

Planned Menu Spreadsheet

Uintah School District

Portion Values

May 1, 2024 thru May 24, 2024

Menu Name:	VMS & UMS Lunch	Include Cost:	No
Site:	9 - Uintah Middle School	Report Style:	Detailed
Use Alternate Menu Name:	No		

Wednesday - 05/01/2024

Reimbursable Meal Total 450

	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)
990388 Pulled Pork Sandwiches secondary	sandwich	125	462	4.96	905	*15	*N/A*	16.15	*2.00	101	39.86	2.45	27.16	*76	*41.1	*0.98	*1.37
000625 Peas(from frozen)	.5 cup	17	62	0.04	58	4	*N/A*	0.22	0.00	0	11.41	3.60	4.12	1680	19.2	7.92	1.22
990380 seasoned wedges simplot	.5 cup	125	130	0.50	400	0	0	6.00	0.00	0	20.00	1.00	2.00	0	0.0	0.00	0.72
990391 Red Gold Ketchup Packets	each	50	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	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
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
001529 Clementines	each	120	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
001418 Grilled Cheese Sand. 1M&1.5 G	1 each	250	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
990256 Tomato soup condensed Heinz	CUP	250	69	0.39	254	*6	*N/A*	0.65	0.00	3	12.74	0.00	3.05	275	87.9	2.55	0.35
000625 Peas(from frozen)	.5 cup	10	62	0.04	58	4	*N/A*	0.22	0.00	0	11.41	3.60	4.12	1680	19.2	7.92	1.22
001668 Side Salad	1.25 Cup	30	61	0.12	84	*1	*N/A*	0.63	0.00	0	10.90	3.68	3.71	3587	49.7	11.09	1.54
990223 Lite Ranch cup 1.25 oz Basic	each	20	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990286 Apple crisps strawberry-tree top	package	50	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
001529 Clementines	each	100	35	0.00	0	*N/A*	*N/A*	0.00	0.00	0	9.00	1.00	1.00	0	20.0	36.00	0.18

Planned Menu Spreadsheet

Uintah School District

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
990209 Broccoli Cheese Soup	.75 cup	0	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	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
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
990286 Apple crisps strawberry-tree top	package	0	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
001529 Clementines	each	0	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
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	100	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	25	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000176 Water; Bottled	each	288	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			439	5.59	866	*19	*0	15.96	*0.56	*49	53.70	4.01	18.17	*589	*183.7	*20.85	*1.42
% of Calories				11.46 %		*17.3%	*0%	32.7%	*1.1%		48.9%		16.6%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 05/02/2024

Reimbursable Meal Total 410

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000821 SloppyJoes-Lawry's Mix 2m&1.5G	1/3 cup	225	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
001559 Cheese Pre Sliced	Slice	0	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

Planned Menu Spreadsheet

Utah School District

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000042 Pickles, Dill	2 each	136	2	0.01	113	0	*N/A*	0.04	0.00	0	0.34	0.14	0.07	18	8.0	0.32	0.04
990378 Potatoes,Oven Fries USDA 20	.5 cup	225	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	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
000672 Pasta Salad	3/8 cup	15	132	0.94	401	*1	*N/A*	6.96	*0.00	0	15.25	1.77	2.83	1558	12.1	3.76	0.78
990252 Carrots Baby 3/4 Cup	3/4 cup	36	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	79	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	150	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
001165 Ham, Pork	2.44 oz	125	147	2.58	1242	0	*N/A*	7.47	*N/A*	49	0.00	0.00	18.73	0	6.6	0.00	1.11
990401 scalloped potatoes	4 oz serving	125	100	2.00	440	2	*N/A*	3.00	0.00	6	17.00	1.00	2.00	0	35.0	0.00	0.30
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
001208 Trimmings (ket,may,mus,let,pic)	servings	30	55	0.02	620	*8	*8	0.24	*0.00	0	12.70	0.22	0.30	230	12.2	2.79	0.14
990252 Carrots Baby 3/4 Cup	3/4 cup	30	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	20	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990447 Mixed fruit USDA 21	.5 cup serving	96	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
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
990209 Broccoli Cheese Soup	.75 cup	0	135	5.25	622	2	0	9.00	0.00	30	7.50	0.75	5.25	0	165.0	0.00	0.60
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
990447 Mixed fruit USDA 21	.5 cup serving	0	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

