

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

Menu Name:	Alt. HS Lunch	Include Cost:	No
Site:	10 - Uintah High School	Report Style:	Detailed
Use Alternate Menu Name:	No		

Wednesday - 05/01/2024

Reimbursable Meal Total 20

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001430 Pig in a Blanket-2M & 2 G	serving	20	318	6.90	835	*6	*N/A*	19.79	*0.01	*35	25.15	2.38	10.10	*16	26.6	0.14	0.75
990380 seasoned wedges simplot	.5 cup	20	130	0.50	400	0	0	6.00	0.00	0	20.00	1.00	2.00	0	0.0	0.00	0.72
990234 fry sauce Basic	serving	20	120	2.00	240	3	*N/A*	9.00	0.00	15	5.00	0.00	0.00	100	0.0	1.20	0.00
990391 Red Gold Ketchup Packets	each	20	25	0.00	75	6	*N/A*	0.00	0.00	0	6.00	0.00	0.00	0	0.0	0.00	0.00
990376 Juice,Apple	serving	20	60	0.00	5	0	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	0.0	70.00	0.00
000223 MUSTARD: individual PC	PC packet	20	3	0.01	56	*N/A*	*N/A*	0.20	*N/A*	0	0.29	0.04	0.21	0	3.8	0.00	0.09
001257 Bananas- Whole	1 Banana	20	90	0.11	1	12	*N/A*	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26
990035 Baked Beans	1/2 C	0	169	0.01	449	*N/A*	*N/A*	1.05	0.00	0	35.61	6.47	5.45	104	73.3	1.17	1.96
000625 Peas(from frozen)	.5 cup	20	62	0.04	58	4	*N/A*	0.22	0.00	0	11.41	3.60	4.12	1680	19.2	7.92	1.22
000267 Celery Sticks	1/2 cup	0	10	0.03	59	1	*N/A*	0.13	0.00	0	2.21	1.19	0.51	333	29.7	2.30	0.15
990223 Lite Ranch cup 1.25 oz Basic	each	20	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
001763 Milk 1% Meadow Gold	carton	5	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	10	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001765 Strawberry Fat Free Milk TruMo	carton	5	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00

Planned Menu Spreadsheet

Utah School District

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000176 Water; Bottled	each	0	0	0.00	7	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02
Weighted Daily Average			1039	12.69	2123	*50	*0	46.41	*0.01	*79	126.92	9.65	25.54	*2498	484.6	88.95	3.24
% of Calories				10.99 %		*19.2%	*0%	40.2%	*0.0%		48.9%		9.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Thursday - 05/02/2024

Reimbursable Meal Total 20

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990264 Deli Sand. ham/Chedd home 2g UHS	sandwich	20	342	6.45	720	*6	*0	16.74	*0.00	48	35.85	3.28	18.14	2	36.5	0.20	0.04
001260 Scrabble Cheez-its	.75 oz.	20	100	1.00	170	*N/A*	*N/A*	3.50	0.00	2	14.00	1.00	2.00	200	0.0	0.00	1.80
000533 Trimmings (may,must,let, pick)	servings	20	15	0.02	290	*0	*N/A*	0.24	*0.00	0	2.70	0.22	0.30	30	12.2	0.39	0.14
000788 Potato Salad	1/2 cup	20	213	3.02	283	1	*N/A*	18.37	*0.00	67	9.20	0.86	2.82	83	11.4	5.86	0.34
001668 Side Salad	1.25 Cup	20	61	0.12	84	*1	*N/A*	0.63	0.00	0	10.90	3.68	3.71	3587	49.7	11.09	1.54
000898 Applesauce Cups	1/2 cup	20	74	0.00	12	*N/A*	*N/A*	0.00	0.00	0	18.90	0.82	0.00	0	0.0	1.97	1.48
000701 Raisins in a box	box	20	130	0.00	5	25	0	0.00	0.00	0	34.00	2.00	1.00	0	22.0	0.00	1.81
990223 Lite Ranch cup 1.25 oz Basic	each	20	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
001763 Milk 1% Meadow Gold	carton	5	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	10	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001765 Strawberry Fat Free Milk TruMo	carton	5	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000176 Water; Bottled	each	0	0	0.00	7	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02
Weighted Daily Average			1165	13.74	2018	*51	*0	50.36	*0.00	145	147.56	11.86	35.97	4540	561.8	20.41	7.34
% of Calories				10.61 %		*17.5%	*0%	38.9%	*0.0%		50.7%		12.4%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Friday - 05/03/2024

