

Planned Menu Spreadsheet

Utah School District

Portion Values

Apr 1, 2024 thru Apr 30, 2024

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

Monday - 04/08/2024

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)
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	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
990280 Cut green beans low sodium hart RS .75	.75 cup	275	22	0.00	180	2	0	0.00	0.00	0	4.50	1.50	1.50	0	39.0	0.00	1.50
990257 bullseye BBQ sauce cups	each	300	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
990240 mandarin oranges sysco	.5 CUP	390	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
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
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
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
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	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	135	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)
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			739	6.76	1405	*58	*0	20.27	*1.88	54	109.04	7.95	32.49	1370	609.6	26.99	6.01
% of Calories				8.23%		*31.4%	*0%	24.7%	*2.3%		59.0%		17.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 04/09/2024

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)
001371 Chicken Soup Peas&Rotini 1M&1G	cup	350	148	1.06	143	*2	*N/A*	3.30	0.00	30	16.69	1.37	12.40	1574	19.4	1.38	1.16
001418 Grilled Cheese Sand. 1M&1.5 G	1 each	390	250	5.62	443	*4	*N/A*	13.13	*0.00	25	24.76	2.69	9.30	5	31.0	0.14	0.50
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
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	370	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
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
990469 ranch cracker spikerz	package	25	100	0.00	160	1	*N/A*	3.00	0.00	0	16.00	2.00	2.00	0	0.0	0.00	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
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	25	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
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	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

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)
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
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			642	7.66	797	*48	*1	18.94	*0.00	59	88.45	8.43	29.99	13746	371.1	3.69	2.12
% of Calories				10.74 %		*29.9%	*0.6%	26.6%	*0.0%		55.1%		18.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 04/10/2024

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)
990215 Frito Pie Meat Chili 2M& 2 G homemade	serving	395	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
990279 Broccoli Frozen-contest name .75	.75 cup	225	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
000898 Applesauce Cups	1/2 cup	250	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
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
990236 chips, cheetos, oven baked	each	0	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
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
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	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

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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	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			861	8.43	1747	*26	*0	33.60	*1.88	58	103.61	11.52	38.84	2510	534.7	46.49	7.02
% of Calories				8.81%		*12.1%	*0%	35.1%	*2.0%		48.1%		18.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 04/11/2024

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)
001710 Soft Shell Taco chicken	Each	380	383	7.87	750	*1	*N/A*	17.50	0.00	89	25.21	2.46	29.29	549	223.3	0.55	2.39
990237 chips doritos nacho cheese RF	each	400	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
990033 Lettuce (by the lb) *RESIZED*	oz	150	4	0.01	3	1	*N/A*	0.04	0.00	0	0.84	0.34	0.26	142	5.1	0.79	0.12
990304 Corn canned-contest name .75	.75 cup	300	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
001150 Salsa	2 TBSP	250	0	0.00	0	0	0	0.00	0.00	0	0.01	0.00	0.00	0	0.0	0.00	0.00
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
000092 Pineapple Chunks:canned,lt syr	1/2 cup	350	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
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
990237 chips doritos nacho cheese RF	each	25	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
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

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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)
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	190	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
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			786	11.09	1293	*41	*1	26.88	*0.00	100	96.62	7.06	40.95	1459	566.2	15.69	3.30
% of Calories				12.70 %		*20.9%	*0.5%	30.8%	*0.0%		49.2%		20.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 04/12/2024

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)
001602 Deli Sand. ham hoagie home 2.75g	sandwich	395	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
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
000664 Mayonnaise	packet	0	10	0.00	120	*N/A*	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990469 ranch cracker spikerz	package	375	100	0.00	160	1	*N/A*	3.00	0.00	0	16.00	2.00	2.00	0	0.0	0.00	0.00
990252 Carrots Baby 3/4 Cup	3/4 cup	280	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	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
990466 juice, Orange tangerine	serving	390	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

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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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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	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
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			626	6.90	1219	*36	*0	23.13	*0.00	56	83.89	7.41	23.13	11100	325.2	43.57	0.95
% of Calories				9.92%		*23.0%	*0%	33.3%	*0.0%		53.6%		14.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 04/15/2024

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)
990178 Cheeseburger Elem.2.5 m& 1.5 g	EACH	390	734	12.30	1197	*11	*N/A*	36.06	*1.12	79	74.01	7.12	30.03	329	419.6	0.44	4.61
990291 Trimmings (ket,may,mus,,pic)	servings	0	55	0.02	620	*8	*8	0.24	*0.00	0	12.63	0.18	0.28	218	11.8	2.72	0.13
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
990234 fry sauce Basic	serving	50	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	175	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
990224 applesauce,unsweetened,canned	.5 CUP	220	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	45	430	9.00	630	3	0	27.00	30.00	30	27.00	4.00	19.00	0	460.0	0.00	0.00
990379 Tater Gems Tots	.5 cup	40	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