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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	100	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	25	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000176 Water; Bottled	each	288	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			503	5.84	1070	*21	*1	19.10	*1.30	*60	56.06	4.29	23.81	2824	264.5	3.20	2.01
% of Calories				10.45 %		*16.7%	*0.8%	34.2%	*2.3%		44.6%		18.9%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 05/03/2024

Reimbursable Meal Total 480

	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	120	320	4.50	700	4	1	13.00	0.00	20	36.00	3.00	17.00	0	320.0	0.00	2.20
990404 Tater Gems Tots 3/4 cup	.75 cup	120	320	3.00	460	0	*N/A*	18.00	0.00	0	38.00	2.00	4.00	0	0.0	0.00	0.72
000769 Beans Vegetarian , Mothers maid	.5 CUP	30	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
000267 Celery Sticks	1/2 cup	30	10	0.03	59	1	*N/A*	0.13	0.00	0	2.21	1.19	0.51	333	29.7	2.30	0.15
990223 Lite Ranch cup 1.25 oz Basic	each	20	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
000092 Pineapple Chunks:canned,lt syr	1/2 cup	72	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
990374 Juice,cran/raspberry	each	60	60	0.00	5	13	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001765 Strawberry Fat Free Milk TruMo	carton	34	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	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
001763 Milk 1% Meadow Gold	carton	4	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000176 Water; Bottled	each	0	0	0.00	7	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02
Weighted Daily Average			213	2.13	348	*9	*0	8.44	*0.00	7	28.22	1.79	7.19	172	148.7	1.67	0.97
% of Calories				9.00%		*16.9%	*0%	35.7%	*0.0%		53.0%		13.5%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Monday - 05/06/2024

Reimbursable Meal Total 456

	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	110	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
001654 Wheat Roll 2 grain (blend)	2.5 oz	110	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	28	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	21	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
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	60	90	0.00	0	19	*N/A*	0.00	0.00	0	21.00	2.00	1.00	0	0.0	0.00	0.00
990223 Lite Ranch cup 1.25 oz Basic	each	47	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990242 pizza pepperoni stuffed crust MAX	each	300	320	4.50	700	4	1	13.00	0.00	20	36.00	3.00	17.00	0	320.0	0.00	2.20
990380 seasoned wedges simplot	.5 cup	275	130	0.50	400	0	0	6.00	0.00	0	20.00	1.00	2.00	0	0.0	0.00	0.72

Planned Menu Spreadsheet

Utah School District

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990221 Cut Green beans low sodium Hart	1/2 cup	6	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	45	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	5	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
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	5	90	0.00	0	19	*N/A*	0.00	0.00	0	21.00	2.00	1.00	0	0.0	0.00	0.00
990223 Lite Ranch cup 1.25 oz Basic	each	51	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990461 wowbutter grape uncrustable	serving	46	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
990486 Cracker,Goldfish colors	serving	46	100	0.50	170	0	*N/A*	3.50	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.70
000086 Oranges Fresh Whole	EACH	46	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
990252 Carrots Baby 3/4 Cup	3/4 cup	15	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	15	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	100	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	20	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
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	288	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			593	7.92	1230	*17	*1	24.30	*0.00	43	71.21	5.72	25.14	966	364.7	8.91	3.41
% of Calories				12.02 %		*11.5%	*0.7%	36.9%	*0.0%		48.0%		17.0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 05/07/2024