Reimbursable Meal Total 20

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001554 Corn Dog Turkey (StateFair)2m2g	each	20	280	3.50	650	*N/A*	*N/A*	13.00	0.00	40	31.00	1.00	9.00	0	80.0	1.20	1.80
000712 condiments (ket,mus.)	servings	20	43	0.01	386	*8	*8	0.20	*0.00	0	10.29	0.04	0.21	200	3.8	2.40	0.09
990363 Fries Crinkle cut Sysco	.5 cup	20	95	0.79	28	1	0	3.16	0.00	0	15.79	1.58	1.58	0	15.8	0.00	0.57
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	20	90	0.00	0	19	*N/A*	0.00	0.00	0	21.00	2.00	1.00	0	0.0	0.00	0.00
990098 Veg Cup Broccoli,Carrot,Celery 1 CUP	Cup	20	39	0.06	96	4	*N/A*	0.24	0.00	0	8.79	3.36	1.36	10729	49.4	22.74	0.91
990223 Lite Ranch cup 1.25 oz Basic	each	20	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990466 juice, Orange tangerine	serving	20	50	0.00	25	12	*N/A*	0.00	0.00	0	12.00	0.00	0.00	0	0.0	42.00	0.00
990391 Red Gold Ketchup Packets	each	10	25	0.00	75	6	*N/A*	0.00	0.00	0	6.00	0.00	0.00	0	0.0	0.00	0.00
990234 fry sauce Basic	serving	10	120	2.00	240	3	*N/A*	9.00	0.00	15	5.00	0.00	0.00	100	0.0	1.20	0.00
001763 Milk 1% Meadow Gold	carton	5	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	10	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40

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Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001765 Strawberry Fat Free Milk TruMo	carton	5	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
000176 Water; Bottled	each	0	0	0.00	7	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02
Weighted Daily Average			900	8.48	1796	*67	*8	31.97	*0.00	76	126.38	7.98	21.15	11616	579.0	69.84	3.57
% of Calories				8.48%		*29.8%	*3.6%	32.0%	*0.0%		56.2%		9.4%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Monday - 05/06/2024

Reimbursable Meal Total 20

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001378 Pork Gravy with Pork	3 oz	20	149	2.58	107	*0	*N/A*	7.69	*0.06	42	5.60	0.19	13.18	13	10.4	0.00	0.77
000859 Potatoes Mashed Pearls Sysco C	1/2 cup	20	68	0.00	20	*N/A*	*N/A*	0.00	0.00	0	14.94	1.36	1.36	0	1.8	3.26	0.25
990241 string cheese mozzarella 1oz	each	20	90	5.00	200	0	*N/A*	7.00	0.00	20	0.00	0.00	7.00	0	0.0	0.00	0.00
001654 Wheat Roll 2 grain (blend)	2.5 oz	20	187	0.86	215	*4	*N/A*	6.13	*0.00	1	28.94	2.98	5.13	2	33.2	0.18	0.04
990098 Veg Cup Broccoli,Carrot,Celery 1 CUP	Cup	10	39	0.06	96	4	*N/A*	0.24	0.00	0	8.79	3.36	1.36	10729	49.4	22.74	0.91
001544 Corn canned-contest name	1/2 cup	20	41	0.04	143	3	*N/A*	0.26	0.00	0	10.21	1.05	1.26	43	2.6	4.25	0.22
000064 APPLES,Fresh	EACH	10	72	0.04	1	14	*N/A*	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
990240 mandarin oranges sysco	.5 CUP	10	70	0.00	10	17	*N/A*	0.00	0.00	0	17.00	1.00	1.00	300	20.0	24.00	0.72
990223 Lite Ranch cup 1.25 oz Basic	each	8	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
001765 Strawberry Fat Free Milk TruMo	carton	0	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001764 Chocolate Fat Free Milk Tru Mo	carton	10	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001763 Milk 1% Meadow Gold	carton	5	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000176 Water; Bottled	each	0	0	0.00	7	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02
Weighted Daily Average			769	10.46	993	*39	*0	26.79	*0.06	78	98.16	9.41	35.29	5809	363.8	34.84	2.37
% of Calories				12.24 %		*20.3%	*0%	31.4%	*0.1%		51.1%		18.4%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Tuesday - 05/07/2024

