

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

Menu Name:	High School Breakfast	Include Cost:	No
Site:	10 - Uintah High School	Report Style:	Detailed
Use Alternate Menu Name:	No		

Monday - 04/08/2024

Reimbursable Meal Total 70

	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)
990239 breakfast pizza max 12708	-serving	50	300	3.00	700	4	*N/A*	8.00	0.00	20	34.00	4.00	16.00	*N/A*	160.0	0.00	0.00
001769 craisins strawberry	each	42	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
000064 APPLES,Fresh	EACH	34	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
001763 Milk 1% Meadow Gold	carton	8	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	43	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	10	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			420	3.25	652	*39	*0	7.65	*0.00	*22	66.57	6.27	17.43	*185	337.5	3.36	0.33
% of Calories				6.96%		*37.1%	*0%	16.4%	*0.0%		63.4%		16.6%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Tuesday - 04/09/2024

Reimbursable Meal Total 70

	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)
990139 Dutch Waffle strawberries	waffle	22	458	5.37	354	*43	*N/A*	15.53	*0.00	20	80.77	5.42	4.68	31	18.0	52.78	10.75

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)
000086 Oranges Fresh Whole	EACH	20	43	0.00	0	*N/A*	*N/A*	0.00	0.00	0	10.56	1.92	0.96	192	38.4	48.96	0.17
001763 Milk 1% Meadow Gold	carton	5	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	40	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	20	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			250	2.65	248	*27	*0	6.49	*0.00	13	43.05	2.25	6.89	186	210.8	30.75	3.66
% of Calories				9.54%		*43.2%	*0%	23.4%	*0.0%		68.9%		11.0%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Wednesday - 04/10/2024

Reimbursable Meal Total 70

	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)
001670 Homemade Cinnamon Rolls	2 OZ	50	225	3.31	205	*14	*N/A*	8.93	*0.16	11	33.17	1.96	4.35	126	41.0	0.19	1.11
990466 juice, Orange tangerine	serving	42	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
001529 Clementines	each	43	35	0.00	0	*N/A*	*N/A*	0.00	0.00	0	9.00	1.00	1.00	0	20.0	36.00	0.18
001763 Milk 1% Meadow Gold	carton	12	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	28	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001765 Strawberry Fat Free Milk TruMo	carton	0	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00

Planned Menu Spreadsheet

Portion Values

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	25	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			291	3.22	274	*28	*0	7.81	*0.11	14	48.25	2.01	8.29	236	214.6	47.86	1.07
% of Calories				9.96%		*38.5%	*0%	24.2%	*0.3%		66.3%		11.4%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Thursday - 04/11/2024

Reimbursable Meal Total 70

	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)
990472 Peach smoothie	serving	40	125	0.00	70	20	*N/A*	0.00	0.00	0	35.00	1.00	5.00	400	160.0	10.00	1.00
000128 Wheat Toast	1 slice	35	158	1.11	205	*3	*N/A*	6.12	*0.03	*0	22.76	2.69	4.31	*2	31.1	0.14	0.50
000416 Jelly	Packet	20	37	0.00	4	7	*N/A*	0.00	*N/A*	0	9.79	0.14	0.02	1	1.0	0.13	0.03
990447 Mixed fruit USDA 21	.5 cup serving	20	60	0.00	10	14	*N/A*	0.00	0.00	0	17.00	0.00	0.00	0	0.0	0.00	0.00
001763 Milk 1% Meadow Gold	carton	12	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	45	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	10	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			294	1.78	311	*35	*0	5.10	*0.01	*8	56.69	1.96	11.53	*412	352.2	6.23	1.09
% of Calories				5.45%		*47.6%	*0%	15.6%	*0.0%		77.1%		15.7%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