Reimbursable Meal Total 540

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001352 Orange Chicken jr yangs	3.6 oz	275	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	0	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	0	51	0.00	81	0	0	0.95	0.00	0	11.56	0.48	0.96	0	7.6	0.00	0.36
001547 Broccoli Frozen-contest name	1/2 cup each	40	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
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
001769 raisins strawberry	each	86	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
990240 mandarin oranges sysco	.5 CUP	192	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
000890 Turkey, Ham & Cheese Wrap	Each	120	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
990237 chips doritos nacho cheese RF	each	120	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
990241 string cheese mozzarella 1oz	each	120	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
000769 Beans Vegetarian , Mothers maid	.5 CUP	30	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
001769 raisins strawberry	each	120	110	0.00	0	24	*N/A*	0.00	0.00	*N/A*	28.00	3.00	0.00	0	0.0	0.00	0.00
990223 Lite Ranch cup 1.25 oz Basic	each	20	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
008031 Carrots Baby 1/2 Cup	.5 CUP	30	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
001764 Chocolate Fat Free Milk Tru Mo	carton	63	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	11	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
001765 Strawberry Fat Free Milk TruMo	carton	37	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

Uintah School District

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000176 Water; Bottled	each	330	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			307	3.38	491	*20	*0	7.75	*0.00	*39	42.67	3.06	17.07	1027	182.0	12.51	1.00
% of Calories				9.91%		*26.1%	*0%	22.7%	*0.0%		55.6%		22.2%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 05/08/2024

Reimbursable Meal Total 430

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001430 Pig in a Blanket- 2M & 2 G	serving	250	318	6.90	835	*6	*N/A*	19.79	*0.01	*35	25.15	2.38	10.10	*16	26.6	0.14	0.75
990363 Fries Crinkle cut Sysco	.5 cup	225	95	0.79	28	1	0	3.16	0.00	0	15.79	1.58	1.58	0	15.8	0.00	0.57
000223 MUSTARD: individual PC	PC packet	35	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
990391 Red Gold Ketchup Packets	each	73	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	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
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	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
990447 Mixed fruit USDA 21	.5 cup serving	200	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	125	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	125	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	30	25	0.00	75	6	*N/A*	0.00	0.00	0	6.00	0.00	0.00	0	0.0	0.00	0.00

Planned Menu Spreadsheet

Utah School District

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
000548 Trimmings (k,m,m,let,tom,)	-serving	30	57	0.01	508	*8	*8	0.23	*0.00	0	13.00	0.29	0.39	343	6.4	4.31	0.16
001668 Side Salad	1.25 Cup	25	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	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
990447 Mixed fruit USDA 21	.5 cup serving	96	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
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
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
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
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
990447 Mixed fruit USDA 21	.5 cup serving	0	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
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	100	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	20	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	288	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			532	8.44	920	*24	*1	25.72	*0.24	*49	59.83	4.10	15.41	*1245	155.5	1.78	1.86
% of Calories				14.28 %		*18.0%	*0.8%	43.5%	*0.4%		45.0%		11.6%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 05/09/2024

Reimbursable Meal Total 455

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001600 Chicken Sandwich homemade 2g	1 each	100	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	135	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
990481 sweet potatoe, fries usda	serving	60	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
000548 Trimmings (k,m,m,let,tom,)	serving	50	57	0.01	508	*8	*8	0.23	*0.00	0	13.00	0.29	0.39	343	6.4	4.31	0.16
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
990391 Red Gold Ketchup Packets	each	100	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
000625 Peas(from frozen)	.5 cup	12	62	0.04	58	4	*N/A*	0.22	0.00	0	11.41	3.60	4.12	1680	19.2	7.92	1.22
001505 Veg Cup Broccoli,Carrot,Tomato	3/4 Cup	60	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	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
000840 White Cake from Mix	each	192	89	0.33	142	*0	*N/A*	2.24	*0.00	0	16.11	0.19	1.19	0	40.6	0.03	0.29
001077 White frosting	2 teaspoons	0	21	0.02	1	*5	*N/A*	0.04	*0.00	0	5.23	0.00	0.04	3	1.3	0.00	0.00
000092 Pineapple Chunks:canned,lt syr	1/2 cup	250	66	0.01	1	16	*N/A*	0.15	0.00	0	16.95	1.01	0.45	48	17.6	9.45	0.49
990242 pizza pepperoni stuffed crust MAX	each	185	320	4.50	700	4	1	13.00	0.00	20	36.00	3.00	17.00	0	320.0	0.00	2.20
990481 sweet potatoe, fries usda	serving	60	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
000625 Peas(from frozen)	.5 cup	10	62	0.04	58	4	*N/A*	0.22	0.00	0	11.41	3.60	4.12	1680	19.2	7.92	1.22
990234 fry sauce Basic	serving	60	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	100	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
001505 Veg Cup Broccoli,Carrot,Tomato	3/4 Cup	20	35	0.07	46	*3	*N/A*	0.29	*0.00	0	7.49	2.69	1.81	5797	36.5	45.33	0.76

