

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru Apr 30, 2024

<b>Menu Name:</b>	High School Lunch	<b>Include Cost:</b>	No
<b>Site:</b>	10 - Uintah High School	<b>Report Style:</b>	Detailed
<b>Use Alternate Menu Name:</b>	No		

### Monday - 04/08/2024

Reimbursable Meal Total 494

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990246 pork pattie, harvest breaded	each	0	280	3.00	200	1	*N/A*	15.00	0.00	30	19.00	4.00	17.00	100	60.0	1.20	2.70
990400 potato pearls- low sodium	.5 cup serving	152	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	0	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
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	150	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
990098 Veg Cup Broccoli,Carrot,Celery 1 CUP	Cup	35	39	0.06	96	4	*N/A*	0.24	0.00	0	8.79	3.36	1.36	10729	49.4	22.74	0.91
990206 Corn,Whole Kernal,Frozen	1/2 cup	20	67	0.00	1	2	*N/A*	1.00	0.00	0	16.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000064 APPLES,Fresh	EACH	50	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
990240 mandarin oranges sysco	.5 CUP	50	70	0.00	10	17	*N/A*	0.00	0.00	0	17.00	1.00	1.00	300	20.0	24.00	0.72
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
990242 pizza pepperoni stuffed crust MAX	each	144	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	144	130	0.50	400	0	0	6.00	0.00	0	20.00	1.00	2.00	0	0.0	0.00	0.72
990206 Corn,Whole Kernal,Frozen	1/2 cup	20	67	0.00	1	2	*N/A*	1.00	0.00	0	16.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
001505 Veg Cup Broccoli,Carrot,Tomato	3/4 Cup	25	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

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Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000064 APPLES,Fresh	EACH	50	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
990240 mandarin oranges sysco	.5 CUP	48	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
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
990262 Deli Sand. Roast/Prov home2g UHS	Serving	72	323	3.71	775	*5	*N/A*	12.09	*0.00	41	34.85	3.28	20.02	137	157.8	0.20	1.12
990461 wowbutter grape uncrustable	serving	20	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
990236 chips, cheetos,oven baked	each	92	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
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
990153 Carrots Baby 1 CUP	cup	46	60	0.04	133	8	*N/A*	0.22	0.00	0	14.02	4.93	1.09	23456	54.4	4.42	1.51
990240 mandarin oranges sysco	.5 CUP	92	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
000064 APPLES,Fresh	EACH	50	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
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
001517 Salad, Chef	Serving	10	281	5.49	947	*10	*0	13.74	*0.00	146	21.12	5.88	21.23	10192	234.8	51.07	2.64
001654 Wheat Roll 2 grain (blend)	2.5 oz	10	187	0.86	215	*4	*N/A*	6.13	*0.00	1	28.94	2.98	5.13	2	33.2	0.18	0.04
990241 string cheese mozzarella 1oz	each	10	90	5.00	200	0	*N/A*	7.00	0.00	20	0.00	0.00	7.00	0	0.0	0.00	0.00
000064 APPLES,Fresh	EACH	50	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
990240 mandarin oranges sysco	.5 CUP	40	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
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	50	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

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## Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990392 Trimmings (k,m,m,let,tom,) HS	-serving	100	42	0.01	253	*6	*N/A*	0.23	*0.00	0	9.00	0.29	0.39	143	6.4	1.91	0.16
990380 seasoned wedges simplot	.5 cup	131	130	0.50	400	0	0	6.00	0.00	0	20.00	1.00	2.00	0	0.0	0.00	0.72
990206 Corn,Whole Kernal,Frozen	1/2 cup	20	67	0.00	1	2	*N/A*	1.00	0.00	0	16.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
001505 Veg Cup Broccoli,Carrot,Tomato	3/4 Cup	25	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
990240 mandarin oranges sysco	.5 CUP	40	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
000064 APPLES,Fresh	EACH	50	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
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
001763 Milk 1% Meadow Gold	carton	32	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	155	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	294	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
<b>Weighted Daily Average</b>			<b>644</b>	<b>5.04</b>	<b>1152</b>	<b>*33</b>	<b>*0</b>	<b>20.69</b>	<b>*0.00</b>	<b>*35</b>	<b>94.81</b>	<b>8.29</b>	<b>*23.16</b>	<b>*4100</b>	<b>*333.6</b>	<b>*24.66</b>	<b>*3.61</b>
<b>% of Calories</b>				<b>7.04%</b>		<b>*20.5%</b>	<b>*0%</b>	<b>28.9%</b>	<b>*0.0%</b>		<b>58.9%</b>		<b>*14.4%</b>				
<b>Weekly Nutrient Guideline</b>			<b>750 - 850</b>	<b>&lt;10</b>	<b>1280</b>			<b>&lt;=0</b>									