Friday - 04/12/2024

Reimbursable Meal Total 30

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990192 French Toast Sticks BakeCrafter's	3 sticks	25	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
990328 pork sausage patty JTM	each	22	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
990523 Syrup, Smuckers 1.4 oz 23	serving	22	110	0.00	20	22	22	0.00	0.00	0	29.00	0.00	0.00	*N/A*	0.0	0.00	0.00
990240 mandarin oranges sysco	.5 CUP	20	70	0.00	10	17	*N/A*	0.00	0.00	0	17.00	1.00	1.00	300	20.0	24.00	0.72
990286 Apple crisps strawberry-tree top	package	10	40	0.00	0	7	*N/A*	0.00	0.00	0	10.00	2.00	0.00	0	0.0	0.00	0.00
001763 Milk 1% Meadow Gold	carton	3	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	12	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	14	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			524	4.37	510	*49	*16	15.22	*0.00	32	83.23	2.99	14.87	*310	224.7	16.24	1.55
% of Calories				7.51%		*37.4%	*12.2%	26.1%	*0.0%		63.5%		11.4%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Monday - 04/15/2024

Reimbursable Meal Total 70

	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)
990427 Lemon Chip Crunch	serving	17	240	3.00	160	14	*N/A*	7.00	0.00	10	42.00	2.00	4.00	0	22.0	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)
990428 Cherry Apple Crunch Bar	-serving	18	240	2.50	85	17	*N/A*	6.00	0.00	10	43.00	2.00	4.00	0	18.0	0.00	1.00
990241 string cheese mozzarella 1oz	each	20	90	5.00	200	0	*N/A*	7.00	0.00	20	0.00	0.00	7.00	0	0.0	0.00	0.00
990369 Strawberries,Diced,Cups, Frozen	each	30	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
000064 APPLES,Fresh	EACH	30	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
001763 Milk 1% Meadow Gold	carton	8	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	45	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	10	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			324	3.95	276	*37	*0	7.24	*0.00	18	55.77	3.28	10.64	186	241.3	2.99	0.83
% of Calories				10.97 %		*45.7%	*0%	20.1%	*0.0%		68.9%		13.1%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Tuesday - 04/16/2024

Reimbursable Meal Total 70

	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)
001409 Burrito Breakfast Los C 97870	each	35	170	2.50	260	1	0	7.00	0.00	45	18.00	3.00	8.00	200	80.0	1.20	1.44
000113 Sour Cream pouch	pouch	18	60	3.50	10	1	0	5.00	0.00	20	1.00	0.00	1.00	0	30.0	0.00	0.00
990232 salsa,low-sodium,pouch	tbs	18	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
990422 Mini Vanilla Wafers IW	package	18	120	0.50	50	7	*N/A*	4.00	0.00	0	21.00	2.00	2.00	0	5.0	0.00	1.00

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)
001359 Pineapple	1/2 cup	10	41	0.01	1	8	*N/A*	0.10	0.00	0	10.82	1.16	0.45	48	10.7	39.44	0.24
000086 Oranges Fresh Whole	EACH	30	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
001763 Milk 1% Meadow Gold	carton	5	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	40	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	20	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			250	3.24	287	*17	*0	7.44	*0.00	34	35.60	3.12	10.39	311	261.1	27.39	1.32
% of Calories				11.66 %		*27.2%	*0%	26.8%	*0.0%		57.0%		16.6%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Wednesday - 04/17/2024

Reimbursable Meal Total 70

	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)
000596 Muffin Cheese & Sausage	each	35	362	9.26	905	*1	*N/A*	19.60	0.32	54	30.34	3.00	17.08	317	345.6	0.00	1.98
001257 Bananas- Whole	1 Banana	38	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
000438 Pears	.5 CUP	34	60	0.00	5	12	*N/A*	0.00	0.00	0	16.00	2.00	0.00	0	0.0	1.19	0.00
001763 Milk 1% Meadow Gold	carton	8	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	30	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001765 Strawberry Fat Free Milk TruMo	carton	0	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00

Planned Menu Spreadsheet

Portion Values

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	25	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			336	5.50	567	*24	*0	11.34	*0.16	32	47.23	3.90	13.48	315	340.0	5.62	1.31
% of Calories				14.73 %		*28.6%	*0%	30.4%	*0.4%		56.2%		16.0%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Thursday - 04/18/2024