Reimbursable Meal Total 20

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
008069 Macho Nacho 2 M & 2.5 g	serving	20	460	7.22	799	1	0	25.15	2.36	66	39.30	3.00	20.51	0	48.6	4.00	0.75
000113 Sour Cream pouch	pouch	0	60	3.50	10	1	0	5.00	0.00	20	1.00	0.00	1.00	0	30.0	0.00	0.00
990232 salsa,low-sodium,pouch	tbs	20	5	0.00	17	*0	*N/A*	0.00	*0.00	0	0.90	0.44	0.00	0	0.0	0.00	0.00
990221 Cut Green beans low sodium Hart	1/2 cup	20	15	0.00	120	1	0	0.00	0.00	0	3.00	1.00	1.00	0	26.0	0.00	1.00
000086 Oranges Fresh Whole	EACH	20	43	0.00	0	*N/A*	*N/A*	0.00	0.00	0	10.56	1.92	0.96	192	38.4	48.96	0.17
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	20	90	0.00	0	19	*N/A*	0.00	0.00	0	21.00	2.00	1.00	0	0.0	0.00	0.00
001668 Side Salad	1.25 Cup	20	61	0.12	84	*1	*N/A*	0.63	0.00	0	10.90	3.68	3.71	3587	49.7	11.09	1.54
990223 Lite Ranch cup 1.25 oz Basic	each	20	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
001763 Milk 1% Meadow Gold	carton	5	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001764 Chocolate Fat Free Milk Tru Mo	carton	10	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001765 Strawberry Fat Free Milk TruMo	carton	0	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
000176 Water; Bottled	each	5	0	0.00	7	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02
Weighted Daily Average			876	10.47	1444	*36	*0	36.66	*2.36	94	102.91	12.05	33.18	3979	518.9	64.65	3.67
% of Calories				10.76 %		*16.4%	*0%	37.7%	*2.4%		47.0%		15.2%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Wednesday - 05/08/2024

Reimbursable Meal Total 20

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990242 pizza pepperoni stuffed crust MAX	each	20	320	4.50	700	4	1	13.00	0.00	20	36.00	3.00	17.00	0	320.0	0.00	2.20
990379 Tater Gems Tots	.5 cup	20	160	1.50	230	0	*N/A*	9.00	0.00	0	19.00	1.00	2.00	0	0.0	0.00	0.36
000625 Peas(from frozen)	.5 cup	20	62	0.04	58	4	*N/A*	0.22	0.00	0	11.41	3.60	4.12	1680	19.2	7.92	1.22
001505 Veg Cup Broccoli,Carrot,Tomato	3/4 Cup	20	35	0.07	46	*3	*N/A*	0.29	*0.00	0	7.49	2.69	1.81	5797	36.5	45.33	0.76
001257 Bananas- Whole	1 Banana	20	90	0.11	1	12	*N/A*	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26
990308 Apple Goodie	4 oz	20	196	2.46	37	*25	*N/A*	4.42	*0.15	10	37.86	2.30	2.12	116	24.9	0.70	0.95
990223 Lite Ranch cup 1.25 oz Basic	each	20	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990234 fry sauce Basic	serving	10	120	2.00	240	3	*N/A*	9.00	0.00	15	5.00	0.00	0.00	100	0.0	1.20	0.00
990391 Red Gold Ketchup Packets	each	10	25	0.00	75	6	*N/A*	0.00	0.00	0	6.00	0.00	0.00	0	0.0	0.00	0.00

Planned Menu Spreadsheet

Utah School District

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001763 Milk 1% Meadow Gold	carton	5	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	10	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001765 Strawberry Fat Free Milk TruMo	carton	5	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
000176 Water; Bottled	each	0	0	0.00	7	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02
Weighted Daily Average			1166	12.81	1683	*71	*1	42.63	*0.15	66	162.32	15.21	36.15	8345	835.6	64.24	5.95
% of Calories				9.89%		*24.4%	*0.3%	32.9%	*0.1%		55.7%		12.4%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Thursday - 05/09/2024

Reimbursable Meal Total 20

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001352 Orange Chicken jr yangs	3.6 oz	20	150	0.50	340	*N/A*	*N/A*	3.00	0.00	40	19.00	0.00	11.00	100	0.0	1.20	0.72
001654 Wheat Roll 2 grain (blend)	2.5 oz	20	187	0.86	215	*4	*N/A*	6.13	*0.00	1	28.94	2.98	5.13	2	33.2	0.18	0.04
001264 Rice 50/50	1/2 CUP	20	51	0.00	81	0	0	0.95	0.00	0	11.56	0.48	0.96	0	7.6	0.00	0.36
990285 Carrots:frozen,contest name .75	.75 cup	20	41	0.13	65	4	*N/A*	0.74	0.00	0	8.46	3.61	0.64	18536	38.3	2.52	0.58
001547 Broccoli Frozen-contest name	1/2 cup each	20	29	0.02	11	2	*N/A*	0.12	0.00	0	5.46	3.06	3.16	1032	33.7	40.92	0.62
001668 Side Salad	1.25 Cup	20	61	0.12	84	*1	*N/A*	0.63	0.00	0	10.90	3.68	3.71	3587	49.7	11.09	1.54
001529 Clementines	each	20	35	0.00	0	*N/A*	*N/A*	0.00	0.00	0	9.00	1.00	1.00	0	20.0	36.00	0.18
000092 Pineapple Chunks:canned,lt syr	1/2 cup	20	66	0.01	1	16	*N/A*	0.15	0.00	0	16.95	1.01	0.45	48	17.6	9.45	0.49