### Tuesday - 04/09/2024

**Reimbursable Meal Total 485**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
008069 Macho Nacho 2 M & 2.5 g	-serving	100	460	7.22	799	1	0	25.15	2.36	66	39.30	3.00	20.51	0	48.6	4.00	0.75

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990060 Sour Cream Reduced Fat *RESIZED*	2 tbsp	100	48	2.29	19	0	*N/A*	3.71	*N/A*	9	1.95	0.00	1.91	115	39.8	0.24	0.02
990232 salsa,low-sodium,pouch	tbs	100	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
990221 Cut Green beans low sodium Hart	1/2 cup	80	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	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
000086 Oranges Fresh Whole	EACH	50	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
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
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
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
990337 pizza calzone WG 4.5 oz	each	96	300	5.00	460	4	*N/A*	13.00	0.00	25	30.00	3.00	14.00	200	150.0	2.40	2.70
990378 Potatoes,Oven Fries USDA 20	.5 cup	96	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
990035 Baked Beans	1/2 C	10	169	0.01	449	*N/A*	*N/A*	1.05	0.00	0	35.61	6.47	5.45	104	73.3	1.17	1.96
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
000086 Oranges Fresh Whole	EACH	50	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
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
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
990235 Ketchup cups 1 oz	each	30	40	0.00	330	8	8	0.00	0.00	0	10.00	0.00	0.00	200	0.0	2.40	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
000890 Turkey, Ham & Cheese Wrap	Each	110	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

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Apr 1, 2024 thru Apr 30, 2024

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990461 wowbutter grape uncrustable	-serving	20	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
990236 chips, cheetos,oven baked	each	130	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
990241 string cheese mozzarella 1oz	each	50	90	5.00	200	0	*N/A*	7.00	0.00	20	0.00	0.00	7.00	0	0.0	0.00	0.00
990035 Baked Beans	1/2 C	10	169	0.01	449	*N/A*	*N/A*	1.05	0.00	0	35.61	6.47	5.45	104	73.3	1.17	1.96
000086 Oranges Fresh Whole	EACH	50	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
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
990252 Carrots Baby 3/4 Cup	3/4 cup	60	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	100	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
001435 Cheeseburger- 2.5 M 2 G	EACH	50	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
990257 bullseye BBQ sauce cups	each	50	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
990392 Trimmings (k,m,m,let,tom,) HS	-serving	100	42	0.01	253	*6	*N/A*	0.23	*0.00	0	9.00	0.29	0.39	143	6.4	1.91	0.16
990378 Potatoes,Oven Fries USDA 20	.5 cup	50	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
990035 Baked Beans	1/2 C	10	169	0.01	449	*N/A*	*N/A*	1.05	0.00	0	35.61	6.47	5.45	104	73.3	1.17	1.96
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
000086 Oranges Fresh Whole	EACH	50	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
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
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
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

Uintah School District

## Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
001600 Chicken Sandwich homemade 2g	1 each	79	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	75	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
990392 Trimmings (k,m,m,let,tom,) HS	-serving	100	42	0.01	253	*6	*N/A*	0.23	*0.00	0	9.00	0.29	0.39	143	6.4	1.91	0.16
990378 Potatoes,Oven Fries USDA 20	.5 cup	150	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
990035 Baked Beans	1/2 C	10	169	0.01	449	*N/A*	*N/A*	1.05	0.00	0	35.61	6.47	5.45	104	73.3	1.17	1.96
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
000086 Oranges Fresh Whole	EACH	50	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
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	40	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	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
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
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
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
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
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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
000176	Water; Bottled	each	320	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				769	9.42	1309	*23	*0	30.84	*0.57	68	91.05	8.65	30.66	3250	374.4	31.22	3.56
% of Calories					11.02 %		*12.0%	*0%	36.1%	*0.7%		47.4%		15.9%				
Weekly Nutrient Guideline				750 - 850	<10	1280			<=0									

### Wednesday - 04/10/2024

Reimbursable Meal Total 470

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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
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
000625	Peas(from frozen)	.5 cup	15	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	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
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
990308	Apple Goodie	4 oz	120	196	2.46	37	*25	*N/A*	4.42	*0.15	10	37.86	2.30	2.12	116	24.9	0.70	0.95
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
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	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
990263	Deli Sand Turk/Pep Jack home2g UHS	sandwich	110	348	5.22	754	*5	*N/A*	14.60	*0.00	58	33.42	3.28	23.17	137	137.8	0.20	0.04
990461	wowbutter grape uncrustable	serving	20	280	3.00	200	12	*N/A*	14.00	0.00	0	28.00	4.00	9.00	0	121.0	0.00	2.00

