

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 31, 2024

Menu Name:	Elementary Lunch	Include Cost:	No
Site:	1 - Ashley Elementary	Report Style:	Detailed
Use Alternate Menu Name:	No		

Wednesday - 05/01/2024

Reimbursable Meal Total 415

	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	415	460	7.22	799	1	0	25.15	2.36	66	39.30	3.00	20.51	0	48.6	4.00	0.75
001203 Salsa(Milani)	2 TBS	225	5	0.00	67	*N/A*	*N/A*	0.00	*N/A*	0	0.87	0.19	0.19	93	3.7	1.68	0.13
000113 Sour Cream pouch	pouch	150	60	3.50	10	1	0	5.00	0.00	20	1.00	0.00	1.00	0	30.0	0.00	0.00
990279 Broccoli Frozen-contest name .75	.75 cup	250	38	0.02	15	2	*N/A*	0.16	0.00	0	7.28	4.08	4.22	1376	44.9	54.57	0.83
990369 Strawberries,Diced,Cups, Frozen	each	250	90	0.00	0	18	*N/A*	0.00	0.00	0	22.00	2.00	1.00	0	0.0	0.00	0.00
990520 Grilled Cheese WG 23	-serving	25	430	9.00	630	3	0	27.00	30.00	30	27.00	4.00	19.00	0	460.0	0.00	0.00
990422 Mini Vanilla Wafers IW	package	0	120	0.50	50	7	*N/A*	4.00	0.00	0	21.00	2.00	2.00	0	5.0	0.00	1.00
990279 Broccoli Frozen-contest name .75	.75 cup	25	38	0.02	15	2	*N/A*	0.16	0.00	0	7.28	4.08	4.22	1376	44.9	54.57	0.83
990369 Strawberries,Diced,Cups, Frozen	each	25	90	0.00	0	18	*N/A*	0.00	0.00	0	22.00	2.00	1.00	0	0.0	0.00	0.00
001763 Milk 1% Meadow Gold	carton	70	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	200	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	145	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 31, 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			724	10.02	1058	*34	*0	30.32	*4.17	84	81.56	7.37	33.57	1730	419.0	41.89	1.57
% of Calories				12.46 %		*18.8%	*0%	37.7%	*5.2%		45.1%		18.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 05/02/2024

Reimbursable Meal Total 400

	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)
990261 pork rib sandwich Tyson	each	390	370	4.50	860	13	*N/A*	14.00	0.00	45	43.00	4.00	20.00	320	220.0	1.33	2.88
990363 Fries Crinkle cut Sysco	.5 cup	400	95	0.79	28	1	0	3.16	0.00	0	15.79	1.58	1.58	0	15.8	0.00	0.57
990234 fry sauce Basic	serving	0	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
990285 Carrots:frozen,contest name .75	.75 cup	225	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
000438 Pears	.5 CUP	350	60	0.00	5	12	*N/A*	0.00	0.00	0	16.00	2.00	0.00	0	0.0	1.19	0.00
990531 Smuckers strawberry	serving	25	300	3.50	270	15	13	16.00	0.00	0	32.00	4.00	9.00	0	0.0	0.00	1.00
990513 mozzarella cheese stick bongards	serving	0	80	3.50	200	0	0	6.00	0.00	15	0.00	0.00	7.00	0	200.0	0.00	0.00
990363 Fries Crinkle cut Sysco	.5 cup	25	95	0.79	28	1	0	3.16	0.00	0	15.79	1.58	1.58	0	15.8	0.00	0.57
990234 fry sauce Basic	serving	0	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
990285 Carrots:frozen,contest name .75	.75 cup	25	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
000438 Pears	.5 CUP	25	60	0.00	5	12	*N/A*	0.00	0.00	0	16.00	2.00	0.00	0	0.0	1.19	0.00

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 31, 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	65	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	210	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	125	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			693	6.56	1105	*48	*1	20.19	*0.00	52	101.64	9.96	30.14	12604	555.2	4.75	4.05
% of Calories				8.52%		*27.7%	*0.6%	26.2%	*0.0%		58.7%		17.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 05/03/2024