Planned Menu Spreadsheet

Utah School District

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000840 White Cake from Mix	each	48	89	0.33	142	*0	*N/A*	2.24	*0.00	0	16.11	0.19	1.19	0	40.6	0.03	0.29
001077 White frosting	2 teaspoons	0	21	0.02	1	*5	*N/A*	0.04	*0.00	0	5.23	0.00	0.04	3	1.3	0.00	0.00
000092 Pineapple Chunks:canned,lt syr	1/2 cup	72	66	0.01	1	16	*N/A*	0.15	0.00	0	16.95	1.01	0.45	48	17.6	9.45	0.49
990223 Lite Ranch cup 1.25 oz Basic	each	20	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
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
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
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
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
000840 White Cake from Mix	each	0	89	0.33	142	*0	*N/A*	2.24	*0.00	0	16.11	0.19	1.19	0	40.6	0.03	0.29
001077 White frosting	2 teaspoons	0	21	0.02	1	*5	*N/A*	0.04	*0.00	0	5.23	0.00	0.04	3	1.3	0.00	0.00
000092 Pineapple Chunks:canned,lt syr	1/2 cup	0	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
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	100	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	20	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	288	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			587	5.08	1033	*27	*1	21.66	*0.00	*36	76.82	5.06	21.72	1353	310.0	16.15	3.50
% of Calories				7.79%		*18.4%	*0.7%	33.2%	*0.0%		52.3%		14.8%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

Friday - 05/10/2024

Reimbursable Meal Total 100

	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)
001554 Corn Dog Turkey (StateFair)2m2g	each	250	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	200	95	0.79	28	1	0	3.16	0.00	0	15.79	1.58	1.58	0	15.8	0.00	0.57
990285 Carrots:frozen,contest name .75	.75 cup	15	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
990466 juice, Orange tangerine	serving	240	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
000712 condiments (ket,mus.)	servings	100	43	0.01	386	*8	*8	0.20	*0.00	0	10.29	0.04	0.21	200	3.8	2.40	0.09
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
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
001765 Strawberry Fat Free Milk TruMo	carton	25	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	272	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			1154	11.05	2285	*53	*8	40.28	*0.00	106	164.91	6.25	31.65	3497	466.5	106.95	6.05
% of Calories				8.62%		*18.4%	*2.8%	31.4%	*0.0%		57.2%		11.0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Monday - 05/13/2024

Reimbursable Meal Total 445

	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)
990246 pork pattie, harvest breaded	each	300	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

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990400 potato pearls- low sodium	.5 cup serving	300	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	300	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	300	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
990320 Mixed vegetables, No salt added, Frozen usda	1/2 cup	39	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
000898 Applesauce Cups	1/2 cup	200	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
990393 Bag Taco - UHS	serving	100	337	6.98	711	*1	*0	17.13	*0.00	63	23.21	2.29	21.23	121	29.2	0.68	1.44
990232 salsa, low-sodium, pouch	tbs	50	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	25	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	15	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
001506 Veg Cup Broccoli, Carrot, redbell	3/4 Cup	20	27	0.05	38	3	*N/A*	0.20	0.00	0	5.96	2.15	1.09	6070	24.0	49.98	0.60
990223 Lite Ranch cup 1.25 oz Basic	each	20	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
000898 Applesauce Cups	1/2 cup	96	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
990265 Deli Sand Club/Mozz home2g UHS	sandwich	45	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
990237 chips doritos nacho cheese RF	each	45	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
000064 APPLES, Fresh	EACH	45	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
001506 Veg Cup Broccoli, Carrot, redbell	3/4 Cup	20	27	0.05	38	3	*N/A*	0.20	0.00	0	5.96	2.15	1.09	6070	24.0	49.98	0.60
990223 Lite Ranch cup 1.25 oz Basic	each	20	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
000549 Trimmings (m, m, let, tom, , pic	serving	30	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