Reimbursable Meal Total 70

	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)
990529 muffins, Choc Chip	serving	40	190	2.00	130	3	0	6.00	0.00	35	33.00	2.00	3.00	0	40.0	0.00	1.50
990241 string cheese mozzarella 1oz	each	20	90	5.00	200	0	*N/A*	7.00	0.00	20	0.00	0.00	7.00	0	0.0	0.00	0.00
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	20	90	0.00	0	19	*N/A*	0.00	0.00	0	21.00	2.00	1.00	0	0.0	0.00	0.00
001769 raisins strawberry	each	15	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	10	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	45	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	10	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			296	3.75	292	*28	*0	7.39	*0.00	*34	48.14	2.36	10.29	168	259.2	0.34	1.12
% of Calories				11.40 %		*37.8%	*0%	22.5%	*0.0%		65.1%		13.9%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

Friday - 04/19/2024

Reimbursable Meal Total 70

	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)
990527 Mini Donuts 6PK	package	45	270	4.50	290	19	19	11.00	0.00	0	41.00	2.00	4.00	0	27.0	0.00	1.00
990328 pork sausage patty JTM	each	42	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
990240 mandarin oranges sysco	.5 CUP	30	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
990286 Apple crisps strawberry-tree top	package	25	40	0.00	0	7	*N/A*	0.00	0.00	0	10.00	2.00	0.00	0	0.0	0.00	0.00
001763 Milk 1% Meadow Gold	carton	10	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	50	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	10	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			413	6.46	486	*39	*12	15.21	*0.00	24	56.81	2.43	13.46	307	291.5	10.63	1.24
% of Calories				14.08 %		*37.8%	*11.6%	33.1%	*0.0%		55.0%		13.0%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Monday - 04/22/2024

Reimbursable Meal Total 70

	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)
990244 UBR cinnamon cookie (rich's)	each	25	240	2.00	210	17	*N/A*	6.00	0.00	5	43.00	6.00	5.00	9	29.6	0.00	0.62
990241 string cheese mozzarella 1oz	each	8	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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000092 Pineapple Chunks:canned,lt syr	1/2 cup	18	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
001529 Clementines	each	18	35	0.00	0	*N/A*	*N/A*	0.00	0.00	0	9.00	1.00	1.00	0	20.0	36.00	0.18
001763 Milk 1% Meadow Gold	carton	10	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	40	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	10	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			223	2.36	243	*24	*0	4.77	*0.00	11	37.60	2.66	8.67	173	235.2	12.03	0.63
% of Calories				9.52%		*43.0%	*0%	19.3%	*0.0%		67.4%		15.6%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Tuesday - 04/23/2024

Reimbursable Meal Total 70

	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)
990239 breakfast pizza max 12708	serving	40	300	3.00	700	4	*N/A*	8.00	0.00	20	34.00	4.00	16.00	*N/A*	160.0	0.00	0.00
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
000086 Oranges Fresh Whole	EACH	25	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
001763 Milk 1% Meadow Gold	carton	10	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	45	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001765 Strawberry Fat Free Milk TruMo	carton	0	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00

Planned Menu Spreadsheet

Portion Values

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	10	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			325	2.89	565	*18	*0	6.54	*0.00	19	47.24	3.26	15.77	*236	341.5	18.53	0.85
% of Calories				8.00%		*22.2%	*0%	18.1%	*0.0%		58.1%		19.4%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Wednesday - 04/24/2024

Reimbursable Meal Total 70

	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)
990522 Pancakes, WG bulk 23	2 each	15	160	0.00	180	10	4	3.00	0.00	10	30.00	2.00	4.00	0	73.2	0.00	1.46
990523 Syrup, Smuckers 1.4 oz 23	serving	12	110	0.00	20	22	22	0.00	0.00	0	29.00	0.00	0.00	*N/A*	0.0	0.00	0.00
990328 pork sausage patty JTM	each	10	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
990286 Apple crisps strawberry-tree top	package	9	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
990447 Mixed fruit USDA 21	.5 cup serving	9	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	10	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	45	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001765 Strawberry Fat Free Milk TruMo	carton	0	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00