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001380 Chips Doritos Cool Ranch RF	package	100	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
990241 string cheese mozzarella 1oz	each	50	90	5.00	200	0	*N/A*	7.00	0.00	20	0.00	0.00	7.00	0	0.0	0.00	0.00
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
990096 Veg Cup Broccoli,Carrot,Tomato 1 CUP	Cup	20	41	0.05	68	*4	*N/A*	0.25	*0.00	0	9.14	3.21	1.43	10872	38.3	26.69	0.93
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
990368 juice variety #2	each	130	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
000664 Mayonnaise	packet	130	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
000223 MUSTARD: individual PC	PC packet	130	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
990192 French Toast Sticks BakeCrafters	3 sticks	100	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	75	120	3.80	197	0	*N/A*	10.00	0.00	26	1.00	0.00	6.00	0	13.0	0.00	0.00
990379 Tater Gems Tots	.5 cup	100	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
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
990230 syrup cups americana 1.5 oz	each	100	119	0.00	25	21	*N/A*	0.00	0.00	0	30.66	0.00	0.00	0	0.0	0.00	0.00
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
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
001257 Bananas- Whole	1 Banana	40	90	0.11	1	12	*N/A*	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26
990308 Apple Goodie	4 oz	30	196	2.46	37	*25	*N/A*	4.42	*0.15	10	37.86	2.30	2.12	116	24.9	0.70	0.95
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



# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	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
001600 Chicken Sandwich homemade 2g	1 each	60	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	60	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
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
990392 Trimmings (k,m,m,let,tom,) HS	-serving	100	42	0.01	253	*6	*N/A*	0.23	*0.00	0	9.00	0.29	0.39	143	6.4	1.91	0.16
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	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
000625 Peas(from frozen)	.5 cup	100	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	100	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
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
990308 Apple Goodie	4 oz	100	196	2.46	37	*25	*N/A*	4.42	*0.15	10	37.86	2.30	2.12	116	24.9	0.70	0.95
990223 Lite Ranch cup 1.25 oz Basic	each	100	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990402 Three Cheese corn enchilada w/red sauce	-serving	50	280	7.73	556	4	*N/A*	13.01	0.00	42	25.82	1.92	15.87	771	418.5	0.08	0.65
990197 Rice,Spanish, Sysco	1/2 cup	50	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
990237 chips doritos nacho cheese RF	each	50	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
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
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

# Planned Menu Spreadsheet

Utah School District

## Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000625 Peas(from frozen)	.5 cup	30	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
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
990308 Apple Goodie	4 oz	40	196	2.46	37	*25	*N/A*	4.42	*0.15	10	37.86	2.30	2.12	116	24.9	0.70	0.95
001505 Veg Cup Broccoli,Carrot,Tomato	3/4 Cup	50	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
001763 Milk 1% Meadow Gold	carton	25	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	75	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	325	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			982	10.73	1509	*49	*0	37.22	*0.09	66	133.96	10.23	29.48	4047	400.8	37.68	4.07
% of Calories				9.83%		*20.0%	*0%	34.1%	*0.1%		54.6%		12.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

## Thursday - 04/11/2024

Reimbursable Meal Total 600

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001352 Orange Chicken jr yangs	3.6 oz	100	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
001654 Wheat Roll 2 grain (blend)	2.5 oz	100	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
001264 Rice 50/50	1/2 CUP	100	51	0.00	81	0	0	0.95	0.00	0	11.56	0.48	0.96	0	7.6	0.00	0.36

# Planned Menu Spreadsheet

Utah School District

## Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001547 Broccoli Frozen-contest name	1/2 cup each	100	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
990056 Carrots:frozen, boiled	1/2 CUP	100	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
001668 Side Salad	1.25 Cup	100	61	0.12	84	*1	*N/A*	0.63	0.00	0	10.90	3.68	3.71	3587	49.7	11.09	1.54
990223 Lite Ranch cup 1.25 oz Basic	each	100	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
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
000092 Pineapple Chunks:canned,lt syr	1/2 cup	100	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	100	320	4.50	700	4	1	13.00	0.00	20	36.00	3.00	17.00	0	320.0	0.00	2.20
990056 Carrots:frozen, boiled	1/2 CUP	100	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
990380 seasoned wedges simplot	.5 cup	100	130	0.50	400	0	0	6.00	0.00	0	20.00	1.00	2.00	0	0.0	0.00	0.72
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
000092 Pineapple Chunks:canned,lt syr	1/2 cup	100	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
001668 Side Salad	1.25 Cup	100	61	0.12	84	*1	*N/A*	0.63	0.00	0	10.90	3.68	3.71	3587	49.7	11.09	1.54
990223 Lite Ranch cup 1.25 oz Basic	each	100	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
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
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	100	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
990392 Trimmings (k,m,m,let,tom,) HS	serving	80	42	0.01	253	*6	*N/A*	0.23	*0.00	0	9.00	0.29	0.39	143	6.4	1.91	0.16

