

Planned Menu Spreadsheet

Utah School District

Portion Values

Apr 1, 2024 thru Apr 30, 2024

Menu Name:	VMS & UMS Lunch	Include Cost:	No
Site:	All Sites	Report Style:	Detailed
Use Alternate Menu Name:	No		

Monday - 04/08/2024

Reimbursable Meal Total 1061

	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	612	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	612	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	441	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	0	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
000267 Celery Sticks	1/2 cup	149	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
990056 Carrots:frozen, boiled	1/2 CUP	176	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
000898 Applesauce Cups	1/2 cup	443	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
001554 Corn Dog Turkey (StateFair)2m2g	each	244	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
990237 chips doritos nacho cheese RF	each	147	130	1.00	200	1	*N/A*	5.00	0.00	0	20.00	2.00	2.00	0	20.0	0.00	0.00
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
000267 Celery Sticks	1/2 cup	94	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	70	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
000898 Applesauce Cups	1/2 cup	143	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
990391 Red Gold Ketchup Packets	each	0	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

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Utah School District

Portion Values

Apr 1, 2024 thru Apr 30, 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)
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
990183 Deli Sand Turkey Hoagi swiss	sandwich	152	349	5.07	686	*5	*N/A*	14.22	*0.14	58	33.63	3.28	23.57	149	161.1	0.20	0.06
990237 chips doritos nacho cheese RF	each	152	130	1.00	200	1	*N/A*	5.00	0.00	0	20.00	2.00	2.00	0	20.0	0.00	0.00
990223 Lite Ranch cup 1.25 oz Basic	each	30	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990151 Celery Sticks 1 CUP	cup	40	21	0.06	119	2	*N/A*	0.25	0.00	0	4.41	2.38	1.02	667	59.4	4.60	0.30
000549 Trimmings (m,m,let, tom, ,pic	serving	60	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
000086 Oranges Fresh Whole	EACH	100	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
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
001764 Chocolate Fat Free Milk Tru Mo	carton	212	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	36	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	729	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			488	4.69	629	*9	*0	17.95	*0.05	*41	61.43	6.23	19.14	*2595	226.6	8.05	3.28
% of Calories				8.65%		*7.4%	*0%	33.1%	*0.1%		50.4%		15.7%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 04/09/2024

Reimbursable Meal Total 1077

	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)
001754 ChickenNuggetsproview 6	serving	590	204	1.80	660	2	0	7.20	0.00	30	19.19	1.20	16.79	0	48.0	0.00	2.50

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 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)
990379 Tater Gems Tots	.5 cup	570	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
001332 Beets	1/2 cup	56	37	0.02	242	7	*N/A*	0.15	0.00	0	8.47	1.70	1.43	30	13.6	3.06	0.67
990391 Red Gold Ketchup Packets	each	130	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	211	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
990223 Lite Ranch cup 1.25 oz Basic	each	124	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
001538 Honey Mustard Dipping cup heinz	container	20	45	0.00	115	5	*N/A*	0.50	0.00	0	9.00	1.00	1.00	0	0.0	0.00	0.00
990257 bullseye BBQ sauce cups	each	169	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
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	387	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
990192 French Toast Sticks BakeCrafters	3 sticks	415	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	400	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
000327 Sausage Patty	each	405	90	2.50	148	0	*N/A*	7.00	0.00	23	0.00	0.00	6.00	20	12.0	0.00	0.00
990379 Tater Gems Tots	.5 cup	415	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
990391 Red Gold Ketchup Packets	each	150	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
990252 Carrots Baby 3/4 Cup	3/4 cup	70	40	0.03	88	5	*N/A*	0.15	0.00	0	9.34	3.29	0.73	15638	36.3	2.95	1.01
990223 Lite Ranch cup 1.25 oz Basic	each	50	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	320	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
990461 wowbutter grape uncrustable	serving	58	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
990241 string cheese mozzarella 1oz	each	58	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

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 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)
001311 Sun Chips Harvest Cheddar	Bag	58	140	1.00	200	*N/A*	*N/A*	6.00	0.00	0	19.00	3.00	2.00	0	0.0	0.00	0.36
990252 Carrots Baby 3/4 Cup	3/4 cup	16	40	0.03	88	5	*N/A*	0.15	0.00	0	9.34	3.29	0.73	15638	36.3	2.95	1.01
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
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	116	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
001765 Strawberry Fat Free Milk TruMo	carton	83	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
001764 Chocolate Fat Free Milk Tru Mo	carton	186	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	36	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	808	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			635	5.24	1015	*38	*0	23.30	*0.00	39	86.22	4.61	20.12	1455	176.3	0.80	2.55
% of Calories				7.43%		*23.9%	*0%	33.0%	*0.0%		54.3%		12.7%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 04/10/2024

Reimbursable Meal Total 995

	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)
990179 Pork Rib Sandwich 2 M & 2.75G homemade	Each	191	396	5.46	875	*13	*N/A*	18.14	*0.00	46	40.66	3.45	18.16	303	61.1	1.51	2.45
990257 bullseye BBQ sauce cups	each	70	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
001380 Chips Doritos Cool Ranch RF	package	275	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
001480 Veg Cup Broccoli,Carrot,Cucumb	3/4 Cup	40	32	0.07	45	3	*N/A*	0.24	0.00	0	6.98	2.37	1.65	5514	36.9	40.96	0.73