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990223 Lite Ranch cup 1.25 oz Basic	each	20	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
001763 Milk 1% Meadow Gold	carton	5	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	10	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001765 Strawberry Fat Free Milk TruMo	carton	5	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
000176 Water; Bottled	each	0	0	0.00	7	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02
Weighted Daily Average			849	4.77	1251	*45	*0	22.60	*0.00	69	132.27	15.83	34.05	23943	630.1	102.26	4.73
% of Calories				5.06%		*21.2%	*0%	24.0%	*0.0%		62.3%		16.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Friday - 05/10/2024

Reimbursable Meal Total 20

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990180 Hamburger on a Bun 2 M & 2 G homemade	SERVING	20	351	5.76	401	*4	*N/A*	18.15	*0.80	50	29.66	3.45	17.16	4	62.1	0.18	2.37
000549 Trimmings (m,m,let, tom, ,pic	serving	20	20	0.03	291	*1	*N/A*	0.29	*0.00	0	3.64	0.52	0.53	224	15.2	3.29	0.21
990363 Fries Crinkle cut Sysco	.5 cup	20	95	0.79	28	1	0	3.16	0.00	0	15.79	1.58	1.58	0	15.8	0.00	0.57
001544 Corn canned-contest name	1/2 cup	20	41	0.04	143	3	*N/A*	0.26	0.00	0	10.21	1.05	1.26	43	2.6	4.25	0.22
000064 APPLES,Fresh	EACH	20	72	0.04	1	14	*N/A*	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
990240 mandarin oranges sysco	.5 CUP	20	70	0.00	10	17	*N/A*	0.00	0.00	0	17.00	1.00	1.00	300	20.0	24.00	0.72
001481 Veg Cup Broccoli,Carrot,Celery	3/4 Cup	20	33	0.07	74	3	*N/A*	0.28	0.00	0	7.14	2.83	1.74	5653	47.6	41.38	0.73

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990223 Lite Ranch cup 1.25 oz Basic	each	20	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990234 fry sauce Basic	serving	10	120	2.00	240	3	*N/A*	9.00	0.00	15	5.00	0.00	0.00	100	0.0	1.20	0.00
990391 Red Gold Ketchup Packets	each	10	25	0.00	75	6	*N/A*	0.00	0.00	0	6.00	0.00	0.00	0	0.0	0.00	0.00
001763 Milk 1% Meadow Gold	carton	5	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	10	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001765 Strawberry Fat Free Milk TruMo	carton	5	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
000176 Water; Bottled	each	0	0	0.00	7	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02
Weighted Daily Average			985	10.85	1559	*66	*0	37.74	*0.80	86	130.00	13.74	31.63	6986	601.7	80.95	5.19
% of Calories				9.91%		*26.8%	*0%	34.5%	*0.7%		52.8%		12.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Monday - 05/13/2024

Reimbursable Meal Total 20

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990246 pork pattie, harvest breaded	each	20	280	3.00	200	1	*N/A*	15.00	0.00	30	19.00	4.00	17.00	100	60.0	1.20	2.70
000859 Potatoes Mashed Pearls Sysco C	1/2 cup	0	68	0.00	20	*N/A*	*N/A*	0.00	0.00	0	14.94	1.36	1.36	0	1.8	3.26	0.25
000494 Gravy Chicken - Cream	1/3 cup	0	64	1.39	166	*4	*N/A*	3.08	*0.07	*6	6.18	0.09	2.65	*129	85.1	0.18	0.18
001654 Wheat Roll 2 grain (blend)	2.5 oz	20	187	0.86	215	*4	*N/A*	6.13	*0.00	1	28.94	2.98	5.13	2	33.2	0.18	0.04
001544 Corn canned-contest name	1/2 cup	0	41	0.04	143	3	*N/A*	0.26	0.00	0	10.21	1.05	1.26	43	2.6	4.25	0.22