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990265 Deli Sand Club/Mozz home2g UHS	sandwich	100	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
990461 wowbutter grape uncrustable	serving	100	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
001311 Sun Chips Harvest Cheddar	Bag	100	140	1.00	200	*N/A*	*N/A*	6.00	0.00	0	19.00	3.00	2.00	0	0.0	0.00	0.36
990241 string cheese mozzarella 1oz	each	100	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
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
000533 Trimmings (may,must,let, pick)	servings	100	15	0.02	290	*0	*N/A*	0.24	*0.00	0	2.70	0.22	0.30	30	12.2	0.39	0.14
000701 Raisins in a box	box	100	130	0.00	5	25	0	0.00	0.00	0	34.00	2.00	1.00	0	22.0	0.00	1.81
990153 Carrots Baby 1 CUP	cup	100	60	0.04	133	8	*N/A*	0.22	0.00	0	14.02	4.93	1.09	23456	54.4	4.42	1.51
990223 Lite Ranch cup 1.25 oz Basic	each	100	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
001552 ChickenNuggetsproview2 m1g	3 oz	100	170	1.50	550	2	0	6.00	0.00	25	16.00	1.00	14.00	0	40.0	0.00	2.08
001654 Wheat Roll 2 grain (blend)	2.5 oz	100	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
001538 Honey Mustard Dipping cup heinz	container	25	45	0.00	115	5	*N/A*	0.50	0.00	0	9.00	1.00	1.00	0	0.0	0.00	0.00
990257 bullseye BBQ sauce cups	each	25	45	0.00	240	9	*N/A*	0.00	0.00	0	10.00	0.00	0.00	0	0.0	0.00	0.72
990223 Lite Ranch cup 1.25 oz Basic	each	25	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990056 Carrots:frozen, boiled	1/2 CUP	100	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
990380 seasoned wedges simplot	.5 cup	100	130	0.50	400	0	0	6.00	0.00	0	20.00	1.00	2.00	0	0.0	0.00	0.72
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
000092 Pineapple Chunks:canned,lt syr	1/2 cup	100	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

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001668 Side Salad	1.25 Cup	100	61	0.12	84	*1	*N/A*	0.63	0.00	0	10.90	3.68	3.71	3587	49.7	11.09	1.54
990223 Lite Ranch cup 1.25 oz Basic	each	100	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
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
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
001763 Milk 1% Meadow Gold	carton	100	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	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
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	100	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
<b>Weighted Daily Average</b>			<b>804</b>	<b>7.01</b>	<b>1485</b>	<b>*35</b>	<b>*0</b>	<b>29.44</b>	<b>*0.00</b>	<b>56</b>	<b>105.99</b>	<b>10.77</b>	<b>30.54</b>	<b>12607</b>	<b>464.1</b>	<b>44.24</b>	<b>4.95</b>
<b>% of Calories</b>				<b>7.85%</b>		<b>*17.4%</b>	<b>*0%</b>	<b>33.0%</b>	<b>*0.0%</b>		<b>52.7%</b>		<b>15.2%</b>				
<b>Weekly Nutrient Guideline</b>			<b>750 - 850</b>	<b>&lt;10</b>	<b>1280</b>			<b>&lt;=0</b>									

### Friday - 04/12/2024

### Reimbursable Meal Total 30

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990179 Pork Rib Sandwich 2 M & 2.75G homemade	Each	15	396	5.46	875	*13	*N/A*	18.14	*0.00	46	40.66	3.45	18.16	303	61.1	1.51	2.45
990257 bullseye BBQ sauce cups	each	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	30	95	0.79	28	1	0	3.16	0.00	0	15.79	1.58	1.58	0	15.8	0.00	0.57
990206 Corn, Whole Kernal, Frozen	1/2 cup	30	67	0.00	1	2	*N/A*	1.00	0.00	0	16.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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
001481 Veg Cup Broccoli,Carrot,Celery	3/4 Cup	30	33	0.07	74	3	*N/A*	0.28	0.00	0	7.14	2.83	1.74	5653	47.6	41.38	0.73
990223 Lite Ranch cup 1.25 oz Basic	each	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
990391 Red Gold Ketchup Packets	each	15	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	15	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	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	5	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	5	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
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			788	7.38	1092	*59	*0	28.49	*0.00	56	114.32	12.45	*19.09	*6713	*453.8	*74.08	*3.49
% of Calories				8.43%		*29.9%	*0%	32.5%	*0.0%		58.0%		*9.7%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