Reimbursable Meal Total 400

	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	400	320	4.50	700	4	1	13.00	0.00	20	36.00	3.00	17.00	0	320.0	0.00	2.20
001551 Peas(from frozen)-contest name	.5 CUP	280	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
990481 sweet potatoe, fries usda	serving	200	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
990234 fry sauce Basic	serving	150	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
990374 Juice,cran/raspberry	each	400	60	0.00	5	13	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00
001763 Milk 1% Meadow Gold	carton	65	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	225	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

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 31, 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			646	7.36	1043	*36	*1	22.34	*0.00	33	84.97	7.02	26.18	1379	550.9	6.38	3.28
% of Calories				10.25 %		*22.3%	*0.6%	31.1%	*0.0%		52.6%		16.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 05/06/2024

Reimbursable Meal Total 405

	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)
990140 Spaghetti Noodles	1/2 cup	385	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
990360 Spaghetti Sauce with meat Contadina	.5 cup serving	385	139	2.12	441	5	*N/A*	7.48	1.06	28	8.89	1.48	8.91	370	14.8	6.67	0.80
990470 cheddar cheese grated	0.5 oz	350	57	3.00	92	*N/A*	*N/A*	4.75	0.00	15	0.50	0.00	3.50	142	102.0	0.00	0.10
001649 Wheat Roll	2 OZ	380	155	0.83	181	*3	*N/A*	5.45	*0.01	*0	23.15	2.38	4.10	*0	26.6	0.14	0.03
990280 Cut green beans low sodium hart RS .75	.75 cup	225	22	0.00	180	2	0	0.00	0.00	0	4.50	1.50	1.50	0	39.0	0.00	1.50
000399 Peaches canned juice pack usda	.5 CUP	380	60	0.00	5	13	*N/A*	0.00	0.00	0	14.00	1.00	0.00	300	0.0	1.20	0.00
990520 Grilled Cheese WG 23	serving	100	430	9.00	630	3	0	27.00	30.00	30	27.00	4.00	19.00	0	460.0	0.00	0.00
990422 Mini Vanilla Wafers IW	package	0	120	0.50	50	7	*N/A*	4.00	0.00	0	21.00	2.00	2.00	0	5.0	0.00	1.00
990280 Cut green beans low sodium hart RS .75	.75 cup	100	22	0.00	180	2	0	0.00	0.00	0	4.50	1.50	1.50	0	39.0	0.00	1.50
000399 Peaches canned juice pack usda	.5 CUP	100	60	0.00	5	13	*N/A*	0.00	0.00	0	14.00	1.00	0.00	300	0.0	1.20	0.00
001763 Milk 1% Meadow Gold	carton	65	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 31, 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	255	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	90	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			811	8.91	1165	*46	*0	25.59	*8.42	*56	109.44	8.32	34.67	*1394	584.3	8.54	3.68
% of Calories				9.89%		*22.7%	*0%	28.4%	*9.3%		54.0%		17.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 05/07/2024

Reimbursable Meal Total 400

	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	390	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
990400 potato pearls- low sodium	.5 cup serving	350	90	0.00	20	0	*N/A*	0.00	0.00	0	20.00	2.00	0.00	0	10.0	0.00	0.30
000494 Gravy Chicken - Cream	1/3 cup	350	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
990045 Carrots:frozen,contest name	1/2 CUP	300	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
990240 mandarin oranges sysco	.5 CUP	380	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
000939 Corn Bread 1G	2 oz	375	256	6.35	391	*15	*N/A*	10.83	*0.37	63	35.45	0.89	4.41	383	39.2	0.24	1.40
001123 Margarine	tsp	150	19	0.52	33	*N/A*	*N/A*	2.07	0.03	*N/A*	0.00	0.00	0.01	*N/A*	0.1	0.00	0.00
990532 smuckers grape	serving	50	300	3.50	270	15	12	16.00	0.00	0	32.00	4.00	9.00	0	0.0	0.00	1.00
990513 mozzarella cheese stick bongards	serving	0	80	3.50	200	0	0	6.00	0.00	15	0.00	0.00	7.00	0	200.0	0.00	0.00