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Apr 1, 2024 thru Apr 30, 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	53	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990368 juice variety #2	each	175	55	0.00	5	13	*N/A*	0.00	0.00	0	13.50	0.00	0.00	0	0.0	21.00	0.00
000438 Pears	.5 CUP	113	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
001408 Salad Bar VJH #1	1 serving	45	535	9.52	1807	*31	*0	27.62	*0.32	*103	47.76	8.91	24.09	5113	513.0	62.59	3.68
990210 Soup Roasted Chick Noodle	.75 cup	16	120	0.75	1245	*N/A*	*N/A*	3.00	0.00	22	13.50	0.00	9.00	750	0.0	0.00	0.54
990241 string cheese mozzarella 1oz	each	6	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	39	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
990368 juice variety #2	each	40	55	0.00	5	13	*N/A*	0.00	0.00	0	13.50	0.00	0.00	0	0.0	21.00	0.00
000438 Pears	.5 CUP	18	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
990215 Frito Pie Meat Chili 2M& 2 G homemade	serving	659	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
990232 salsa,low-sodium,pouch	tbs	225	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
990060 Sour Cream Reduced Fat *RESIZED*	2 tbsp	174	48	2.29	19	0	*N/A*	3.71	*N/A*	9	1.95	0.00	1.91	115	39.8	0.24	0.02
001480 Veg Cup Broccoli,Carrot,Cucumb	3/4 Cup	100	32	0.07	45	3	*N/A*	0.24	0.00	0	6.98	2.37	1.65	5514	36.9	40.96	0.73
990223 Lite Ranch cup 1.25 oz Basic	each	65	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990368 juice variety #2	each	320	55	0.00	5	13	*N/A*	0.00	0.00	0	13.50	0.00	0.00	0	0.0	21.00	0.00
000438 Pears	.5 CUP	205	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
001765 Strawberry Fat Free Milk TruMo	carton	50	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
001764 Chocolate Fat Free Milk Tru Mo	carton	165	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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001763 Milk 1% Meadow Gold	carton	35	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	746	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			681	7.21	1457	*25	*0	28.88	*0.01	*52	80.10	8.31	26.21	1861	273.0	27.66	4.52
% of Calories				9.53%		*14.7%	*0%	38.2%	*0.0%		47.0%		15.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 04/11/2024

Reimbursable Meal Total 1124

	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)
001352 Orange Chicken jr yangs	3.6 oz	475	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
990329 General Tso's Chicken Asian foods	3.9 oz	411	210	1.00	450	14	*N/A*	7.00	0.00	50	24.00	1.00	12.00	0	20.0	0.00	0.72
001264 Rice 50/50	1/2 CUP	600	51	0.00	81	0	0	0.95	0.00	0	11.56	0.48	0.96	0	7.6	0.00	0.36
001347 Cookie Candy Chip (WG)	cookie	786	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
990324 Mixed vegetables, No salt added, Frozen usda .75	.75 cup	89	93	0.00	60	5	*N/A*	0.00	0.00	0	18.53	4.63	3.09	0	0.0	0.00	0.00
000092 Pineapple Chunks: canned, lt syr	1/2 cup	208	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
990466 juice, Orange tangerine	serving	723	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
001408 Salad Bar VJH #1	1 serving	9	535	9.52	1807	*31	*0	27.62	*0.32	*103	47.76	8.91	24.09	5113	513.0	62.59	3.68
990210 Soup Roasted Chick Noodle	.75 cup	0	120	0.75	1245	*N/A*	*N/A*	3.00	0.00	22	13.50	0.00	9.00	750	0.0	0.00	0.54
001654 Wheat Roll 2 grain (blend)	2.5 oz	9	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

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	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,It syr	1/2 cup	5	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
990466 juice, Orange tangerine	serving	5	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
001765 Strawberry Fat Free Milk TruMo	carton	50	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
001764 Chocolate Fat Free Milk Tru Mo	carton	169	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	35	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	866	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			354	1.98	524	*21	*0	8.58	*0.00	*38	56.98	2.67	13.32	348	90.4	30.13	1.46
% of Calories				5.03%		*23.7%	*0%	21.8%	*0.0%		64.4%		15.1%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 04/12/2024

Reimbursable Meal Total 1120

	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	850	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	800	95	0.79	28	1	0	3.16	0.00	0	15.79	1.58	1.58	0	15.8	0.00	0.57
990221 Cut Green beans low sodium Hart	1/2 cup	219	15	0.00	120	1	0	0.00	0.00	0	3.00	1.00	1.00	0	26.0	0.00	1.00
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
990391 Red Gold Ketchup Packets	each	130	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
001668 Side Salad	1.25 Cup	410	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