### Monday - 04/15/2024

Reimbursable Meal Total 480

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001553 ChickenBreastproview2m1 .25g	patties	150	200	1.50	660	2	0	7.00	0.00	30	19.00	0.00	16.00	0	40.0	0.00	3.00
990400 potato pearls- low sodium	.5 cup serving	150	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

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000494 Gravy Chicken - Cream	1/3 cup	150	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	160	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
990206 Corn, Whole Kernal, Frozen	1/2 cup	80	67	0.00	1	2	*N/A*	1.00	0.00	0	16.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
001506 Veg Cup Broccoli, Carrot, redbell	3/4 Cup	60	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
000086 Oranges Fresh Whole	EACH	100	43	0.00	0	*N/A*	*N/A*	0.00	0.00	0	10.56	1.92	0.96	192	38.4	48.96	0.17
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
990242 pizza pepperoni stuffed crust MAX	each	140	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	140	95	0.79	28	1	0	3.16	0.00	0	15.79	1.58	1.58	0	15.8	0.00	0.57
990206 Corn, Whole Kernal, Frozen	1/2 cup	20	67	0.00	1	2	*N/A*	1.00	0.00	0	16.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
001506 Veg Cup Broccoli, Carrot, redbell	3/4 Cup	30	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
000086 Oranges Fresh Whole	EACH	50	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
990447 Mixed fruit USDA 21	.5 cup serving	48	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
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
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
990235 Ketchup cups 1 oz	each	100	40	0.00	330	8	8	0.00	0.00	0	10.00	0.00	0.00	200	0.0	2.40	0.00
990263 Deli Sand Turk/Pep Jack home2g UHS	sandwich	72	348	5.22	754	*5	*N/A*	14.60	*0.00	58	33.42	3.28	23.17	137	137.8	0.20	0.04
990461 wowbutter grape uncrustable	serving	20	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
990469 ranch cracker spikerz	package	92	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

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
990153 Carrots Baby 1 CUP	cup	40	60	0.04	133	8	*N/A*	0.22	0.00	0	14.02	4.93	1.09	23456	54.4	4.42	1.51
000086 Oranges Fresh Whole	EACH	50	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
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
990223 Lite Ranch cup 1.25 oz Basic	each	40	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
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	50	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
990392 Trimmings (k,m,m,let,tom,) HS	serving	100	42	0.01	253	*6	*N/A*	0.23	*0.00	0	9.00	0.29	0.39	143	6.4	1.91	0.16
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
990206 Corn,Whole Kernal,Frozen	1/2 cup	20	67	0.00	1	2	*N/A*	1.00	0.00	0	16.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
001506 Veg Cup Broccoli,Carrot,redbell	3/4 Cup	25	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
000086 Oranges Fresh Whole	EACH	50	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
990447 Mixed fruit USDA 21	.5 cup serving	48	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
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
001516 Salad, Oriental Chicken	Serving	10	752	5.61	1324	*15	*0	40.29	*0.63	15	83.36	8.84	17.65	9181	118.3	23.99	6.58
000086 Oranges Fresh Whole	EACH	50	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
990447 Mixed fruit USDA 21	.5 cup serving	48	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
001506 Veg Cup Broccoli,Carrot,redbell	3/4 Cup	30	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



# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
001654 Wheat Roll 2 grain (blend)	2.5 oz	10	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
001763 Milk 1% Meadow Gold	carton	33	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	140	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	350	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			764	6.65	1347	*29	*2	25.71	*0.04	*50	105.86	8.45	*29.34	*4364	*390.7	*48.08	*4.10
% of Calories				7.83%		*15.2%	*1.0%	30.3%	*0.0%		55.4%		*15.4%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Tuesday - 04/16/2024

Reimbursable Meal Total 470

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001443 Grilled Cheese Sand 2 M 2G	1 each	150	500	11.23	885	*9	*N/A*	26.25	*0.00	51	49.52	5.38	18.60	11	61.9	0.28	0.99
001581 Soup Tomato canned add Milk	cup	150	61	0.44	242	*5	*N/A*	0.86	*0.00	3	11.46	0.57	2.81	343	84.3	7.75	0.33
000064 APPLES,Fresh	EACH	32	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
990280 Cut green beans low sodium hart RS .75	.75 cup	20	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	37	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
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