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001506 Veg Cup Broccoli,Carrot,redbell	3/4 Cup	20	27	0.05	38	3	*N/A*	0.20	0.00	0	5.96	2.15	1.09	6070	24.0	49.98	0.60
000086 Oranges Fresh Whole	EACH	20	43	0.00	0	*N/A*	*N/A*	0.00	0.00	0	10.56	1.92	0.96	192	38.4	48.96	0.17
990447 Mixed fruit USDA 21	.5 cup serving	20	60	0.00	10	14	*N/A*	0.00	0.00	0	17.00	0.00	0.00	0	0.0	0.00	0.00
990223 Lite Ranch cup 1.25 oz Basic	each	20	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
001763 Milk 1% Meadow Gold	carton	5	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	10	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001765 Strawberry Fat Free Milk TruMo	carton	5	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
000176 Water; Bottled	each	0	0	0.00	7	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02
Weighted Daily Average			827	7.04	917	*41	*0	32.20	*0.00	*59	103.46	11.05	32.18	*7002	585.6	101.22	3.71
% of Calories				7.66%		*19.8%	*0%	35.0%	*0.0%		50.0%		15.6%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Tuesday - 05/14/2024

Reimbursable Meal Total 20

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001443 Grilled Cheese Sand 2 M 2G	1 each	20	500	11.23	885	*9	*N/A*	26.25	*0.00	51	49.52	5.38	18.60	11	61.9	0.28	0.99
001581 Soup Tomato canned add Milk	cup	20	61	0.44	242	*5	*N/A*	0.86	*0.00	3	11.46	0.57	2.81	343	84.3	7.75	0.33
990221 Cut Green beans low sodium Hart	1/2 cup	20	15	0.00	120	1	0	0.00	0.00	0	3.00	1.00	1.00	0	26.0	0.00	1.00
990240 mandarin oranges sysco	.5 CUP	20	70	0.00	10	17	*N/A*	0.00	0.00	0	17.00	1.00	1.00	300	20.0	24.00	0.72

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000064 APPLES,Fresh	EACH	20	72	0.04	1	14	*N/A*	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
990098 Veg Cup Broccoli,Carrot,Celery 1 CUP	Cup	20	39	0.06	96	4	*N/A*	0.24	0.00	0	8.79	3.36	1.36	10729	49.4	22.74	0.91
990223 Lite Ranch cup 1.25 oz Basic	each	20	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
001763 Milk 1% Meadow Gold	carton	5	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	10	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001765 Strawberry Fat Free Milk TruMo	carton	5	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
000176 Water; Bottled	each	0	0	0.00	7	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02
Weighted Daily Average			988	14.89	1809	*69	*0	38.47	*0.00	82	130.82	14.61	33.13	12095	679.9	62.02	4.32
% of Calories				13.56 %		*27.9%	*0%	35.0%	*0.0%		53.0%		13.4%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Wednesday - 05/15/2024

Reimbursable Meal Total 20

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001600 Chicken Sandwich homemade 2g	1 each	20	386	2.46	875	*6	*0	13.15	*0.00	31	47.66	2.45	21.16	4	81.1	0.18	4.37
990481 sweet potatoe, fries usda	serving	20	150	2.00	125	3	*N/A*	8.00	0.00	0	19.00	3.00	1.00	0	0.0	0.00	0.00
990035 Baked Beans	1/2 C	20	169	0.01	449	*N/A*	*N/A*	1.05	0.00	0	35.61	6.47	5.45	104	73.3	1.17	1.96
000701 Raisins in a box	box	20	130	0.00	5	25	0	0.00	0.00	0	34.00	2.00	1.00	0	22.0	0.00	1.81
000898 Applesauce Cups	1/2 cup	2020	74	0.00	12	*N/A*	*N/A*	0.00	0.00	0	18.90	0.82	0.00	0	0.0	1.97	1.48

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001347 Cookie Candy Chip (WG)	cookie	20	140	1.50	125	*N/A*	*N/A*	5.00	0.00	0	23.00	2.00	2.00	200	0.0	0.00	0.72
990223 Lite Ranch cup 1.25 oz Basic	each	20	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990391 Red Gold Ketchup Packets	each	20	25	0.00	75	6	*N/A*	0.00	0.00	0	6.00	0.00	0.00	0	0.0	0.00	0.00
990234 fry sauce Basic	serving	20	120	2.00	240	3	*N/A*	9.00	0.00	15	5.00	0.00	0.00	100	0.0	1.20	0.00
001763 Milk 1% Meadow Gold	carton	5	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	10	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001765 Strawberry Fat Free Milk TruMo	carton	5	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
000176 Water; Bottled	each	0	0	0.00	7	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02
Weighted Daily Average			8820	11.09	3593	*62	*0	47.07	*0.00	74	2101.52	98.94	38.61	1045	606.4	202.62	158.44
% of Calories				1.13%		*2.8%	*0%	4.8%	*0.0%		95.3%		1.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Thursday - 05/16/2024