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 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	90	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990240 mandarin oranges sysco	.5 CUP	542	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
001765 Strawberry Fat Free Milk TruMo	carton	120	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
001764 Chocolate Fat Free Milk Tru Mo	carton	205	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	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
000176 Water; Bottled	each	500	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			440	4.78	735	*20	*1	14.83	*0.00	22	59.83	5.43	18.67	1705	397.3	16.05	3.27
% of Calories				9.78%		*18.2%	*0.9%	30.3%	*0.0%		54.4%		17.0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Monday - 04/15/2024

Reimbursable Meal Total 1070

	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	410	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	410	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
990320 Mixed vegetables, No salt added, Frozen usda	1/2 cup	133	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
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	325	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
008069 Macho Nacho 2 M & 2.5 g	serving	375	460	7.22	799	1	0	25.15	2.36	66	39.30	3.00	20.51	0	48.6	4.00	0.75

Planned Menu Spreadsheet

Uintah School District

Portion Values

Apr 1, 2024 thru Apr 30, 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)
990232 salsa,low-sodium,pouch	tbs	325	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
000113 Sour Cream pouch	pouch	30	60	3.50	10	1	0	5.00	0.00	20	1.00	0.00	1.00	0	30.0	0.00	0.00
990320 Mixed vegetables,No salt added,Frozen usda	1/2 cup	175	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
990252 Carrots Baby 3/4 Cup	3/4 cup	105	40	0.03	88	5	*N/A*	0.15	0.00	0	9.34	3.29	0.73	15638	36.3	2.95	1.01
990223 Lite Ranch cup 1.25 oz Basic	each	70	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	196	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
990461 wowbutter grape uncrustable	serving	185	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
990241 string cheese mozzarella 1oz	each	0	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
001380 Chips Doritos Cool Ranch RF	package	185	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
990223 Lite Ranch cup 1.25 oz Basic	each	70	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990252 Carrots Baby 3/4 Cup	3/4 cup	80	40	0.03	88	5	*N/A*	0.15	0.00	0	9.34	3.29	0.73	15638	36.3	2.95	1.01
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	125	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
001765 Strawberry Fat Free Milk TruMo	carton	100	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
001764 Chocolate Fat Free Milk Tru Mo	carton	400	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	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

Apr 1, 2024 thru Apr 30, 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	788	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			559	6.18	795	*28	*0	20.72	*0.83	39	71.77	6.62	21.77	2954	359.4	2.17	2.07
% of Calories				9.95%		*20.0%	*0%	33.4%	*1.3%		51.4%		15.6%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 04/16/2024

Reimbursable Meal Total 1036

	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	413	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	413	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
000822 Cheese Cheddar Red. Fat	oz	125	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
001654 Wheat Roll 2 grain (blend)	2.5 oz	400	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
990221 Cut Green beans low sodium Hart	1/2 cup	45	15	0.00	120	1	0	0.00	0.00	0	3.00	1.00	1.00	0	26.0	0.00	1.00
001668 Side Salad	1.25 Cup	100	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	115	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990447 Mixed fruit USDA 21	.5 cup serving	207	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
001435 Cheeseburger- 2.5 M 2 G	EACH	434	406	8.26	536	*5	*N/A*	22.65	*0.80	62	30.66	3.45	19.66	4	62.1	0.18	2.37
990363 Fries Crinkle cut Sysco	.5 cup	185	95	0.79	28	1	0	3.16	0.00	0	15.79	1.58	1.58	0	15.8	0.00	0.57
990221 Cut Green beans low sodium Hart	1/2 cup	49	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

Apr 1, 2024 thru Apr 30, 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)
001208 Trimmings (ket,may,mus,let,pic)	servings	127	55	0.02	620	*8	*8	0.24	*0.00	0	12.70	0.22	0.30	230	12.2	2.79	0.14
990391 Red Gold Ketchup Packets	each	0	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	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
001668 Side Salad	1.25 Cup	90	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	100	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990447 Mixed fruit USDA 21	.5 cup serving	75	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
990265 Deli Sand Club/Mozz home2g UHS	sandwich	146	307	4.17	731	*5	*N/A*	11.67	*0.00	32	33.59	3.28	17.80	70	143.9	0.20	0.50
990241 string cheese mozzarella 1oz	each	146	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
001311 Sun Chips Harvest Cheddar	Bag	146	140	1.00	200	*N/A*	*N/A*	6.00	0.00	0	19.00	3.00	2.00	0	0.0	0.00	0.36
990223 Lite Ranch cup 1.25 oz Basic	each	70	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
001668 Side Salad	1.25 Cup	38	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
000701 Raisins in a box	box	90	130	0.00	5	25	0	0.00	0.00	0	34.00	2.00	1.00	0	22.0	0.00	1.81
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
001764 Chocolate Fat Free Milk Tru Mo	carton	206	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	37	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

Apr 1, 2024 thru Apr 30, 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)
000176 Water; Bottled	each	771	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			571	7.83	812	*18	*1	23.45	*0.88	57	66.05	5.63	24.39	954	224.9	4.03	2.62
% of Calories				12.34 %		*12.6%	*0.7%	37.0%	*1.4%		46.3%		17.1%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 04/17/2024