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
990337 pizza calzone WG 4.5 oz	each	92	300	5.00	460	4	*N/A*	13.00	0.00	25	30.00	3.00	14.00	200	150.0	2.40	2.70
990379 Tater Gems Tots	.5 cup	92	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
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
001668 Side Salad	1.25 Cup	32	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
000064 APPLES,Fresh	EACH	35	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
990240 mandarin oranges sysco	.5 CUP	37	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
990223 Lite Ranch cup 1.25 oz Basic	each	32	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990391 Red Gold Ketchup Packets	each	25	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	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
990262 Deli Sand. Roast/Prov home2g UHS	Serving	61	323	3.71	775	*5	*N/A*	12.09	*0.00	41	34.85	3.28	20.02	137	157.8	0.20	1.12
990461 wowbutter grape uncrustable	serving	7	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
990487 Cracker,Goldfish pretzel WG	serving	68	90	0.00	200	0	*N/A*	1.50	0.00	0	16.00	1.00	2.00	0	10.0	0.00	0.70
990241 string cheese mozzarella 1oz	each	68	90	5.00	200	0	*N/A*	7.00	0.00	20	0.00	0.00	7.00	0	0.0	0.00	0.00
000064 APPLES,Fresh	EACH	8	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
000533 Trimmings (may,must,let, pick)	servings	0	15	0.02	290	*0	*N/A*	0.24	*0.00	0	2.70	0.22	0.30	30	12.2	0.39	0.14
990153 Carrots Baby 1 CUP	cup	21	60	0.04	133	8	*N/A*	0.22	0.00	0	14.02	4.93	1.09	23456	54.4	4.42	1.51
990223 Lite Ranch cup 1.25 oz Basic	each	21	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

Utah School District

## Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001600 Chicken Sandwich homemade 2g	1 each	95	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	70	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
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
990392 Trimmings (k,m,m,let,tom,) HS	serving	20	42	0.01	253	*6	*N/A*	0.23	*0.00	0	9.00	0.29	0.39	143	6.4	1.91	0.16
990379 Tater Gems Tots	.5 cup	165	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
001668 Side Salad	1.25 Cup	32	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
000064 APPLES,Fresh	EACH	37	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
990240 mandarin oranges sysco	.5 CUP	27	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
990223 Lite Ranch cup 1.25 oz Basic	each	32	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990234 fry sauce Basic	serving	49	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	18	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	96	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	258	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
<b>Weighted Daily Average</b>			<b>665</b>	<b>8.74</b>	<b>1218</b>	<b>*22</b>	<b>*0</b>	<b>28.52</b>	<b>*0.00</b>	<b>51</b>	<b>77.73</b>	<b>6.83</b>	<b>25.36</b>	<b>2097</b>	<b>255.1</b>	<b>12.45</b>	<b>3.60</b>
% of Calories				11.83 %		*13.2%	*0%	38.6%	*0.0%		46.8%		15.3%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Wednesday - 04/17/2024

Reimbursable Meal Total 483

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000890 Turkey, Ham & Cheese Wrap	Each	60	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
990461 wowbutter grape uncrustable	serving	10	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
990035 Baked Beans	1/2 C	10	169	0.01	449	*N/A*	*N/A*	1.05	0.00	0	35.61	6.47	5.45	104	73.3	1.17	1.96
990241 string cheese mozzarella 1oz	each	60	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
000701 Raisins in a box	box	60	130	0.00	5	25	0	0.00	0.00	0	34.00	2.00	1.00	0	22.0	0.00	1.81
990095 Veg Cup Broccoli,Carrot,redbell 1 CUP	Cup	15	40	0.06	67	5	*N/A*	0.25	0.00	0	9.08	3.25	1.33	11282	36.1	50.96	0.93
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
001257 Bananas- Whole	1 Banana	30	90	0.11	1	12	*N/A*	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26
001380 Chips Doritos Cool Ranch RF	package	70	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
001347 Cookie Candy Chip (WG)	cookie	50	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
001000 MACARONI AND CHEESE	CUP	182	295	7.16	772	*6	*N/A*	12.51	*0.44	41	30.87	1.05	14.36	623	525.8	0.00	1.36
990494 diced ham	serving	0	74	2.00	464	2	*N/A*	4.00	0.00	36	4.00	0.00	10.00	0	0.0	0.00	0.00
990035 Baked Beans	1/2 C	20	169	0.01	449	*N/A*	*N/A*	1.05	0.00	0	35.61	6.47	5.45	104	73.3	1.17	1.96
001654 Wheat Roll 2 grain (blend)	2.5 oz	182	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
001506 Veg Cup Broccoli,Carrot,redbell	3/4 Cup	40	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
000701 Raisins in a box	box	15	130	0.00	5	25	0	0.00	0.00	0	34.00	2.00	1.00	0	22.0	0.00	1.81
000898 Applesauce Cups	1/2 cup	48	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
001347 Cookie Candy Chip (WG)	cookie	100	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