Planned Menu Spreadsheet

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)
000176 Water; Bottled	each	10	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			195	1.72	232	*24	*5	4.04	*0.00	14	32.30	0.69	8.00	*168	253.9	0.34	0.57
% of Calories				7.94%		*49.2%	*10.3%	18.6%	*0.0%		66.3%		16.4%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Thursday - 04/25/2024

Reimbursable Meal Total 67

	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)
990414 Bagel, Strawberry mini	package	57	230	2.00	190	13	*N/A*	6.00	0.00	10	42.00	2.00	6.00	0	30.0	0.00	1.60
000092 Pineapple Chunks;canned,lt syr	1/2 cup	48	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
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	30	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	10	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	45	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	10	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			400	2.94	331	*48	*0	7.27	*0.00	17	75.34	3.32	12.44	210	285.1	7.13	1.99
% of Calories				6.62%		*48.0%	*0%	16.4%	*0.0%		75.3%		12.4%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Friday - 04/26/2024

Reimbursable Meal Total 25

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)
990226 pancake wrap foster farm	each	25	240	4.50	360	4	*N/A*	15.00	0.00	25	18.00	2.00	7.00	0	20.0	0.00	1.44
990523 Syrup,Smuckers 1.4 oz 23	serving	22	110	0.00	20	22	22	0.00	0.00	0	29.00	0.00	0.00	*N/A*	0.0	0.00	0.00
990422 Mini Vanilla Wafers IW	package	10	120	0.50	50	7	*N/A*	4.00	0.00	0	21.00	2.00	2.00	0	5.0	0.00	1.00
000064 APPLES,Fresh	EACH	24	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
001769 craisins strawberry	each	20	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	1	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	12	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	8	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			618	5.52	512	*70	*19	18.12	*0.00	*30	104.65	8.38	12.30	*164	187.4	6.19	2.20
% of Calories				8.04%		*45.3%	*12.3%	26.4%	*0.0%		67.7%		8.0%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Monday - 04/29/2024

Reimbursable Meal Total 54

	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)
990429 Triple Berry Crunch Bar	serving	11	240	2.50	110	17	*N/A*	6.00	0.00	10	43.00	2.00	4.00	0	18.0	0.00	1.00
990428 Cherry Apple Crunch Bar	serving	11	240	2.50	85	17	*N/A*	6.00	0.00	10	43.00	2.00	4.00	0	18.0	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)
990241 string cheese mozzarella 1oz	each	18	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
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	20	90	0.00	0	19	*N/A*	0.00	0.00	0	21.00	2.00	1.00	0	0.0	0.00	0.00
000898 Applesauce Cups	1/2 cup	20	74	0.00	12	*N/A*	*N/A*	0.00	0.00	0	18.90	0.82	0.00	0	0.0	1.97	1.48
001763 Milk 1% Meadow Gold	carton	8	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	40	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	6	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			316	4.02	294	*32	*0	7.00	*0.00	20	52.00	1.86	11.44	185	274.5	1.09	1.25
% of Calories				11.45 %		*40.5%	*0%	19.9%	*0.0%		65.8%		14.5%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Tuesday - 04/30/2024

Reimbursable Meal Total 66

	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)
990497 Biscuits & Gravy breakfast	serving	26	284	9.90	760	2	*N/A*	17.00	0.00	25	23.00	2.00	10.00	0	46.0	0.00	0.80
990462 Mixed berry Animal cracker	serving	0	110	0.50	60	6	*N/A*	3.50	0.00	0	18.00	2.00	2.00	0	0.0	0.00	0.00
000086 Oranges Fresh Whole	EACH	25	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
000092 Pineapple Chunks:canned,lt syr	1/2 cup	15	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	10	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)
001764 Chocolate Fat Free Milk Tru Mo	carton	45	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	10	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			262	5.15	470	*21	*0	8.81	*0.00	18	35.25	1.74	11.07	262	287.4	21.06	0.77
% of Calories				17.69 %		*32.1%	*0%	30.3%	*0.0%		53.8%		16.9%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=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	337	4	385	*33	*3	8.67	*0.02	*21	54.45	3.09	11.59	*236	271	12.81	1.28
% of Calories		9.85%		*39.2%	*3.6%	23.2%	*0.1%		64.6%		13.8%				

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.