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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	100	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	20	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	288	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			658	6.42	783	*15	*0	23.68	*0.05	*48	83.66	8.69	26.10	*815	251.3	8.00	3.71
% of Calories				8.78%		*9.1%	*0%	32.4%	*0.1%		50.9%		15.9%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 05/14/2024

Reimbursable Meal Total 425

	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	250	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
990504 chicken alfredo 23	serving	0	172	2.43	376	*3	*N/A*	6.83	*0.00	68	5.67	0.00	21.34	39	51.4	0.00	0.87
000950 Shredded Mozzarella	1 oz	0	1	0.06	2	0	*N/A*	0.09	0.00	0	0.01	0.00	0.08	0	0.0	0.00	0.00
001654 Wheat Roll 2 grain (blend)	2.5 oz	250	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	48	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	60	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	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
990240 mandarin oranges sysco	.5 CUP	214	70	0.00	10	17	*N/A*	0.00	0.00	0	17.00	1.00	1.00	300	20.0	24.00	0.72

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001554 Corn Dog Turkey (StateFair)2m2g	each	150	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	150	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	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
990391 Red Gold Ketchup Packets	each	100	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
990221 Cut Green beans low sodium Hart	1/2 cup	15	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	100	43	0.01	386	*8	*8	0.20	*0.00	0	10.29	0.04	0.21	200	3.8	2.40	0.09
001668 Side Salad	1.25 Cup	30	61	0.12	84	*1	*N/A*	0.63	0.00	0	10.90	3.68	3.71	3587	49.7	11.09	1.54
990223 Lite Ranch cup 1.25 oz Basic	each	20	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990240 mandarin oranges sysco	.5 CUP	96	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
990461 wowbutter grape uncrustable	serving	25	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	25	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
001310 Sun Chips Garden Salsa	Bag	25	140	1.00	170	*N/A*	*N/A*	6.00	0.00	0	19.00	3.00	2.00	0	0.0	0.00	0.36
000064 APPLES,Fresh	EACH	25	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
001668 Side Salad	1.25 Cup	15	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	15	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
001765 Strawberry Fat Free Milk TruMo	carton	0	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	100	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	20	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000176 Water; Bottled	each	288	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	3.86	717	*27	*2	15.69	*0.00	25	83.44	5.88	15.23	1240	205.5	22.11	3.03
% of Calories				6.45%		*20.0%	*1.5%	26.2%	*0.0%		61.9%		11.3%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Wednesday - 05/15/2024

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)
990229 Hot Dog on a Bun homemade 2 m, 2 g	SERVING	250	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
000769 Beans Vegetarian , Mothers maid	.5 CUP	60	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
990237 chips doritos nacho cheese RF	each	0	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
990282 Peas(from frozen)-contest name	.75 cup	12	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
990391 Red Gold Ketchup Packets	each	50	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
000412 Mustard Yellow Prepared	tsp	20	3	0.01	58	0	*N/A*	0.18	0.00	0	0.31	0.21	0.20	6	3.3	0.02	0.08
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	200	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	100	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	200	140	1.50	100	12	0	4.00	0.00	0	26.00	2.00	2.00	0	20.0	0.00	1.08
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	0	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