Reimbursable Meal Total 20

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001590 Chicken Rice Bowl	servings	20	287	0.03	560	*18	*0	4.94	*0.00	79	35.16	3.03	26.11	5012	45.9	19.26	0.93
001654 Wheat Roll 2 grain (blend)	2.5 oz	20	187	0.86	215	*4	*N/A*	6.13	*0.00	1	28.94	2.98	5.13	2	33.2	0.18	0.04
990223 Lite Ranch cup 1.25 oz Basic	each	20	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
001547 Broccoli Frozen-contest name	1/2 cup each	20	29	0.02	11	2	*N/A*	0.12	0.00	0	5.46	3.06	3.16	1032	33.7	40.92	0.62

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001668 Side Salad	1.25 Cup	20	61	0.12	84	*1	*N/A*	0.63	0.00	0	10.90	3.68	3.71	3587	49.7	11.09	1.54
001529 Clementines	each	20	35	0.00	0	*N/A*	*N/A*	0.00	0.00	0	9.00	1.00	1.00	0	20.0	36.00	0.18
990286 Apple crisps strawberry-tree top	package	20	40	0.00	0	7	*N/A*	0.00	0.00	0	10.00	2.00	0.00	0	0.0	0.00	0.00
001763 Milk 1% Meadow Gold	carton	5	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	10	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001765 Strawberry Fat Free Milk TruMo	carton	5	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
000176 Water; Bottled	each	0	0	0.00	7	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02
Weighted Daily Average			868	4.16	1324	*50	*0	22.70	*0.00	108	121.47	15.75	47.11	10271	612.5	108.35	3.52
% of Calories				4.31%		*23.0%	*0%	23.5%	*0.0%		56.0%		21.7%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Friday - 05/17/2024

Reimbursable Meal Total 20

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990242 pizza pepperoni stuffed crust MAX	each	20	320	4.50	700	4	1	13.00	0.00	20	36.00	3.00	17.00	0	320.0	0.00	2.20
990363 Fries Crinkle cut Sysco	.5 cup	20	95	0.79	28	1	0	3.16	0.00	0	15.79	1.58	1.58	0	15.8	0.00	0.57
990098 Veg Cup Broccoli,Carrot,Celery 1 CUP	Cup	20	39	0.06	96	4	*N/A*	0.24	0.00	0	8.79	3.36	1.36	10729	49.4	22.74	0.91
990223 Lite Ranch cup 1.25 oz Basic	each	20	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	20	90	0.00	0	19	*N/A*	0.00	0.00	0	21.00	2.00	1.00	0	0.0	0.00	0.00

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990367 Juice Variety #1	-serving	20	60	0.00	20	*6	*N/A*	0.00	0.00	0	14.00	0.00	0.00	2500	0.0	18.00	0.00
990391 Red Gold Ketchup Packets	each	10	25	0.00	75	6	*N/A*	0.00	0.00	0	6.00	0.00	0.00	0	0.0	0.00	0.00
990234 fry sauce Basic	-serving	10	120	2.00	240	3	*N/A*	9.00	0.00	15	5.00	0.00	0.00	100	0.0	1.20	0.00
001763 Milk 1% Meadow Gold	carton	5	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	10	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001765 Strawberry Fat Free Milk TruMo	carton	5	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
000176 Water; Bottled	each	0	0	0.00	7	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02
Weighted Daily Average			906	9.47	1455	*57	*1	31.78	*0.00	56	123.09	9.94	28.94	13916	815.2	42.24	3.88
% of Calories				9.41%		*25.2%	*0.4%	31.6%	*0.0%		54.3%		12.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Monday - 05/20/2024

Reimbursable Meal Total 20

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990242 pizza pepperoni stuffed crust MAX	each	20	320	4.50	700	4	1	13.00	0.00	20	36.00	3.00	17.00	0	320.0	0.00	2.20
990363 Fries Crinkle cut Sysco	.5 cup	20	95	0.79	28	1	0	3.16	0.00	0	15.79	1.58	1.58	0	15.8	0.00	0.57
990320 Mixed vegetables, No salt added, Frozen usda	1/2 cup	20	60	0.00	39	3	*N/A*	0.00	0.00	0	12.00	3.00	2.00	0	0.0	0.00	0.00
001482 Veg Cup Broccoli, Carrot, Caulif	3/4 Cup	20	28	0.07	45	3	*N/A*	0.21	0.00	0	6.00	2.24	1.41	5350	28.8	34.46	0.62
001529 Clementines	each	20	35	0.00	0	*N/A*	*N/A*	0.00	0.00	0	9.00	1.00	1.00	0	20.0	36.00	0.18