Reimbursable Meal Total 1183

	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)
001754 ChickenNuggetsproview 6	serving	647	204	1.80	660	2	0	7.20	0.00	30	19.19	1.20	16.79	0	48.0	0.00	2.50
990379 Tater Gems Tots	.5 cup	647	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
990391 Red Gold Ketchup Packets	each	409	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	136	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
990257 bullseye BBQ sauce cups	each	202	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	82	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
001538 Honey Mustard Dipping cup heinz	container	90	45	0.00	115	5	*N/A*	0.50	0.00	0	9.00	1.00	1.00	0	0.0	0.00	0.00
001505 Veg Cup Broccoli,Carrot,Tomato	3/4 Cup	127	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
990223 Lite Ranch cup 1.25 oz Basic	each	107	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
001257 Bananas- Whole	1 Banana	242	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	123	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

Planned Menu Spreadsheet

Uintah School District

Portion Values

Apr 1, 2024 thru Apr 30, 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)
990393 Bag Taco - UHS	-serving	372	337	6.98	711	*1	*0	17.13	*0.00	63	23.21	2.29	21.23	121	29.2	0.68	1.44
000008 REFRIED BEANS: canned	1/2 cup	100	136	0.65	178	*1	*N/A*	3.08	*0.00	3	19.01	4.92	7.52	36	71.7	*0.30	1.77
001505 Veg Cup Broccoli,Carrot, Tomato	3/4 Cup	45	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
990223 Lite Ranch cup 1.25 oz Basic	each	52	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
001257 Bananas- Whole	1 Banana	171	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	203	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
990232 salsa,low-sodium,pouch	tbs	82	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
990060 Sour Cream Reduced Fat *RESIZED*	2 tbsp	150	48	2.29	19	0	*N/A*	3.71	*N/A*	9	1.95	0.00	1.91	115	39.8	0.24	0.02
001408 Salad Bar VJH #1	1 serving	30	535	9.52	1807	*31	*0	27.62	*0.32	*103	47.76	8.91	24.09	5113	513.0	62.59	3.68
990209 Broccoli Cheese Soup	.75 cup	50	135	5.25	622	2	0	9.00	0.00	30	7.50	0.75	5.25	0	165.0	0.00	0.60
990241 string cheese mozzarella 1oz	each	1	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	30	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
001257 Bananas- Whole	1 Banana	30	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	73	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
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
001764 Chocolate Fat Free Milk Tru Mo	carton	213	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	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

Apr 1, 2024 thru Apr 30, 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	818	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			539	6.71	1038	*25	*0	21.37	*0.06	*53	65.34	4.93	22.14	1158	183.1	*12.25	3.03
% of Calories				11.20 %		*18.6%	*0%	35.7%	*0.1%		48.5%		16.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 04/18/2024

Reimbursable Meal Total 1054

	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	294	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
990363 Fries Crinkle cut Sysco	.5 cup	294	95	0.79	28	1	0	3.16	0.00	0	15.79	1.58	1.58	0	15.8	0.00	0.57
990391 Red Gold Ketchup Packets	each	150	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	145	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
990056 Carrots:frozen, boiled	1/2 CUP	57	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
000712 condiments (ket,mus.)	servings	136	43	0.01	386	*8	*8	0.20	*0.00	0	10.29	0.04	0.21	200	3.8	2.40	0.09
000267 Celery Sticks	1/2 cup	78	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	129	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990240 mandarin oranges sysco	.5 CUP	200	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
001408 Salad Bar VJH #1	1 serving	10	535	9.52	1807	*31	*0	27.62	*0.32	*103	47.76	8.91	24.09	5113	513.0	62.59	3.68
990209 Broccoli Cheese Soup	.75 cup	5	135	5.25	622	2	0	9.00	0.00	30	7.50	0.75	5.25	0	165.0	0.00	0.60

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 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)
001654 Wheat Roll 2 grain (blend)	2.5 oz	15	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
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
990241 string cheese mozzarella 1oz	each	0	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
001600 Chicken Sandwich homemade 2g	1 each	296	386	2.46	875	*6	*0	13.15	*0.00	31	47.66	2.45	21.16	4	81.1	0.18	4.37
990181 Chicken Sand SPICY 2M & 2.5G homemade	1 each	327	396	1.96	545	*4	*N/A*	16.15	*0.00	36	41.66	3.45	21.16	304	61.1	0.18	2.81
990363 Fries Crinkle cut Sysco	.5 cup	585	95	0.79	28	1	0	3.16	0.00	0	15.79	1.58	1.58	0	15.8	0.00	0.57
990391 Red Gold Ketchup Packets	each	150	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	120	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
990056 Carrots:frozen, boiled	1/2 CUP	72	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
001208 Trimmings (ket,may,mus,let,pic)	servings	70	55	0.02	620	*8	*8	0.24	*0.00	0	12.70	0.22	0.30	230	12.2	2.79	0.14
000267 Celery Sticks	1/2 cup	108	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	139	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990240 mandarin oranges sysco	.5 CUP	296	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
001765 Strawberry Fat Free Milk TruMo	carton	36	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
001764 Chocolate Fat Free Milk Tru Mo	carton	184	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	37	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