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 31, 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)
990422 Mini Vanilla Wafers IW	package	0	120	0.50	50	7	*N/A*	4.00	0.00	0	21.00	2.00	2.00	0	5.0	0.00	1.00
001549 Carrots:frozen,contest name	CUP	50	54	0.18	86	6	*N/A*	0.99	0.00	0	11.29	4.82	0.85	24715	51.1	3.36	0.77
990240 mandarin oranges sysco	.5 CUP	50	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
001763 Milk 1% Meadow Gold	carton	65	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	255	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	80	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			929	12.01	1011	*61	*2	32.75	*0.42	*102	123.80	10.55	33.66	*13777	525.5	29.67	5.91
% of Calories				11.64 %		*26.3%	*0.9%	31.7%	*0.4%		53.3%		14.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 05/08/2024

Reimbursable Meal Total 400

	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)
990192 French Toast Sticks BakeCrafters	3 sticks	395	269	1.00	289	11	*N/A*	7.96	0.00	10	42.80	1.99	6.97	0	59.7	0.00	1.08
990230 syrup cups americana 1.5 oz	each	360	119	0.00	25	21	*N/A*	0.00	0.00	0	30.66	0.00	0.00	0	0.0	0.00	0.00
001165 Ham, Pork	2.44 oz	390	147	2.58	1242	0	*N/A*	7.47	*N/A*	49	0.00	0.00	18.73	0	6.6	0.00	1.11
990379 Tater Gems Tots	.5 cup	375	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
008031 Carrots Baby 1/2 Cup	.5 CUP	300	26	0.02	59	4	*N/A*	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67

Planned Menu Spreadsheet

Uintah School District

Portion Values

May 1, 2024 thru May 31, 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	300	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
000092 Pineapple Chunks:canned,lt syr	1/2 cup	250	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
990520 Grilled Cheese WG 23	serving	25	430	9.00	630	3	0	27.00	30.00	30	27.00	4.00	19.00	0	460.0	0.00	0.00
990422 Mini Vanilla Wafers IW	package	25	120	0.50	50	7	*N/A*	4.00	0.00	0	21.00	2.00	2.00	0	5.0	0.00	1.00
008031 Carrots Baby 1/2 Cup	.5 CUP	25	26	0.02	59	4	*N/A*	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67
990223 Lite Ranch cup 1.25 oz Basic	each	25	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990379 Tater Gems Tots	.5 cup	25	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
000092 Pineapple Chunks:canned,lt syr	1/2 cup	25	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
001763 Milk 1% Meadow Gold	carton	65	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	255	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	90	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			996	8.44	2257	*64	*0	35.58	*1.88	85	131.88	5.81	37.36	9074	539.4	8.75	3.71
% of Calories				7.63%		*25.7%	*0%	32.2%	*1.7%		53.0%		15.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 05/09/2024