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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)
990234 fry sauce Basic	-serving	10	120	2.00	240	3	*N/A*	9.00	0.00	15	5.00	0.00	0.00	100	0.0	1.20	0.00
001547 Broccoli Frozen-contest name	1/2 cup each	30	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
990224 applesauce,unsweetened,canned	.5 CUP	35	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	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	190	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
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			1151	16.20	1731	*39	*0	51.77	*4.59	92	130.72	10.90	44.01	1681	790.4	22.93	5.51
% of Calories				12.67%		*13.6%	*0%	40.5%	*3.6%		45.4%		15.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 04/16/2024

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)
001754 ChickenNuggetsproview 6	-serving	390	204	1.80	660	2	0	7.20	0.00	30	19.19	1.20	16.79	0	48.0	0.00	2.50
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
990257 bullseye BBQ sauce cups	each	0	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	395	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

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)
990045 Carrots:frozen,contest name	1/2 CUP	250	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
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
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
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
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
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	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	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
001765 Strawberry Fat Free Milk TruMo	carton	130	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			550	3.87	893	*42	*1	13.36	*0.00	38	82.39	6.61	27.82	9223	380.9	1.93	3.56
% of Calories				6.33%		*30.5%	*0.7%	21.9%	*0.0%		59.9%		20.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 04/17/2024

Reimbursable Meal Total 400

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)
990452 lasagna helper	8 oz	320	550	13.26	1189	*14	*N/A*	24.71	*0.00	94	50.21	4.33	32.11	713	33.5	12.84	3.88
001649 Wheat Roll	2 OZ	300	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
990304 Corn canned-contest name .75	.75 cup	175	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
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	350	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
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
990469 ranch cracker spikerz	package	25	100	0.00	160	1	*N/A*	3.00	0.00	0	16.00	2.00	2.00	0	0.0	0.00	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
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	25	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
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	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
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			835	12.78	1417	*53	*0	27.52	*1.88	*85	108.23	8.29	39.96	*1381	377.4	14.33	3.49
% of Calories				13.77%		*25.4%	*0%	29.7%	*2.0%		51.8%		19.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 04/18/2024

Reimbursable Meal Total 400

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)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000821 SloppyJoes-Lawry's Mix 2m&1.5G	1/3 cup	350	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
990481 sweet potatoe, fries usda	serving	380	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	275	15	0.00	120	1	0	0.00	0.00	0	3.00	1.00	1.00	0	26.0	0.00	1.00
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
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
990481 sweet potatoe, fries usda	serving	0	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
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	195	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	140	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			700	7.26	792	*46	*1	24.60	*2.07	62	84.75	8.10	31.97	1051	518.9	13.40	3.53
% of Calories				9.33%		*26.3%	*0.6%	31.6%	*2.7%		48.4%		18.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 04/19/2024

Reimbursable Meal Total 400

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)
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
000769 Beans Vegetarian , Mothers maid	.5 CUP	225	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
990378 Potatoes,Oven Fries USDA 20	.5 cup	350	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	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
990375 Juice,strawberry kiwi	serving	400	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	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	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	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			692	7.28	1049	*31	*1	22.43	*0.00	34	95.34	7.52	27.01	194	541.0	42.93	3.38
% of Calories				9.47%		*17.9%	*0.6%	29.2%	*0.0%		55.1%		15.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 04/22/2024

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001148 Chicken Sandwich 2M & 2.5G	Sandwich	400	360	1.50	860	6	0	9.00	0.00	30	42.00	3.00	23.00	20	240.0	0.00	4.50
990291 Trimmings (ket,may,mus.,pic)	servings	225	55	0.02	620	*8	*8	0.24	*0.00	0	12.63	0.18	0.28	218	11.8	2.72	0.13
000769 Beans Vegetarian , Mothers maid	.5 CUP	0	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

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)
001311 Sun Chips Harvest Cheddar	Bag	380	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
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
990221 Cut Green beans low sodium Hart	1/2 cup	275	15	0.00	120	1	0	0.00	0.00	0	3.00	1.00	1.00	0	26.0	0.00	1.00
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	375	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
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
001311 Sun Chips Harvest Cheddar	Bag	25	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
990221 Cut Green beans low sodium Hart	1/2 cup	25	15	0.00	120	1	0	0.00	0.00	0	3.00	1.00	1.00	0	26.0	0.00	1.00
000769 Beans Vegetarian , Mothers maid	.5 CUP	0	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
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	25	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
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
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	195	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
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			858	5.17	1847	*51	*4	23.55	*1.88	48	116.63	9.14	36.12	981	594.9	3.00	5.88
% of Calories				5.42%		*23.8%	*1.9%	24.7%	*2.0%		54.4%		16.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 04/23/2024

Reimbursable Meal Total 410

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)
001352 Orange Chicken jr yangs	3.6 oz	400	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	350	51	0.00	81	0	0	0.95	0.00	0	11.56	0.48	0.96	0	7.6	0.00	0.36
990304 Corn canned-contest name .75	.75 cup	325	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
990240 mandarin oranges sysco	.5 CUP	390	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
001347 Cookie Candy Chip (WG)	cookie	405	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
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
990469 ranch cracker spikerz	package	0	100	0.00	160	1	*N/A*	3.00	0.00	0	16.00	2.00	2.00	0	0.0	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
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
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
001347 Cookie Candy Chip (WG)	cookie	25	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
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	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	130	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			609	3.35	916	*41	*1	12.00	*0.00	47	105.29	5.11	24.83	1383	330.1	31.70	3.04
% of Calories				4.95%		*26.9%	*0.7%	17.7%	*0.0%		69.2%		16.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Planned Menu Spreadsheet