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990223 Lite Ranch cup 1.25 oz Basic	each	100	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990242 pizza pepperoni stuffed crust MAX	each	118	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	20	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
990035 Baked Beans	1/2 C	10	169	0.01	449	*N/A*	*N/A*	1.05	0.00	0	35.61	6.47	5.45	104	73.3	1.17	1.96
001506 Veg Cup Broccoli,Carrot,redbell	3/4 Cup	30	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
000701 Raisins in a box	box	15	130	0.00	5	25	0	0.00	0.00	0	34.00	2.00	1.00	0	22.0	0.00	1.81
000898 Applesauce Cups	1/2 cup	30	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
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
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	15	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
001347 Cookie Candy Chip (WG)	cookie	100	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
001600 Chicken Sandwich homemade 2g	1 each	120	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	30	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	30	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
990392 Trimmings (k,m,m,let,tom,) HS	serving	100	42	0.01	253	*6	*N/A*	0.23	*0.00	0	9.00	0.29	0.39	143	6.4	1.91	0.16
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
990223 Lite Ranch cup 1.25 oz Basic	each	100	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
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

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990035 Baked Beans	1/2 C	15	169	0.01	449	*N/A*	*N/A*	1.05	0.00	0	35.61	6.47	5.45	104	73.3	1.17	1.96
001506 Veg Cup Broccoli,Carrot,redbell	3/4 Cup	35	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
000898 Applesauce Cups	1/2 cup	30	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
000701 Raisins in a box	box	15	130	0.00	5	25	0	0.00	0.00	0	34.00	2.00	1.00	0	22.0	0.00	1.81
001347 Cookie Candy Chip (WG)	cookie	100	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	18	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	101	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	278	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			789	9.76	1442	*23	*0	30.53	*0.17	56	101.05	7.62	28.05	2236	533.2	14.62	4.27
% of Calories				11.13 %		*11.7%	*0%	34.8%	*0.2%		51.2%		14.2%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

### Thursday - 04/18/2024

Reimbursable Meal Total 461

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001590 Chicken Rice Bowl	servings	103	287	0.03	560	*18	*0	4.94	*0.00	79	35.16	3.03	26.11	5012	45.9	19.26	0.93
001654 Wheat Roll 2 grain (blend)	2.5 oz	100	187	0.86	215	*4	*N/A*	6.13	*0.00	1	28.94	2.98	5.13	2	33.2	0.18	0.04
001547 Broccoli Frozen-contest name	1/2 cup each	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

# Planned Menu Spreadsheet

Utah School District

## Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
001668	Side Salad	1.25 Cup	28	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
001529	Clementines	each	37	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
990286	Apple crisps strawberry-tree top	package	28	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
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
990242	pizza pepperoni stuffed crust MAX	each	140	320	4.50	700	4	1	13.00	0.00	20	36.00	3.00	17.00	0	320.0	0.00	2.20
001547	Broccoli Frozen-contest name	1/2 cup each	20	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
990380	seasoned wedges simplot	.5 cup	140	130	0.50	400	0	0	6.00	0.00	0	20.00	1.00	2.00	0	0.0	0.00	0.72
001668	Side Salad	1.25 Cup	28	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
001529	Clementines	each	37	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
990286	Apple crisps strawberry-tree top	package	28	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
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
990391	Red Gold Ketchup Packets	each	20	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
990264	Deli Sand. ham/Chedd home 2g UHS	sandwich	59	342	6.45	720	*6	*0	16.74	*0.00	48	35.85	3.28	18.14	2	36.5	0.20	0.04
990461	wowbutter grape uncrustable	serving	3	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
001260	Scrabble Cheez-its	.75 oz.	62	100	1.00	170	*N/A*	*N/A*	3.50	0.00	2	14.00	1.00	2.00	200	0.0	0.00	1.80
990241	string cheese mozzarella 1oz	each	62	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
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
001529	Clementines	each	21	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

## Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990252 Carrots Baby 3/4 Cup	3/4 cup	35	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	35	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	62	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
000788 Potato Salad	1/2 cup	10	213	3.02	283	1	*N/A*	18.37	*0.00	67	9.20	0.86	2.82	83	11.4	5.86	0.34
001600 Chicken Sandwich homemade 2g	1 each	126	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	21	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
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
001547 Broccoli Frozen-contest name	1/2 cup each	20	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
990380 seasoned wedges simplot	.5 cup	147	130	0.50	400	0	0	6.00	0.00	0	20.00	1.00	2.00	0	0.0	0.00	0.72
001668 Side Salad	1.25 Cup	35	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
001529 Clementines	each	50	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
990286 Apple crisps strawberry-tree top	package	20	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
990223 Lite Ranch cup 1.25 oz Basic	each	35	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990234 fry sauce Basic	serving	40	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
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	91	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000176 Water; Bottled	each	299	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			602	5.41	1283	*18	*1	22.44	*0.00	53	76.68	6.74	27.11	3307	272.4	25.84	3.58
% of Calories				8.09%		*12.0%	*0.7%	33.5%	*0.0%		51.0%		18.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