Apr 1, 2024 thru Apr 30, 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	798	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			542	4.40	959	*22	*2	20.55	*0.00	*43	69.21	4.49	19.28	2029	212.3	14.09	3.64
% of Calories				7.31%		*16.2%	*1.5%	34.1%	*0.0%		51.1%		14.2%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 04/19/2024

Reimbursable Meal Total 1033

	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)
001435 Cheeseburger- 2.5 M 2 G	EACH	720	406	8.26	536	*5	*N/A*	22.65	*0.80	62	30.66	3.45	19.66	4	62.1	0.18	2.37
990380 seasoned wedges simplot	.5 cup	678	130	0.50	400	0	0	6.00	0.00	0	20.00	1.00	2.00	0	0.0	0.00	0.72
001547 Broccoli Frozen- contest name	1/2 cup each	78	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	300	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
990391 Red Gold Ketchup Packets	each	450	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	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
001505 Veg Cup Broccoli,Carrot,Tomato	3/4 Cup	109	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
990223 Lite Ranch cup 1.25 oz Basic	each	149	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990367 Juice Variety #1	serving	313	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
001765 Strawberry Fat Free Milk TruMo	carton	87	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
001764 Chocolate Fat Free Milk Tru Mo	carton	152	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

Apr 1, 2024 thru Apr 30, 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	34	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	797	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			508	7.04	861	*14	*0	23.25	*0.56	51	55.18	5.03	19.30	1655	168.7	13.86	2.85
% of Calories				12.47 %		*11.0%	*0%	41.2%	*1.0%		43.4%		15.2%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Monday - 04/22/2024

Reimbursable Meal Total 1155

	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)
990393 Bag Taco - UHS	serving	307	337	6.98	711	*1	*0	17.13	*0.00	63	23.21	2.29	21.23	121	29.2	0.68	1.44
990237 chips doritos nacho cheese RF	each	265	130	1.00	200	1	*N/A*	5.00	0.00	0	20.00	2.00	2.00	0	20.0	0.00	0.00
990206 Corn, Whole Kernal, Frozen	1/2 cup	75	67	0.00	1	2	*N/A*	1.00	0.00	0	16.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990060 Sour Cream Reduced Fat *RESIZED*	2 tbsp	170	48	2.29	19	0	*N/A*	3.71	*N/A*	9	1.95	0.00	1.91	115	39.8	0.24	0.02
990232 salsa, low-sodium, pouch	tbs	90	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
001506 Veg Cup Broccoli, Carrot, redbell	3/4 Cup	45	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
990223 Lite Ranch cup 1.25 oz Basic	each	132	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
000898 Applesauce Cups	1/2 cup	214	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
990179 Pork Rib Sandwich 2 M & 2.75G homemade	Each	300	396	5.46	875	*13	*N/A*	18.14	*0.00	46	40.66	3.45	18.16	303	61.1	1.51	2.45
990257 bullseye BBQ sauce cups	each	370	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

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 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)
990380 seasoned wedges simplot	.5 cup	0	130	0.50	400	0	0	6.00	0.00	0	20.00	1.00	2.00	0	0.0	0.00	0.72
990206 Corn,Whole Kernal,Frozen	1/2 cup	75	67	0.00	1	2	*N/A*	1.00	0.00	0	16.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
001506 Veg Cup Broccoli,Carrot,redbell	3/4 Cup	50	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
990223 Lite Ranch cup 1.25 oz Basic	each	50	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
000898 Applesauce Cups	1/2 cup	119	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
001602 Deli Sand. ham hoagie home 2.75g	sandwich	126	317	4.95	720	*7	*N/A*	14.24	*0.00	40	35.85	3.28	15.64	2	36.5	0.20	0.04
000549 Trimmings (m,m,let, tom, ,pic	serving	87	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
990223 Lite Ranch cup 1.25 oz Basic	each	77	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990237 chips doritos nacho cheese RF	each	126	130	1.00	200	1	*N/A*	5.00	0.00	0	20.00	2.00	2.00	0	20.0	0.00	0.00
000086 Oranges Fresh Whole	EACH	126	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
001506 Veg Cup Broccoli,Carrot,redbell	3/4 Cup	45	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
001765 Strawberry Fat Free Milk TruMo	carton	68	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
001764 Chocolate Fat Free Milk Tru Mo	carton	183	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	37	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	706	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			389	5.23	787	*13	*0	15.73	*0.00	41	46.44	3.58	*15.30	*1045	*155.2	*12.99	*1.87
% of Calories				12.10 %		*13.4%	*0%	36.4%	*0.0%		47.8%		*15.7%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