Uintah School District

Portion Values

Apr 1, 2024 thru Apr 30, 2024

Wednesday - 04/24/2024

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)
990217 MACARONI AND CHEESE WG pasta	CUP	398	288	7.17	774	*5	*N/A*	12.54	*0.45	*41	30.99	2.71	14.88	*623	532.2	0.00	1.47
001649 Wheat Roll	2 OZ	350	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
990282 Peas(from frozen)-contest name	.75 cup	375	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
990447 Mixed fruit USDA 21	.5 cup serving	250	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
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
990469 ranch cracker spikerz	package	25	100	0.00	160	1	*N/A*	3.00	0.00	0	16.00	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
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
990447 Mixed fruit USDA 21	.5 cup serving	25	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
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	195	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
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			727	9.56	1259	*43	*0	21.60	*2.32	*52	103.43	10.56	33.89	*3929	910.3	12.87	3.50
% of Calories				11.83 %		*23.7%	*0%	26.7%	*2.9%		56.9%		18.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 04/25/2024

Reimbursable Meal Total 390

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)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990387 Pulled Pork Sandwich	Sandwich	375	484	4.00	1098	25	*N/A*	12.00	2.00	100	45.40	3.00	29.00	*164	*200.0	*1.60	*1.80
990481 sweet potatoe, fries usda	serving	0	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	390	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	250	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
000898 Applesauce Cups	1/2 cup	375	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
990469 ranch cracker spikerz	package	0	100	0.00	160	1	*N/A*	3.00	0.00	0	16.00	2.00	2.00	0	0.0	0.00	0.00
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
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	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	240	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			836	7.22	1518	*49	*1	23.54	*1.92	120	95.29	6.21	38.76	*1596	*516.8	*35.12	*4.01
% of Calories				7.77%		*23.4%	*0.5%	25.3%	*2.1%		45.6%		18.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 04/26/2024

Reimbursable Meal Total 400

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)
001554 Corn Dog Turkey (StateFair)2m2g	each	390	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	300	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	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
990378 Potatoes,Oven Fries USDA 20	.5 cup	380	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	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
990045 Carrots:frozen,contest name	1/2 CUP	225	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	200	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	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	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	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			636	6.16	1176	*34	*6	21.86	*0.00	*51	91.89	5.75	16.29	7295	292.5	4.75	2.21
% of Calories				8.72%		*21.4%	*3.8%	30.9%	*0.0%		57.8%		10.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 04/29/2024

Reimbursable Meal Total 400

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)	
001589	Chicken quesadilla	each	395	397	5.82	587	*1	*0	13.64	0.00	124	23.00	2.00	44.40	0	0.0	0.00	2.52
000008	REFRIED BEANS: canned	1/2 cup	250	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
001203	Salsa(Milani)	2 TBS	250	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
990237	chips doritos nacho cheese RF	each	420	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
001544	Corn canned-contest name	1/2 cup	325	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
000092	Pineapple Chunks:canned,lt syr	1/2 cup	380	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
990237	chips doritos nacho cheese RF	each	25	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
000008	REFRIED BEANS: canned	1/2 cup	25	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
001544	Corn canned-contest name	1/2 cup	25	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
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	220	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	115	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)
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			917	10.30	1314	*41	*0	26.87	*1.88	143	107.50	9.89	62.48	836	434.0	*15.28	4.71
% of Calories				10.11 %		*17.9%	*0%	26.4%	*1.8%		46.9%		27.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 04/30/2024

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)
001605 Hot Dog on a Bun 2m 1.5 g	SERVING	415	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
000223 MUSTARD: individual PC	PC packet	175	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	385	40	0.00	330	8	8	0.00	0.00	0	10.00	0.00	0.00	200	0.0	2.40	0.00
990378 Potatoes,Oven Fries USDA 20	.5 cup	340	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	240	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	275	15	0.00	120	1	0	0.00	0.00	0	3.00	1.00	1.00	0	26.0	0.00	1.00
990240 mandarin oranges sysco	.5 CUP	390	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
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
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

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)
990221 Cut Green beans low sodium Hart	1/2 cup	25	15	0.00	120	1	0	0.00	0.00	0	3.00	1.00	1.00	0	26.0	0.00	1.00
990240 mandarin oranges sysco	.5 CUP	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
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	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	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
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			793	8.51	1506	*51	*8	30.21	*0.00	48	107.11	6.74	25.11	1160	540.4	27.66	3.94
% of Calories				9.66%		*25.7%	*4.0%	34.3%	*0.0%		54.0%		12.7%				
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	762	8	1287	*43	*1	24.83	*1.19	*67	100.60	8.07	33.74	*3582	*507.9	*21.31	*3.89
% of Calories		9.63%		*22.6%	*0.5%	29.3%	*1.4%		52.8%		17.7%				

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

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

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