Reimbursable Meal Total 400

Planned Menu Spreadsheet

Utah School District

Portion Values

May 1, 2024 thru May 31, 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)
001352 Orange Chicken jr yangs	3.6 oz	390	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
001264 Rice 50/50	1/2 CUP	300	51	0.00	81	0	0	0.95	0.00	0	11.56	0.48	0.96	0	7.6	0.00	0.36
990279 Broccoli Frozen-contest name .75	.75 cup	300	38	0.02	15	2	*N/A*	0.16	0.00	0	7.28	4.08	4.22	1376	44.9	54.57	0.83
000438 Pears	.5 CUP	365	60	0.00	5	12	*N/A*	0.00	0.00	0	16.00	2.00	0.00	0	0.0	1.19	0.00
990422 Mini Vanilla Wafers IW	package	395	120	0.50	50	7	*N/A*	4.00	0.00	0	21.00	2.00	2.00	0	5.0	0.00	1.00
990531 Smuckers strawberry	serving	25	300	3.50	270	15	13	16.00	0.00	0	32.00	4.00	9.00	0	0.0	0.00	1.00
990513 mozzarella cheese stick bongards	serving	0	80	3.50	200	0	0	6.00	0.00	15	0.00	0.00	7.00	0	200.0	0.00	0.00
990422 Mini Vanilla Wafers IW	package	0	120	0.50	50	7	*N/A*	4.00	0.00	0	21.00	2.00	2.00	0	5.0	0.00	1.00
990279 Broccoli Frozen-contest name .75	.75 cup	25	38	0.02	15	2	*N/A*	0.16	0.00	0	7.28	4.08	4.22	1376	44.9	54.57	0.83
000438 Pears	.5 CUP	25	60	0.00	5	12	*N/A*	0.00	0.00	0	16.00	2.00	0.00	0	0.0	1.19	0.00
001763 Milk 1% Meadow Gold	carton	65	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	255	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	90	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			549	2.42	665	*41	*1	10.72	*0.00	48	93.13	7.85	25.61	1786	354.6	47.33	2.95
% of Calories				3.97%		*29.9%	*0.7%	17.6%	*0.0%		67.9%		18.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 05/10/2024

Reimbursable Meal Total 390

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 31, 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)
001554 Corn Dog Turkey (StateFair)2m2g	each	380	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
990235 Ketchup cups 1 oz	each	0	40	0.00	330	8	8	0.00	0.00	0	10.00	0.00	0.00	200	0.0	2.40	0.00
000223 MUSTARD: individual PC	PC packet	0	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
000769 Beans Vegetarian , Mothers maid	.5 CUP	250	110	0.00	140	2	*N/A*	0.00	0.00	0	20.00	5.00	6.00	0	60.0	0.00	1.80
990249 potato sweet bites RND	.5 CUP	180	105	0.40	89	9	*N/A*	3.63	0.00	0	16.94	2.42	1.61	0	16.1	2.90	0.29
990234 fry sauce Basic	serving	150	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
990369 Strawberries,Diced,Cups, Frozen	each	350	90	0.00	0	18	*N/A*	0.00	0.00	0	22.00	2.00	1.00	0	0.0	0.00	0.00
001763 Milk 1% Meadow Gold	carton	55	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	250	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	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			630	5.54	1016	*38	*0	19.76	*0.00	53	89.73	7.09	20.51	205	358.5	3.31	3.30
% of Calories				7.91%		*24.1%	*0%	28.2%	*0.0%		57.0%		13.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 05/13/2024

Reimbursable Meal Total 410

	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)
000821 SloppyJoes-Lawry's Mix 2m&1.5G	1/3 cup	400	379	4.74	445	7	*N/A*	16.26	2.36	61	28.51	3.67	24.25	270	206.8	3.59	2.29

Planned Menu Spreadsheet

Uintah School District

Portion Values

May 1, 2024 thru May 31, 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)
990378 Potatoes,Oven Fries USDA 20	.5 cup	300	130	1.00	30	0	*N/A*	4.00	0.00	0	22.00	2.00	2.00	0	0.0	0.00	0.00
990234 fry sauce Basic	serving	25	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
990280 Cut green beans low sodium hart RS .75	.75 cup	250	22	0.00	180	2	0	0.00	0.00	0	4.50	1.50	1.50	0	39.0	0.00	1.50
990224 applesauce,unsweetened,canned	.5 CUP	385	51	0.00	2	11	*N/A*	0.00	0.00	0	13.99	0.99	0.00	0	0.0	0.00	0.00
990520 Grilled Cheese WG 23	serving	25	430	9.00	630	3	0	27.00	30.00	30	27.00	4.00	19.00	0	460.0	0.00	0.00
990378 Potatoes,Oven Fries USDA 20	.5 cup	25	130	1.00	30	0	*N/A*	4.00	0.00	0	22.00	2.00	2.00	0	0.0	0.00	0.00
990234 fry sauce Basic	serving	25	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
990280 Cut green beans low sodium hart RS .75	.75 cup	25	22	0.00	180	2	0	0.00	0.00	0	4.50	1.50	1.50	0	39.0	0.00	1.50
990224 applesauce,unsweetened,canned	.5 CUP	25	51	0.00	2	11	*N/A*	0.00	0.00	0	13.99	0.99	0.00	0	0.0	0.00	0.00
001763 Milk 1% Meadow Gold	carton	65	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	255	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	90	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			715	7.38	833	*39	*0	23.73	*4.13	73	85.68	7.41	35.41	832	556.0	4.29	3.49
% of Calories				9.29%		*21.8%	*0%	29.9%	*5.2%		47.9%		19.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 05/15/2024