Tuesday - 04/23/2024

Reimbursable Meal Total 1112

	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)
001000 MACARONI AND CHEESE	CUP	495	295	7.16	772	*6	*N/A*	12.51	*0.44	41	30.87	1.05	14.36	623	525.8	0.00	1.36
001654 Wheat Roll 2 grain (blend)	2.5 oz	304	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
001547 Broccoli Frozen-contest name	1/2 cup each	286	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
990252 Carrots Baby 3/4 Cup	3/4 cup	96	40	0.03	88	5	*N/A*	0.15	0.00	0	9.34	3.29	0.73	15638	36.3	2.95	1.01
990223 Lite Ranch cup 1.25 oz Basic	each	148	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990240 mandarin oranges sysco	.5 CUP	240	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
001733 Craisins Variety	each	0	110	0.00	0	24	*N/A*	0.00	0.00	*N/A*	27.00	3.00	0.00	0	0.0	0.00	0.00
990443 Biscuits & Gravy 2021Lunch secondary	serving	466	394	12.90	1010	3	*N/A*	22.00	0.00	25	38.00	4.00	13.00	0	66.0	0.00	1.60
990328 pork sausage patty JTM	each	0	120	3.80	197	0	*N/A*	10.00	0.00	26	1.00	0.00	6.00	0	13.0	0.00	0.00
990379 Tater Gems Tots	.5 cup	466	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
990441 Biscuit dough WG	serving	392	110	3.00	250	1	*N/A*	5.00	0.00	0	15.00	2.00	3.00	0	20.0	0.00	0.80
001002 Honey Butter	2 TEASPOON	320	36	0.72	47	*3	*N/A*	2.88	*0.04	*0	2.67	0.01	0.03	*0	0.3	0.02	0.02
001547 Broccoli Frozen-contest name	1/2 cup each	191	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
990234 fry sauce Basic	serving	100	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	141	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
001733 Craisins Variety	each	0	110	0.00	0	24	*N/A*	0.00	0.00	*N/A*	27.00	3.00	0.00	0	0.0	0.00	0.00
990461 wowbutter grape uncrustable	serving	97	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

Planned Menu Spreadsheet

Utah School District

Portion Values

Apr 1, 2024 thru Apr 30, 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)
001311 Sun Chips Harvest Cheddar	Bag	97	140	1.00	200	*N/A*	*N/A*	6.00	0.00	0	19.00	3.00	2.00	0	0.0	0.00	0.36
990241 string cheese mozzarella 1oz	each	97	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
000064 APPLES,Fresh	EACH	86	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
001733 Craisins Variety	each	0	110	0.00	0	24	*N/A*	0.00	0.00	*N/A*	27.00	3.00	0.00	0	0.0	0.00	0.00
990252 Carrots Baby 3/4 Cup	3/4 cup	25	40	0.03	88	5	*N/A*	0.15	0.00	0	9.34	3.29	0.73	15638	36.3	2.95	1.01
990223 Lite Ranch cup 1.25 oz Basic	each	27	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	41	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
001764 Chocolate Fat Free Milk Tru Mo	carton	207	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	35	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	704	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			616	12.34	1214	*21	*0	28.04	*0.21	*37	72.69	6.97	20.56	*2648	414.1	26.87	2.65
% of Calories				18.03 %		*13.6%	*0%	41.0%	*0.3%		47.2%		13.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 04/24/2024

Reimbursable Meal Total 1173

	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	374	386	2.46	875	*6	*0	13.15	*0.00	31	47.66	2.45	21.16	4	81.1	0.18	4.37
990181 Chicken Sand SPICY 2M & 2.5G homemade	1 each	378	396	1.96	545	*4	*N/A*	16.15	*0.00	36	41.66	3.45	21.16	304	61.1	0.18	2.81

Planned Menu Spreadsheet

Utah School District

Portion Values

Apr 1, 2024 thru Apr 30, 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)
001208 Trimmings (ket,may,mus,let,pic)	servings	202	55	0.02	620	*8	*8	0.24	*0.00	0	12.70	0.22	0.30	230	12.2	2.79	0.14
990481 sweet potatoe, fries usda	serving	220	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
990320 Mixed vegetables,No salt added,Frozen usda	1/2 cup	126	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
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	318	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
001257 Bananas- Whole	1 Banana	207	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
001349 Cookie Choc Chip (WG)	cookie	695	140	1.50	100	12	0	4.00	0.00	0	26.00	2.00	2.00	0	20.0	0.00	1.08
990391 Red Gold Ketchup Packets	each	288	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	250	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
990507 sweet pork Nacho	serving	285	476	12.13	707	*7	*N/A*	19.31	*1.00	55	55.39	6.41	16.34	*158	*92.0	*5.81	*3.93
990320 Mixed vegetables,No salt added,Frozen usda	1/2 cup	118	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
001257 Bananas- Whole	1 Banana	105	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
008031 Carrots Baby 1/2 Cup	.5 CUP	0	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
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	113	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
001349 Cookie Choc Chip (WG)	cookie	265	140	1.50	100	12	0	4.00	0.00	0	26.00	2.00	2.00	0	20.0	0.00	1.08
990391 Red Gold Ketchup Packets	each	146	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	80	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
001408 Salad Bar VJH #1	1 serving	27	535	9.52	1807	*31	*0	27.62	*0.32	*103	47.76	8.91	24.09	5113	513.0	62.59	3.68