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000898 Applesauce Cups	1/2 cup	20	74	0.00	12	*N/A*	*N/A*	0.00	0.00	0	18.90	0.82	0.00	0	0.0	1.97	1.48
990223 Lite Ranch cup 1.25 oz Basic	each	20	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990234 fry sauce Basic	serving	20	120	2.00	240	3	*N/A*	9.00	0.00	15	5.00	0.00	0.00	100	0.0	1.20	0.00
990391 Red Gold Ketchup Packets	each	20	25	0.00	75	6	*N/A*	0.00	0.00	0	6.00	0.00	0.00	0	0.0	0.00	0.00
001763 Milk 1% Meadow Gold	carton	5	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	10	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001765 Strawberry Fat Free Milk TruMo	carton	5	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
000176 Water; Bottled	each	0	0	0.00	7	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02
Weighted Daily Average			987	10.49	1593	*38	*1	36.24	*0.00	64	130.70	11.64	30.99	6087	814.6	74.54	5.25
% of Calories				9.57%		*15.4%	*0.4%	33.0%	*0.0%		53.0%		12.6%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Tuesday - 05/21/2024

Reimbursable Meal Total 20

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990140 Spaghetti Noodles	1/2 cup	20	160	0.12	3	1	*N/A*	0.65	0.00	0	32.13	1.38	5.61	0	9.0	0.00	1.42
990361 Spaghetti Sauce Contadina .75	.75 cup	20	132	2.74	189	2	*N/A*	8.64	1.37	36	3.32	0.55	10.15	138	5.5	2.49	0.30
990085 Breadstick-seasoned *RESIZED*	2.5 OZ	20	187	0.98	216	*4	*N/A*	6.23	*0.00	1	28.66	2.45	5.16	7	41.1	0.18	1.37
990221 Cut Green beans low sodium Hart	1/2 cup	20	15	0.00	120	1	0	0.00	0.00	0	3.00	1.00	1.00	0	26.0	0.00	1.00

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000841 Cheese Cheddar Red Fat	oz	20	80	3.28	206	0	*N/A*	5.19	*N/A*	16	0.57	0.00	7.71	179	256.6	0.00	0.04
001668 Side Salad	1.25 Cup	20	61	0.12	84	*1	*N/A*	0.63	0.00	0	10.90	3.68	3.71	3587	49.7	11.09	1.54
000086 Oranges Fresh Whole	EACH	20	43	0.00	0	*N/A*	*N/A*	0.00	0.00	0	10.56	1.92	0.96	192	38.4	48.96	0.17
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	20	90	0.00	0	19	*N/A*	0.00	0.00	0	21.00	2.00	1.00	0	0.0	0.00	0.00
990223 Lite Ranch cup 1.25 oz Basic	each	20	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
001763 Milk 1% Meadow Gold	carton	5	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	10	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001765 Strawberry Fat Free Milk TruMo	carton	5	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
000176 Water; Bottled	each	0	0	0.00	7	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02
Weighted Daily Average			997	10.37	1271	*47	*0	32.21	*1.37	81	132.14	12.98	43.30	4742	856.4	63.62	6.04
% of Calories				9.36%		*18.9%	*0%	29.1%	*1.2%		53.0%		17.4%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Wednesday - 05/22/2024

Reimbursable Meal Total 20

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990215 Frito Pie Meat Chili 2M& 2 G homemade	serving	20	637	6.91	1533	*6	*N/A*	30.47	*0.00	49	64.53	8.26	27.36	955	180.1	10.40	5.34
001544 Corn canned-contest name	1/2 cup	20	41	0.04	143	3	*N/A*	0.26	0.00	0	10.21	1.05	1.26	43	2.6	4.25	0.22
001482 Veg Cup Broccoli,Carrot,Caulif	3/4 Cup	20	28	0.07	45	3	*N/A*	0.21	0.00	0	6.00	2.24	1.41	5350	28.8	34.46	0.62