Reimbursable Meal Total 390

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 31, 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)
001552 ChickenNuggetsproview2 m1g	3 oz	390	170	1.50	550	2	0	6.00	0.00	25	16.00	1.00	14.00	0	40.0	0.00	2.08
990257 bullseye BBQ sauce cups	each	25	45	0.00	240	9	*N/A*	0.00	0.00	0	10.00	0.00	0.00	0	0.0	0.00	0.72
990223 Lite Ranch cup 1.25 oz Basic	each	25	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990363 Fries Crinkle cut Sysco	.5 cup	375	95	0.79	28	1	0	3.16	0.00	0	15.79	1.58	1.58	0	15.8	0.00	0.57
990045 Carrots:frozen,contest name	1/2 CUP	200	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
990234 fry sauce Basic	serving	150	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
001769 craisins strawberry	each	250	110	0.00	0	24	*N/A*	0.00	0.00	*N/A*	28.00	3.00	0.00	0	0.0	0.00	0.00
990223 Lite Ranch cup 1.25 oz Basic	each	175	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990520 Grilled Cheese WG 23	serving	25	430	9.00	630	3	0	27.00	30.00	30	27.00	4.00	19.00	0	460.0	0.00	0.00
990363 Fries Crinkle cut Sysco	.5 cup	25	95	0.79	28	1	0	3.16	0.00	0	15.79	1.58	1.58	0	15.8	0.00	0.57
990234 fry sauce Basic	serving	25	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
990045 Carrots:frozen,contest name	1/2 CUP	25	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
001769 craisins strawberry	each	25	110	0.00	0	24	*N/A*	0.00	0.00	*N/A*	28.00	3.00	0.00	0	0.0	0.00	0.00
001763 Milk 1% Meadow Gold	carton	40	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	255	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	90	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 31, 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			631	6.00	1096	*43	*0	21.80	*1.92	*53	82.25	6.38	24.98	7727	463.2	2.03	3.19
% of Calories				8.56%		*27.3%	*0%	31.1%	*2.7%		52.1%		15.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 05/16/2024

Reimbursable Meal Total 400

	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)
990373 Turkey & Cheese Hoagie	each	390	320	4.00	1010	*4	*N/A*	11.00	0.00	65	24.00	3.00	26.00	48	215.0	4.87	2.70
990290 Trimmings (may,must, pick)	servings	100	15	0.02	290	*0	*N/A*	0.24	*0.00	0	2.63	0.18	0.28	18	11.8	0.32	0.13
990236 chips, cheetos,oven baked	each	345	110	1.00	200	1	*N/A*	4.50	0.00	0	16.00	1.00	2.00	0	0.0	0.00	0.36
000769 Beans Vegetarian , Mothers maid	.5 CUP	250	110	0.00	140	2	*N/A*	0.00	0.00	0	20.00	5.00	6.00	0	60.0	0.00	1.80
000092 Pineapple Chunks:canned,lt syr	1/2 cup	375	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
001547 Broccoli Frozen-contest name	1/2 cup each	280	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
990531 Smuckers strawberry	serving	25	300	3.50	270	15	13	16.00	0.00	0	32.00	4.00	9.00	0	0.0	0.00	1.00
990513 mozzarella cheese stick bongards	serving	0	80	3.50	200	0	0	6.00	0.00	15	0.00	0.00	7.00	0	200.0	0.00	0.00
990236 chips, cheetos,oven baked	each	25	110	1.00	200	1	*N/A*	4.50	0.00	0	16.00	1.00	2.00	0	0.0	0.00	0.36
001547 Broccoli Frozen-contest name	1/2 cup each	25	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
000769 Beans Vegetarian , Mothers maid	.5 CUP	25	110	0.00	140	2	*N/A*	0.00	0.00	0	20.00	5.00	6.00	0	60.0	0.00	1.80