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	0	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	0	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	0	140	1.50	100	12	0	4.00	0.00	0	26.00	2.00	2.00	0	20.0	0.00	1.08
990334 Chicken fajita quesadilla	each	120	516	14.51	1168	*1	*N/A*	28.80	0.00	153	24.20	2.00	39.40	568	488.0	19.20	2.70
990197 Rice, Spanish, Sysco	1/2 cup	120	200	0.00	630	2	*N/A*	0.00	0.00	0	44.00	1.00	4.00	500	40.0	9.00	1.80
000008 REFRIED BEANS: canned	1/2 cup	60	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
990282 Peas(from frozen)-contest name	.75 cup	15	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
990232 salsa, low-sodium, pouch	tbs	48	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	30	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
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	96	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	50	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	100	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	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	100	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	20	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000176 Water; Bottled	each	288	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			710	9.61	1154	*38	*0	26.15	*0.00	*67	94.45	8.01	26.65	572	307.6	*12.39	3.97
% of Calories				12.18 %		*21.4%	*0%	33.1%	*0.0%		53.2%		15.0%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 05/16/2024

Reimbursable Meal Total 410

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001435 Cheeseburger- M 2 G	EACH	125	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	125	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	100	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	60	120	2.00	240	3	*N/A*	9.00	0.00	15	5.00	0.00	0.00	100	0.0	1.20	0.00
990285 Carrots:frozen,contest name .75	.75 cup	15	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
001208 Trimmings (ket,may,mus,let,pic)	servings	30	55	0.02	620	*8	*8	0.24	*0.00	0	12.70	0.22	0.30	230	12.2	2.79	0.14
000092 Pineapple Chunks:canned,lt syr	1/2 cup	96	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	120	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	0	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	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

Planned Menu Spreadsheet

Uintah School District

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000092 Pineapple Chunks:canned,lt syr	1/2 cup	0	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	0	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
990242 pizza pepperoni stuffed crust MAX	each	250	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	250	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	60	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	30	120	2.00	240	3	*N/A*	9.00	0.00	15	5.00	0.00	0.00	100	0.0	1.20	0.00
990285 Carrots:frozen,contest name .75	.75 cup	15	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
000092 Pineapple Chunks:canned,lt syr	1/2 cup	150	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	240	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	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	100	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	20	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	288	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			578	6.88	818	*35	*1	20.59	*0.24	*37	79.24	5.21	20.49	1486	333.8	24.93	3.05
% of Calories				10.71 %		*24.2%	*0.7%	32.1%	*0.4%		54.8%		14.2%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 05/17/2024

Reimbursable Meal Total 499

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990261 pork rib sandwich Tyson	each	120	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
990379 Tater Gems Tots	.5 cup	120	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	30	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	50	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
001547 Broccoli Frozen-contest name	1/2 cup each	15	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
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
990464 juice, Tropical Twist	serving	72	50	0.00	5	13	*N/A*	0.00	0.00	0	13.00	0.00	0.00	0	0.0	42.00	0.00
001765 Strawberry Fat Free Milk TruMo	carton	0	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	112	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	7	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	287	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			185	1.92	340	*12	*0	6.67	*0.00	*14	24.54	1.41	7.29	155	128.1	7.72	0.90
% of Calories				9.34%		*25.9%	*0%	32.4%	*0.0%		53.1%		15.8%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Monday - 05/20/2024

Reimbursable Meal Total 450

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990192 French Toast Sticks BakeCrafters	3 sticks	225	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

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990523 Syrup,Smuckers 1.4 oz 23	-serving	0	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	200	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
990404 Tater Gems Tots 3/4 cup	.75 cup	25	320	3.00	460	0	*N/A*	18.00	0.00	0	38.00	2.00	4.00	0	0.0	0.00	0.72
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	175	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	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
001505 Veg Cup Broccoli,Carrot,Tomato	3/4 Cup	0	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	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
001554 Corn Dog Turkey (StateFair)2m2g	each	175	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
990404 Tater Gems Tots 3/4 cup	.75 cup	175	320	3.00	460	0	*N/A*	18.00	0.00	0	38.00	2.00	4.00	0	0.0	0.00	0.72
990234 fry sauce Basic	-serving	20	120	2.00	240	3	*N/A*	9.00	0.00	15	5.00	0.00	0.00	100	0.0	1.20	0.00
990391 Red Gold Ketchup Packets	each	30	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
001547 Broccoli Frozen-contest name	1/2 cup each	10	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
000712 condiments (ket,mus.)	servings	25	43	0.01	386	*8	*8	0.20	*0.00	0	10.29	0.04	0.21	200	3.8	2.40	0.09
001505 Veg Cup Broccoli,Carrot,Tomato	3/4 Cup	30	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	20	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	96	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
001602 Deli Sand. ham hoagie home 2.75g	sandwich	50	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
990236 chips, cheetos,oven baked	each	50	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

