	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
001506 Veg Cup Broccoli, Carrot, redbell	3/4 Cup	35	28	0.02	38	3	0.20	0.00	0	5.96	2.15	1.09	6070	24.0	49.98	0.60	\$0.000
000581 Corn canned	1/2 cup	35	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
000086 Oranges Fresh Whole	EACH	35	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
000438 Pears	.5 CUP	35	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	35	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	10	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	20	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

# Planned Menu Spreadsheet

Utah School District

## Portion Values

May 1, 2019 thru May 24, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001763 Milk 1% dairy pure white	carton	5	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
Weighted Daily Average			1036	11.05	2129	*53	25.31	*1.00	106	152.48	13.30	48.62	*8376	*1017.0	*120.35	*4.32	\$0.000
% of Calories				9.60%		*20.5%	22.0%	*0.9%		58.9%		18.8%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Tuesday - 05/14/2019

Reimbursable Meal Total 35

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001435 Cheeseburger- 2.5 M 2 G	EACH	35	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
000548 Trimmings (k,m,m,let,tom,onion)	serving	35	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
990254 tator tots puzzle peice	.5 CUP	35	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	35	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	35	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	35	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	35	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	35	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	35	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	10	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	20	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

# Planned Menu Spreadsheet

Uintah School District

## Portion Values

May 1, 2019 thru May 24, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001763 Milk 1% dairy pure white	carton	5	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
Weighted Daily Average			1012	10.00	2189	*77	35.48	*0.16	69	136.95	12.76	35.33	3714	621.7	50.65	5.72	\$0.000
% of Calories				8.89%		*30.4%	31.6%	*0.1%		54.1%		14.0%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Wednesday - 05/15/2019

Reimbursable Meal Total 35

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001590 Chicken Rice Bowl	servings	35	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	35	154	0.87	180	*3	5.51	*0.06	0	22.94	1.96	4.13	*2	33.0	0.14	1.10	\$0.000
001506 Veg Cup Broccoli,Carrot,redbell	3/4 Cup	35	28	0.02	38	3	0.20	0.00	0	5.96	2.15	1.09	6070	24.0	49.98	0.60	\$0.000
001257 Bananas- Whole	1 Banana	35	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
990224 applesauce,unsweetened,canned	.5 CUP	35	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	35	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	10	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	20	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

# Planned Menu Spreadsheet

Utah School District

## Portion Values

May 1, 2019 thru May 24, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001763 Milk 1% dairy pure white	carton	5	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
Weighted Daily Average			855	2.36	1057	*66	16.18	*0.06	*83	140.66	*10.92	38.64	*12105	*436.7	*79.54	3.42	\$0.000
% of Calories				2.48%		*30.9%	17.0%	*0.1%		65.8%		18.1%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Thursday - 05/16/2019

Reimbursable Meal Total 35

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001754 ChickenNuggetsproview 6 nugs	serving	35	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
001649 Wheat Roll	2 OZ	35	154	0.87	180	*3	5.51	*0.06	0	22.94	1.96	4.13	*2	33.0	0.14	1.10	\$0.000
990245 seasoned potato wedges (lamb weston)	.5 CUP	35	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
001538 Honey Mustard Dipping cup heinz	container	35	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	35	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	35	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	35	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	35	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
000258 Broccoli from Frozen	.5 cup	35	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
001668 Side Salad	1.25 Cup	35	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	35	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

# Planned Menu Spreadsheet

Uintah School District

## Portion Values

May 1, 2019 thru May 24, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost	
990286	Apple crisps strawberry-tree top	package	35	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	35	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	10	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	20	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	5	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
Weighted Daily Average				1081	5.94	2139	*61	37.57	*0.10	39	147.65	15.38	38.14	*4063	548.8	91.80	6.76	\$0.000
% of Calories					4.95%		*22.6%	31.3%	*0.1%		54.6%		14.1%					
Weekly Nutrient Guideline				750 - 850	<10	1420		<=0										

### Friday - 05/17/2019

### Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost	
001443	Grilled Cheese Sand 2 M 2.25 G	1 each	15	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
001581	Soup Tomato canned add Milk	cup	15	61	0.44	242	*5	0.86	*0.00	3	11.46	0.57	2.81	343	84.3	7.75	0.33	\$0.000
990098	Veg Cup Broccoli,Carrot,Celery 1 CUP	Cup	15	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	15	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
000438	Pears	.5 CUP	15	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	15	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	15	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

# Planned Menu Spreadsheet

Utah School District

## Portion Values

May 1, 2019 thru May 24, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990223 Lite Ranch cup 1.25 oz	each	15	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	5	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	10	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	5	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
Weighted Daily Average			928	6.87	1802	*54	20.91	*0.00	37	145.13	14.44	41.75	15759	866.7	50.80	5.03	\$0.000
% of Calories				6.66%		*23.3%	20.3%	*0.0%		62.6%		18.0%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