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 31, 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)
000092 Pineapple Chunks:canned,lt syr	1/2 cup	25	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
001763 Milk 1% Meadow Gold	carton	50	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	255	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	95	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			735	6.21	1551	*45	*1	18.10	*0.00	72	97.15	10.93	42.82	1460	597.1	46.07	5.52
% of Calories				7.60%		*24.5%	*0.5%	22.2%	*0.0%		52.9%		23.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 05/17/2024

Reimbursable Meal Total 400

	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	395	320	4.50	700	4	1	13.00	0.00	20	36.00	3.00	17.00	0	320.0	0.00	2.20
990481 sweet potatoe, fries usda	serving	280	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
990234 fry sauce Basic	serving	180	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
001544 Corn canned-contest name	1/2 cup	300	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
990375 Juice,strawberry kiwi	serving	380	50	0.00	5	12	*N/A*	0.00	0.00	0	13.00	0.00	0.00	0	0.0	42.00	0.00
001763 Milk 1% Meadow Gold	carton	65	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	255	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

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 31, 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	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	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			667	7.97	1160	*37	*1	24.68	*0.00	34	88.52	5.85	24.84	254	558.0	44.02	2.59
% of Calories				10.75 %		*22.2%	*0.6%	33.3%	*0.0%		53.1%		14.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 05/20/2024

Reimbursable Meal Total 410

	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)
001552 ChickenNuggetsproview2 m1g	3 oz	395	170	1.50	550	2	0	6.00	0.00	25	16.00	1.00	14.00	0	40.0	0.00	2.08
990223 Lite Ranch cup 1.25 oz Basic	each	200	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990257 bullseye BBQ sauce cups	each	150	45	0.00	240	9	*N/A*	0.00	0.00	0	10.00	0.00	0.00	0	0.0	0.00	0.72
990363 Fries Crinkle cut Sysco	.5 cup	375	95	0.79	28	1	0	3.16	0.00	0	15.79	1.58	1.58	0	15.8	0.00	0.57
990234 fry sauce Basic	serving	200	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
990304 Corn canned-contest name .75	.75 cup	125	62	0.06	214	4	*N/A*	0.39	0.00	0	15.31	1.58	1.90	64	3.9	6.38	0.33
990422 Mini Vanilla Wafers IW	package	0	120	0.50	50	7	*N/A*	4.00	0.00	0	21.00	2.00	2.00	0	5.0	0.00	1.00
000438 Pears	.5 CUP	385	60	0.00	5	12	*N/A*	0.00	0.00	0	16.00	2.00	0.00	0	0.0	1.19	0.00
990520 Grilled Cheese WG 23	serving	25	430	9.00	630	3	0	27.00	30.00	30	27.00	4.00	19.00	0	460.0	0.00	0.00
990363 Fries Crinkle cut Sysco	.5 cup	25	95	0.79	28	1	0	3.16	0.00	0	15.79	1.58	1.58	0	15.8	0.00	0.57