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	50	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
001505 Veg Cup Broccoli,Carrot,Tomato	3/4 Cup	30	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
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
990223 Lite Ranch cup 1.25 oz Basic	each	20	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
000549 Trimmings (m,m,let, tom, ,pic	serving	20	20	0.03	291	*1	*N/A*	0.29	*0.00	0	3.64	0.52	0.53	224	15.2	3.29	0.21
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	100	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	25	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000176 Water; Bottled	each	288	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			614	6.24	933	*27	*0	25.52	*0.00	42	80.24	4.63	16.67	*883	175.1	7.91	1.84
% of Calories				9.15%		*17.6%	*0%	37.4%	*0.0%		52.3%		10.9%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Tuesday - 05/21/2024

Reimbursable Meal Total 440

	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	200	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	200	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	20	15	0.00	120	1	0	0.00	0.00	0	3.00	1.00	1.00	0	26.0	0.00	1.00

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990391 Red Gold Ketchup Packets	each	100	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	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
001668 Side Salad	1.25 Cup	30	61	0.12	84	*1	*N/A*	0.63	0.00	0	10.90	3.68	3.71	3587	49.7	11.09	1.54
990223 Lite Ranch cup 1.25 oz Basic	each	20	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
000438 Pears	.5 CUP	96	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
990265 Deli Sand Club/Mozz home2g UHS	sandwich	40	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
000549 Trimmings (m,m,let, tom, ,pic	serving	30	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
990241 string cheese mozzarella 1oz	each	40	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	40	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
000064 APPLES,Fresh	EACH	40	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
001668 Side Salad	1.25 Cup	20	61	0.12	84	*1	*N/A*	0.63	0.00	0	10.90	3.68	3.71	3587	49.7	11.09	1.54
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	100	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	25	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000176 Water; Bottled	each	288	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			330	4.09	589	*14	*0	11.84	*0.00	19	43.39	3.89	13.69	510	268.4	2.61	1.69
% of Calories				11.15 %		*17.0%	*0%	32.3%	*0.0%		52.6%		16.6%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

Wednesday - 05/22/2024

Reimbursable Meal Total 440

	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	130	204	1.80	660	2	0	7.20	0.00	30	19.19	1.20	16.79	0	48.0	0.00	2.50
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
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
001380 Chips Doritos Cool Ranch RF	package	145	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
001551 Peas(from frozen)-contest name	.5 CUP	275	62	0.04	58	4	*N/A*	0.22	0.00	0	11.41	3.60	4.12	1680	19.2	7.92	1.22
000769 Beans Vegetarian , Mothers maid	.5 CUP	20	110	0.00	140	2	*N/A*	0.00	0.00	0	20.00	5.00	6.00	0	60.0	0.00	1.80
000092 Pineapple Chunks:canned,lt syr	1/2 cup	175	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
990374 Juice,cran/raspberry	each	175	60	0.00	5	13	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00
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	0	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
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
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
000092 Pineapple Chunks:canned,lt syr	1/2 cup	0	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
990374 Juice,cran/raspberry	each	0	60	0.00	5	13	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00
990388 Pulled Pork Sandwiches secondary	sandwich	125	462	4.96	905	*15	*N/A*	16.15	*2.00	101	39.86	2.45	27.16	*76	*41.1	*0.98	*1.37
001380 Chips Doritos Cool Ranch RF	package	125	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