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001257 Bananas- Whole	1 Banana	20	90	0.11	1	12	*N/A*	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26
000092 Pineapple Chunks:canned,lt syr	1/2 cup	20	66	0.01	1	16	*N/A*	0.15	0.00	0	16.95	1.01	0.45	48	17.6	9.45	0.49
990223 Lite Ranch cup 1.25 oz Basic	each	20	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
001763 Milk 1% Meadow Gold	carton	5	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	10	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001765 Strawberry Fat Free Milk TruMo	carton	5	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
000176 Water; Bottled	each	0	0	0.00	7	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02
Weighted Daily Average			1092	10.27	2177	*58	*0	42.31	*0.00	77	142.75	15.19	39.60	7097	664.2	68.25	7.13
% of Calories				8.46%		*21.2%	*0%	34.9%	*0.0%		52.3%		14.5%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Thursday - 05/23/2024

Reimbursable Meal Total 20

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001148 Chicken Sandwich 2M & 2.5G	Sandwich	20	360	1.50	860	6	0	9.00	0.00	30	42.00	3.00	23.00	20	240.0	0.00	4.50
990056 Carrots:frozen, boiled	1/2 CUP	20	27	0.09	43	3	*N/A*	0.50	0.00	0	5.64	2.41	0.42	12357	25.6	1.68	0.39
990481 sweet potatoe, fries usda	serving	20	150	2.00	125	3	*N/A*	8.00	0.00	0	19.00	3.00	1.00	0	0.0	0.00	0.00
001668 Side Salad	1.25 Cup	20	61	0.12	84	*1	*N/A*	0.63	0.00	0	10.90	3.68	3.71	3587	49.7	11.09	1.54
000064 APPLES,Fresh	EACH	20	72	0.04	1	14	*N/A*	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17

Planned Menu Spreadsheet

Utah School District

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990447 Mixed fruit USDA 21	.5 cup serving	20	60	0.00	10	14	*N/A*	0.00	0.00	0	17.00	0.00	0.00	0	0.0	0.00	0.00
990223 Lite Ranch cup 1.25 oz Basic	each	20	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990234 fry sauce Basic	serving	20	120	2.00	240	3	*N/A*	9.00	0.00	15	5.00	0.00	0.00	100	0.0	1.20	0.00
001349 Cookie Choc Chip (WG)	cookie	0	140	1.50	100	12	0	4.00	0.00	0	26.00	2.00	2.00	0	20.0	0.00	1.08
001763 Milk 1% Meadow Gold	carton	5	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	10	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001765 Strawberry Fat Free Milk TruMo	carton	5	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
000176 Water; Bottled	each	0	0	0.00	7	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02
Weighted Daily Average			1080	8.88	1817	*62	*0	38.24	*0.00	74	140.60	15.40	36.49	16777	753.6	21.22	6.80
% of Calories				7.40%		*23.0%	*0%	31.9%	*0.0%		52.1%		13.5%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Friday - 05/24/2024

Reimbursable Meal Total 20

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990461 wowbutter grape uncrustable	serving	20	280	3.00	200	12	*N/A*	14.00	0.00	0	28.00	4.00	9.00	0	121.0	0.00	2.00
001380 Chips Doritos Cool Ranch RF	package	20	130	0.50	150	*N/A*	*N/A*	5.00	0.00	0	20.00	2.00	2.00	0	40.0	0.00	0.36
990241 string cheese mozzarella 1oz	each	20	90	5.00	200	0	*N/A*	7.00	0.00	20	0.00	0.00	7.00	0	0.0	0.00	0.00
990098 Veg Cup Broccoli,Carrot,Celery 1 CUP	Cup	20	39	0.06	96	4	*N/A*	0.24	0.00	0	8.79	3.36	1.36	10729	49.4	22.74	0.91

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990223 Lite Ranch cup 1.25 oz Basic	each	20	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990466 juice, Orange tangerine	serving	20	50	0.00	25	12	*N/A*	0.00	0.00	0	12.00	0.00	0.00	0	0.0	42.00	0.00
000898 Applesauce Cups	1/2 cup	20	74	0.00	12	*N/A*	*N/A*	0.00	0.00	0	18.90	0.82	0.00	0	0.0	1.97	1.48
001763 Milk 1% Meadow Gold	carton	5	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	10	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001765 Strawberry Fat Free Milk TruMo	carton	5	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
000176 Water; Bottled	each	0	0	0.00	7	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02
Weighted Daily Average			893	11.68	1137	*47	*0	37.12	*0.00	49	109.70	10.18	27.36	11366	640.4	67.61	4.95
% of Calories				11.77 %		*21.1%	*0%	37.4%	*0.0%		49.1%		12.3%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
Weighted Averages	1400	10	1664	*53	*1	36.31	*0.26	*79	236.82	17.30	33.93	*8784	645	74.32	13.34
% of Calories		6.52%		*15.1%	*0.3%	23.3%	*0.2%		67.7%		9.7%				

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.