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 31, 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)
990234 fry sauce Basic	serving	25	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
990304 Corn canned-contest name .75	.75 cup	25	62	0.06	214	4	*N/A*	0.39	0.00	0	15.31	1.58	1.90	64	3.9	6.38	0.33
000438 Pears	.5 CUP	25	60	0.00	5	12	*N/A*	0.00	0.00	0	16.00	2.00	0.00	0	0.0	1.19	0.00
990422 Mini Vanilla Wafers IW	package	0	120	0.50	50	7	*N/A*	4.00	0.00	0	21.00	2.00	2.00	0	5.0	0.00	1.00
001763 Milk 1% Meadow Gold	carton	60	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	260	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	85	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			630	6.03	1219	*41	*0	21.93	*1.83	53	82.51	5.32	24.78	609	443.2	4.78	3.20
% of Calories				8.61%		*26.0%	*0%	31.3%	*2.6%		52.4%		15.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 05/21/2024

Reimbursable Meal Total 390

	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	350	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	380	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
990234 fry sauce Basic	serving	0	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
990240 mandarin oranges sysco	.5 CUP	385	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

Utah School District

Portion Values

May 1, 2024 thru May 31, 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)
990282 Peas(from frozen)-contest name	.75 cup	250	94	0.06	86	5	*N/A*	0.32	0.00	0	17.11	5.40	6.18	2520	28.8	11.88	1.82
990532 smuckers grape	serving	25	300	3.50	270	15	12	16.00	0.00	0	32.00	4.00	9.00	0	0.0	0.00	1.00
990513 mozzarella cheese stick bongards	serving	0	80	3.50	200	0	0	6.00	0.00	15	0.00	0.00	7.00	0	200.0	0.00	0.00
990379 Tater Gems Tots	.5 cup	25	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
990234 fry sauce Basic	serving	0	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
990240 mandarin oranges sysco	.5 CUP	25	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
990282 Peas(from frozen)-contest name	.75 cup	25	94	0.06	86	5	*N/A*	0.32	0.00	0	17.11	5.40	6.18	2520	28.8	11.88	1.82
001763 Milk 1% Meadow Gold	carton	25	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	225	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	95	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			733	6.82	1122	*44	*2	23.87	*0.00	26	103.34	8.85	30.40	2637	593.9	34.05	4.69
% of Calories				8.37%		*24.0%	*1.1%	29.3%	*0.0%		56.4%		16.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 05/22/2024

Reimbursable Meal Total 400

	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)
001605 Hot Dog on a Bun 2m 1.5 g	SERVING	395	330	5.00	700	4	*N/A*	18.00	0.00	30	33.00	3.00	13.00	20	200.0	0.00	2.16

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 31, 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)	
000223	MUSTARD: individual PC	PC packet	150	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
990235	Ketchup cups 1 oz	each	50	40	0.00	330	8	8	0.00	0.00	0	10.00	0.00	0.00	200	0.0	2.40	0.00
990363	Fries Crinkle cut Sysco	.5 cup	390	95	0.79	28	1	0	3.16	0.00	0	15.79	1.58	1.58	0	15.8	0.00	0.57
990234	fry sauce Basic	serving	0	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
001547	Broccoli Frozen-contest name	1/2 cup each	225	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
000769	Beans Vegetarian , Mothers maid	.5 CUP	275	110	0.00	140	2	*N/A*	0.00	0.00	0	20.00	5.00	6.00	0	60.0	0.00	1.80
000092	Pineapple Chunks:canned,It syr	1/2 cup	195	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
990520	Grilled Cheese WG 23	serving	25	430	9.00	630	3	0	27.00	30.00	30	27.00	4.00	19.00	0	460.0	0.00	0.00
990363	Fries Crinkle cut Sysco	.5 cup	25	95	0.79	28	1	0	3.16	0.00	0	15.79	1.58	1.58	0	15.8	0.00	0.57
990234	fry sauce Basic	serving	0	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
000769	Beans Vegetarian , Mothers maid	.5 CUP	25	110	0.00	140	2	*N/A*	0.00	0.00	0	20.00	5.00	6.00	0	60.0	0.00	1.80
001547	Broccoli Frozen-contest name	1/2 cup each	25	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
000092	Pineapple Chunks:canned,It syr	1/2 cup	25	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
001763	Milk 1% Meadow Gold	carton	65	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	255	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	90	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 31, 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			732	7.54	1124	*37	*1	24.97	*1.88	41	101.44	11.09	30.67	1287	627.3	31.74	5.02
% of Calories				9.27%		*20.2%	*0.5%	30.7%	*2.3%		55.4%		16.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 05/23/2024