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 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)
990211 Soup, Potato, Frozen; Cream; as purchased	.75 cup	13	267	5.00	1383	*N/A*	*N/A*	13.33	0.00	17	30.00	3.33	5.00	333	100.0	0.00	0.60
001654 Wheat Roll 2 grain (blend)	2.5 oz	27	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
990241 string cheese mozzarella 1oz	each	2	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
001257 Bananas- Whole	1 Banana	59	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
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	18	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
001349 Cookie Choc Chip (WG)	cookie	27	140	1.50	100	12	0	4.00	0.00	0	26.00	2.00	2.00	0	20.0	0.00	1.08
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
001764 Chocolate Fat Free Milk Tru Mo	carton	179	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	36	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	698	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			687	7.18	1049	*37	*1	23.03	*0.25	*43	97.40	8.26	22.85	*393	*161.1	*6.65	*4.44
% of Calories				9.41%		*21.5%	*0.6%	30.2%	*0.3%		56.7%		13.3%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 04/25/2024

Reimbursable Meal Total 1037

	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	655	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	653	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

Apr 1, 2024 thru Apr 30, 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)
990221 Cut Green beans low sodium Hart	1/2 cup	228	15	0.00	120	1	0	0.00	0.00	0	3.00	1.00	1.00	0	26.0	0.00	1.00
990391 Red Gold Ketchup Packets	each	342	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	75	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
001668 Side Salad	1.25 Cup	65	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	65	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	319	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
990368 juice variety #2	each	449	55	0.00	5	13	*N/A*	0.00	0.00	0	13.50	0.00	0.00	0	0.0	21.00	0.00
001408 Salad Bar VJH #1	1 serving	0	535	9.52	1807	*31	*0	27.62	*0.32	*103	47.76	8.91	24.09	5113	513.0	62.59	3.68
990211 Soup, Potato, Frozen;Cream;as purchased	.75 cup	5	267	5.00	1383	*N/A*	*N/A*	13.33	0.00	17	30.00	3.33	5.00	333	100.0	0.00	0.60
001654 Wheat Roll 2 grain (blend)	2.5 oz	5	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
000092 Pineapple Chunks:canned,lt syr	1/2 cup	5	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
990368 juice variety #2	each	5	55	0.00	5	13	*N/A*	0.00	0.00	0	13.50	0.00	0.00	0	0.0	21.00	0.00
000267 Celery Sticks	1/2 cup	5	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	5	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990229 Hot Dog on a Bun homemade 2 m, 2 g	SERVING	288	356	5.96	715	*4	*N/A*	22.14	*0.00	31	30.66	2.45	11.16	3	41.1	0.18	1.73
990363 Fries Crinkle cut Sysco	.5 cup	223	95	0.79	28	1	0	3.16	0.00	0	15.79	1.58	1.58	0	15.8	0.00	0.57
990221 Cut Green beans low sodium Hart	1/2 cup	162	15	0.00	120	1	0	0.00	0.00	0	3.00	1.00	1.00	0	26.0	0.00	1.00
000712 condiments (ket,mus.)	servings	121	43	0.01	386	*8	*8	0.20	*0.00	0	10.29	0.04	0.21	200	3.8	2.40	0.09

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 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	75	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	75	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	116	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
990368 juice variety #2	each	180	55	0.00	5	13	*N/A*	0.00	0.00	0	13.50	0.00	0.00	0	0.0	21.00	0.00
001765 Strawberry Fat Free Milk TruMo	carton	38	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
001764 Chocolate Fat Free Milk Tru Mo	carton	217	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	76	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	879	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			538	6.06	924	*29	*2	19.91	*0.00	*28	73.43	5.25	18.87	672	369.9	18.99	3.26
% of Calories				10.14 %		*21.6%	*1.5%	33.3%	*0.0%		54.6%		14.0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 04/26/2024

Reimbursable Meal Total 1032

	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)
001754 ChickenNuggetsproview 6	serving	245	204	1.80	660	2	0	7.20	0.00	30	19.19	1.20	16.79	0	48.0	0.00	2.50
001380 Chips Doritos Cool Ranch RF	package	245	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
000769 Beans Vegetarian , Mothers maid	.5 CUP	38	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
990257 bullseye BBQ sauce cups	each	245	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

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 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)
001538 Honey Mustard Dipping cup heinz	container	245	45	0.00	115	5	*N/A*	0.50	0.00	0	9.00	1.00	1.00	0	0.0	0.00	0.00
990252 Carrots Baby 3/4 Cup	3/4 cup	55	40	0.03	88	5	*N/A*	0.15	0.00	0	9.34	3.29	0.73	15638	36.3	2.95	1.01
990223 Lite Ranch cup 1.25 oz Basic	each	41	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990286 Apple crisps strawberry-tree top	package	88	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
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
001764 Chocolate Fat Free Milk Tru Mo	carton	147	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	28	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	811	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			148	0.88	349	*10	*0	3.80	*0.00	10	21.41	1.53	7.01	1021	110.8	0.33	1.04
% of Calories				5.35%		*27.0%	*0%	23.1%	*0.0%		57.9%		18.9%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Monday - 04/29/2024

Reimbursable Meal Total 1119

	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)
001553 ChickenBreastproview2m1 .25g	patties	687	200	1.50	660	2	0	7.00	0.00	30	19.00	0.00	16.00	0	40.0	0.00	3.00
000494 Gravy Chicken - Cream	1/3 cup	516	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
990400 potato pearls- low sodium	.5 cup serving	687	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
001654 Wheat Roll 2 grain (blend)	2.5 oz	619	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