### Monday - 05/20/2019

### Reimbursable Meal Total 35

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001553 ChickenBreastproview2m1 .25g	each	35	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	35	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	35	64	1.23	156	*4	3.10	*0.20	6	6.41	0.09	2.79	*129	85.1	0.18	0.18	\$0.000
001649 Wheat Roll	2 OZ	35	154	0.87	180	*3	5.51	*0.06	0	22.94	1.96	4.13	*2	33.0	0.14	1.10	\$0.000
001481 Veg Cup Broccoli,Carrot,Celery	3/4 Cup	35	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	35	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	35	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	35	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

May 1, 2019 thru May 24, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000433 Mixed Vegetables	.5 cup	35	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
001765 Strawberry Fat Free Milk TruMo	carton	10	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	20	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	5	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
Weighted Daily Average			934	5.07	1672	*61	25.56	*0.28	86	135.42	14.37	43.30	*9521	572.7	69.56	5.56	\$0.000
% of Calories				4.89%		*26.1%	24.6%	*0.3%		58.0%		18.5%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Tuesday - 05/21/2019

Reimbursable Meal Total 35

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
008043 Taco - UHS	2 each	35	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
000825 Chips Doritos Nacho Cheese RF	Bag	35	169	1.00	0	*N/A*	3.99	*N/A*	0	29.89	1.99	2.99	199	59.8	0.00	1.08	\$0.000
000581 Corn canned	1/2 cup	35	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	35	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	35	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	35	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
001734 Slushes, Welch's Variety	each	35	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
001257 Bananas- Whole	1 Banana	35	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

# Planned Menu Spreadsheet

Utah School District

## Portion Values

May 1, 2019 thru May 24, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990223 Lite Ranch cup 1.25 oz	each	35	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	10	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	20	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	5	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
Weighted Daily Average			1055	12.71	1203	*56	34.82	*0.29	93	149.43	12.80	39.98	3408	745.9	90.38	5.05	\$0.000
% of Calories				10.84%		*21.2%	29.7%	*0.2%		56.7%		15.2%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

## Wednesday - 05/22/2019

### Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001430 Pig in a Blanket-2M & 2 G	serving	15	317	6.95	834	*6	19.85	*0.06	35	24.94	1.96	10.13	*17	33.0	0.14	1.82	\$0.000
001716 baked beans-vms	1/2 cup	15	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
001690 onion rings	2.72 oz	15	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	15	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	15	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
000712 condiments (ket,mus.)	servings	15	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	15	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	15	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

May 1, 2019 thru May 24, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000399 Peaches canned juice pack usda	.5 CUP	15	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	15	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
990295 cookies,chocolate chip,wg bake crafters	each	15	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
001765 Strawberry Fat Free Milk TruMo	carton	5	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	10	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	5	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
Weighted Daily Average			1448	12.02	2790	*88	45.71	*0.06	68	214.03	25.76	41.80	*13484	788.0	129.66	7.66	\$0.000
% of Calories				7.47%		*24.3%	28.4%	*0.0%		59.1%		11.5%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

Thursday - 05/23/2019

Reimbursable Meal Total 35

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990263 Deli Sand Turk/Pep Jack home2g UHS	sandwich	35	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
990254 tator tots puzzle peice	.5 CUP	35	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
000258 Broccoli from Frozen	.5 cup	35	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
990234 fry sauce chatsworth	each	35	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	35	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
001668 Side Salad	1.25 Cup	35	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

# Planned Menu Spreadsheet

Utah School District

## Portion Values

May 1, 2019 thru May 24, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990224 applesauce,unsweetened,canned	.5 CUP	35	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	35	113	0.02	4	22	0.17	0.00	0	29.85	1.40	1.16	0	18.9	0.87	0.71	\$0.000
990223 Lite Ranch cup 1.25 oz	each	35	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	10	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	20	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	5	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
Weighted Daily Average			988	8.29	1779	*73	31.46	*0.00	83	140.61	12.85	41.38	4006	576.0	58.82	4.27	\$0.000
% of Calories				7.55%		*29.6%	28.7%	*0.0%		56.9%		16.8%					
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0										

### Friday - 05/24/2019

### Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
001400 Pizza, Pepperoni max	slice	15	290	3.00	600	4	9.00	0.00	15	38.00	3.00	16.00	10	35.0	0.00	15.00	\$0.000
990243 french fried potatoes Value way	.5 CUP	15	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
990153 Carrots Baby 1 CUP	cup	15	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
990235 Ketchup cups 1 oz	each	15	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	15	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
000549 Trimmings (m,m,let, tom, on,pic	serving	15	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

# Planned Menu Spreadsheet

Uintah School District

## Portion Values

May 1, 2019 thru May 24, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000948 Bananas Dried	each	15	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
001769 craisins strawberry	each	15	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	15	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	5	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	10	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	5	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
Weighted Daily Average			1078	15.36	1830	*75	35.52	*0.00	*42	154.18	14.27	31.02	*25074	537.9	*13.14	16.76	\$0.000
% of Calories				12.82%		*27.8%	29.7%	*0.0%		57.2%		11.5%					
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

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

<sup>2</sup> - 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.