Reimbursable Meal Total 400

	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)
001261 Cheeseburger Elem.2.5 m& 1.5 g	EACH	395	380	7.30	521	4	*N/A*	18.50	0.80	62	25.00	4.00	21.50	20	221.0	0.00	2.80
990291 Trimmings (ket,may,mus,,pic)	servings	35	55	0.02	620	*8	*8	0.24	*0.00	0	12.63	0.18	0.28	218	11.8	2.72	0.13
990481 sweet potatoe, fries usda	serving	375	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
990234 fry sauce Basic	serving	0	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
990221 Cut Green beans low sodium Hart	1/2 cup	150	15	0.00	120	1	0	0.00	0.00	0	3.00	1.00	1.00	0	26.0	0.00	1.00
000898 Applesauce Cups	1/2 cup	365	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
990531 Smuckers strawberry	serving	25	300	3.50	270	15	13	16.00	0.00	0	32.00	4.00	9.00	0	0.0	0.00	1.00
990513 mozzarella cheese stick bongards	serving	0	80	3.50	200	0	0	6.00	0.00	15	0.00	0.00	7.00	0	200.0	0.00	0.00
990481 sweet potatoe, fries usda	serving	25	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
990234 fry sauce Basic	serving	0	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
990280 Cut green beans low sodium hart RS .75	.75 cup	25	22	0.00	180	2	0	0.00	0.00	0	4.50	1.50	1.50	0	39.0	0.00	1.50

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 31, 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)
000898 Applesauce Cups	1/2 cup	25	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	65	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	255	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	90	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			766	10.63	968	*30	*2	29.29	*0.79	70	88.32	8.49	31.49	609	539.0	2.82	5.00
% of Calories				12.49 %		*15.7%	*1.0%	34.4%	*0.9%		46.1%		16.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 05/24/2024

Reimbursable Meal Total 400

	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)
990531 Smuckers strawberry	serving	390	300	3.50	270	15	13	16.00	0.00	0	32.00	4.00	9.00	0	0.0	0.00	1.00
990422 Mini Vanilla Wafers IW	package	175	120	0.50	50	7	*N/A*	4.00	0.00	0	21.00	2.00	2.00	0	5.0	0.00	1.00
008031 Carrots Baby 1/2 Cup	.5 CUP	340	26	0.02	59	4	*N/A*	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67
990223 Lite Ranch cup 1.25 oz Basic	each	0	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990513 mozzarella cheese stick bongards	serving	0	80	3.50	200	0	0	6.00	0.00	15	0.00	0.00	7.00	0	200.0	0.00	0.00
000701 Raisins in a box	box	0	130	0.00	5	25	0	0.00	0.00	0	34.00	2.00	1.00	0	22.0	0.00	1.81
990465 juice, Power Punch	serving	375	60	0.00	10	13	*N/A*	0.00	0.00	0	13.00	0.00	0.00	0	0.0	42.00	0.00

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 31, 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)
001763 Milk 1% Meadow Gold	carton	50	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	250	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	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			531	4.77	498	*48	*13	19.31	*0.00	8	74.49	6.64	16.06	9018	247.8	41.35	2.23
% of Calories					8.08%		*36.2%	*9.8%	32.7%	*0.0%		56.1%		12.1%			
Weekly Nutrient Guideline			600 - 650	<10	1110			<=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	713	7	1111	*43	*1	23.82	*1.50	*55	95.29	7.94	29.60	*3905	501	21.28	3.73
% of Calories		9.25%		*24.1%	*0.6%	30.1%	*1.9%		53.5%		16.6%				

- *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.