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000769 Beans Vegetarian , Mothers maid	.5 CUP	10	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
001551 Peas(from frozen)-contest name	.5 CUP	0	62	0.04	58	4	*N/A*	0.22	0.00	0	11.41	3.60	4.12	1680	19.2	7.92	1.22
000092 Pineapple Chunks:canned,lt syr	1/2 cup	50	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
990374 Juice,cran/raspberry	each	50	60	0.00	5	13	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.00
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	100	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	25	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000176 Water; Bottled	each	288	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			422	2.70	655	*28	*0	10.70	*0.57	*40	59.78	5.38	19.39	*1158	*163.7	*10.20	*2.59
% of Calories				5.76%		*26.5%	*0%	22.8%	*1.2%		56.7%		18.4%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Thursday - 05/23/2024

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)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990356 Mozzarella Sticks WG	serving	225	300	6.00	440	2	*N/A*	12.00	0.00	35	33.00	3.00	16.00	0	400.0	0.00	14.40
990362 Spaghetti Sauce Contadina	serving	225	32	0.00	254	3	*N/A*	0.68	0.00	0	5.44	0.91	0.91	227	9.1	4.08	0.49
990056 Carrots:frozen, boiled	1/2 CUP	6	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
001482 Veg Cup Broccoli,Carrot,Caulif	3/4 Cup	28	28	0.07	45	3	*N/A*	0.21	0.00	0	6.00	2.24	1.41	5350	28.8	34.46	0.62

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990223 Lite Ranch cup 1.25 oz Basic	each	28	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
000064 APPLES,Fresh	EACH	225	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
990369 Strawberries,Diced,Cups, Frozen	each	200	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
001435 Cheeseburger- 2.5 M 2 G	EACH	130	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	130	95	0.79	28	1	0	3.16	0.00	0	15.79	1.58	1.58	0	15.8	0.00	0.57
990056 Carrots:frozen, boiled	1/2 CUP	2	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
001482 Veg Cup Broccoli,Carrot,Caulif	3/4 Cup	8	28	0.07	45	3	*N/A*	0.21	0.00	0	6.00	2.24	1.41	5350	28.8	34.46	0.62
990223 Lite Ranch cup 1.25 oz Basic	each	19	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
000064 APPLES,Fresh	EACH	225	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
990369 Strawberries,Diced,Cups, Frozen	each	56	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
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	0	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	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
000064 APPLES,Fresh	EACH	225	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
990369 Strawberries,Diced,Cups, Frozen	each	0	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
001482 Veg Cup Broccoli,Carrot,Caulif	3/4 Cup	0	28	0.07	45	3	*N/A*	0.21	0.00	0	6.00	2.24	1.41	5350	28.8	34.46	0.62
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

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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	100	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	25	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
000176 Water; Bottled	each	288	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			566	6.84	657	*45	*0	17.14	*0.25	*44	87.39	10.55	19.56	1014	370.9	15.76	9.44
% of Calories				10.88 %		*31.8%	*0%	27.3%	*0.4%		61.8%		13.8%				
Weekly Nutrient Guideline			600 - 700	<10	1225			<=0									

Friday - 05/24/2024

Reimbursable Meal Total 423

	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)
990461 wowbutter grape uncrustable	serving	290	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
990237 chips doritos nacho cheese RF	each	290	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
990252 Carrots Baby 3/4 Cup	3/4 cup	50	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	28	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	26	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
990367 Juice Variety #1	serving	40	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	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

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001764 Chocolate Fat Free Milk Tru Mo	carton	34	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	15	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	347	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			329	3.05	346	*14	*0	13.93	*0.00	3	40.86	4.55	9.33	2284	177.1	2.37	1.63
% of Calories				8.34%		*17.0%	*0%	38.1%	*0.0%		49.7%		11.3%				
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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	514	6	846	*25	*1	18.62	*0.18	*40	68.36	5.14	18.59	*1211	*247.6	*15.89	*2.89
% of Calories		9.82%		*19.5%	*0.8%	32.6%	*0.3%		53.2%		14.5%				

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.