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 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)
990320 Mixed vegetables, No salt added, Frozen usda	1/2 cup	144	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
001481 Veg Cup Broccoli, Carrot, Celery	3/4 Cup	87	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
990041 Applesauce Green *RESIZED*	1/2 cup	463	101	0.00	63	22	*N/A*	0.00	*0.00	0	25.83	0.99	1.02	0	0.4	0.00	0.02
990223 Lite Ranch cup 1.25 oz Basic	each	55	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
001554 Corn Dog Turkey (StateFair) 2m2g	each	238	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
001311 Sun Chips Harvest Cheddar	Bag	190	140	1.00	200	*N/A*	*N/A*	6.00	0.00	0	19.00	3.00	2.00	0	0.0	0.00	0.36
990320 Mixed vegetables, No salt added, Frozen usda	1/2 cup	78	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
001481 Veg Cup Broccoli, Carrot, Celery	3/4 Cup	47	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
990223 Lite Ranch cup 1.25 oz Basic	each	55	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990041 Applesauce Green *RESIZED*	1/2 cup	167	101	0.00	63	22	*N/A*	0.00	*0.00	0	25.83	0.99	1.02	0	0.4	0.00	0.02
990391 Red Gold Ketchup Packets	each	0	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
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
000890 Turkey, Ham & Cheese Wrap	Each	141	333	6.81	729	*2	*N/A*	12.88	*0.00	55	24.87	2.18	30.94	300	423.1	0.42	0.60
990223 Lite Ranch cup 1.25 oz Basic	each	141	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
000086 Oranges Fresh Whole	EACH	114	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
001481 Veg Cup Broccoli, Carrot, Celery	3/4 Cup	44	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
990223 Lite Ranch cup 1.25 oz Basic	each	44	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	39	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

Apr 1, 2024 thru Apr 30, 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	154	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	36	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	802	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			569	4.60	1050	*23	*0	17.36	*0.03	*44	79.80	5.71	23.02	*1115	269.2	12.18	2.86
% of Calories				7.28%		*16.2%	*0%	27.5%	*0.0%		56.1%		16.2%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 04/30/2024

Reimbursable Meal Total 1122

	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	382	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
990389 Sweet & Sour Chicken yangs	3.6 oz	330	140	0.50	200	9	*N/A*	3.00	0.00	40	18.00	0.00	11.00	0	0.0	3.60	0.72
001264 Rice 50/50	1/2 CUP	650	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	139	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
990240 mandarin oranges sysco	.5 CUP	574	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
990367 Juice Variety #1	serving	500	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
001348 Cookie Sugar (WG)	cookie	566	141	1.62	100	*N/A*	*N/A*	4.52	0.00	1	24.27	1.22	1.94	20	6.3	0.00	0.71
990242 pizza pepperoni stuffed crust MAX	each	343	320	4.50	700	4	1	13.00	0.00	20	36.00	3.00	17.00	0	320.0	0.00	2.20
990279 Broccoli Frozen-contest name .75	.75 cup	110	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

Planned Menu Spreadsheet

Utah School District

Portion Values

Apr 1, 2024 thru Apr 30, 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)
990363 Fries Crinkle cut Sysco	.5 cup	335	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	190	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	189	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
990223 Lite Ranch cup 1.25 oz Basic	each	120	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990240 mandarin oranges sysco	.5 CUP	250	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
990367 Juice Variety #1	serving	250	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
001348 Cookie Sugar (WG)	cookie	0	141	1.62	100	*N/A*	*N/A*	4.52	0.00	1	24.27	1.22	1.94	20	6.3	0.00	0.71
990265 Deli Sand Club/Mozz home2g UHS	sandwich	50	307	4.17	731	*5	*N/A*	11.67	*0.00	32	33.59	3.28	17.80	70	143.9	0.20	0.50
990241 string cheese mozzarella 1oz	each	50	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
001260 Scrabble Cheez-its	.75 oz.	50	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
990151 Celery Sticks 1 CUP	cup	25	21	0.06	119	2	*N/A*	0.25	0.00	0	4.41	2.38	1.02	667	59.4	4.60	0.30
990223 Lite Ranch cup 1.25 oz Basic	each	30	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990367 Juice Variety #1	serving	50	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
001348 Cookie Sugar (WG)	cookie	0	141	1.62	100	*N/A*	*N/A*	4.52	0.00	1	24.27	1.22	1.94	20	6.3	0.00	0.71
001765 Strawberry Fat Free Milk TruMo	carton	30	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
001764 Chocolate Fat Free Milk Tru Mo	carton	176	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	39	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

Apr 1, 2024 thru Apr 30, 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	782	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			513	4.10	709	*27	*0	13.89	*0.00	42	79.57	4.17	18.82	2484	228.6	44.47	2.77
% of Calories				7.19%		*21.1%	*0%	24.4%	*0.0%		62.0%		14.7%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	516	6	877	*22	*0	19.10	*0.17	*40	67.23	5.26	*19.46	*1535	*236.5	*14.80	*2.83
% of Calories		9.89%		*17.1%	*0%	33.3%	*0.3%		52.1%		*15.1%				

- *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.