### Friday - 04/19/2024

### Reimbursable Meal Total 30

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990242 pizza pepperoni stuffed crust MAX	each	30	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	30	95	0.79	28	1	0	3.16	0.00	0	15.79	1.58	1.58	0	15.8	0.00	0.57
990098 Veg Cup Broccoli,Carrot,Celery 1 CUP	Cup	15	39	0.06	96	4	*N/A*	0.24	0.00	0	8.79	3.36	1.36	10729	49.4	22.74	0.91
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
000438 Pears	.5 CUP	30	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
990367 Juice Variety #1	serving	30	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
990391 Red Gold Ketchup Packets	each	15	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	15	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	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	5	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	5	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000176 Water; Bottled	each	30	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			757	8.07	1206	*40	*1	26.53	*0.00	43	104.19	8.25	24.59	8398	630.0	32.16	3.31
% of Calories				9.59%		*21.1%	*0.5%	31.5%	*0.0%		55.1%		13.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

### Monday - 04/22/2024

Reimbursable Meal Total 493

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001378 Pork Gravy with Pork	3 oz	125	149	2.58	107	*0	*N/A*	7.69	*0.06	42	5.60	0.19	13.18	13	10.4	0.00	0.77
990400 potato pearls- low sodium	.5 cup serving	125	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
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	150	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	40	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
001482 Veg Cup Broccoli, Carrot, Caulif	3/4 Cup	60	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
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
000898 Applesauce Cups	1/2 cup	0	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
990223 Lite Ranch cup 1.25 oz Basic	each	60	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	140	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	140	95	0.79	28	1	0	3.16	0.00	0	15.79	1.58	1.58	0	15.8	0.00	0.57

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990320 Mixed vegetables, No salt added, Frozen usda	1/2 cup	20	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
001482 Veg Cup Broccoli, Carrot, Caulif	3/4 Cup	35	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
001529 Clementines	each	50	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
000898 Applesauce Cups	1/2 cup	48	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
990223 Lite Ranch cup 1.25 oz Basic	each	35	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	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
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
990264 Deli Sand. ham/Chedd home 2g UHS	sandwich	60	342	6.45	720	*6	*0	16.74	*0.00	48	35.85	3.28	18.14	2	36.5	0.20	0.04
990461 wowbutter grape uncrustable	serving	15	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
990236 chips, cheetos, oven baked	each	75	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
990241 string cheese mozzarella 1oz	each	75	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
001529 Clementines	each	50	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
990153 Carrots Baby 1 CUP	cup	30	60	0.04	133	8	*N/A*	0.22	0.00	0	14.02	4.93	1.09	23456	54.4	4.42	1.51
000898 Applesauce Cups	1/2 cup	75	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
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
000533 Trimmings (may, must, let, pick)	servings	100	15	0.02	290	*0	*N/A*	0.24	*0.00	0	2.70	0.22	0.30	30	12.2	0.39	0.14
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	50	396	1.96	545	*4	*N/A*	16.15	*0.00	36	41.66	3.45	21.16	304	61.1	0.18	2.81

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000548 Trimmings (k,m,m,let,tom,.)	-serving	100	57	0.01	508	*8	*8	0.23	*0.00	0	13.00	0.29	0.39	343	6.4	4.31	0.16
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
990320 Mixed vegetables,No salt added,Frozen usda	1/2 cup	20	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
001482 Veg Cup Broccoli,Carrot,Caulif	3/4 Cup	30	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
001529 Clementines	each	50	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
000898 Applesauce Cups	1/2 cup	48	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
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
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
990388 Pulled Pork Sandwiches secondary	sandwich	80	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
990363 Fries Crinkle cut Sysco	.5 cup	80	95	0.79	28	1	0	3.16	0.00	0	15.79	1.58	1.58	0	15.8	0.00	0.57
990320 Mixed vegetables,No salt added,Frozen usda	1/2 cup	20	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
001482 Veg Cup Broccoli,Carrot,Caulif	3/4 Cup	25	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
001529 Clementines	each	30	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
000898 Applesauce Cups	1/2 cup	30	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
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
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	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

## Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	111	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	220	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
<b>Weighted Daily Average</b>			<b>784</b>	<b>8.17</b>	<b>1356</b>	<b>*22</b>	<b>*2</b>	<b>29.39</b>	<b>*0.34</b>	<b>68</b>	<b>98.10</b>	<b>8.01</b>	<b>29.22</b>	<b>*3271</b>	<b>*308.3</b>	<b>*33.87</b>	<b>*3.99</b>
% of Calories				9.38%		*11.2%	*1.0%	33.7%	*0.4%		50.1%		14.9%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

## Tuesday - 04/23/2024

Reimbursable Meal Total 465

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990140 Spaghetti Noodles	1/2 cup	166	160	0.12	3	1	*N/A*	0.65	0.00	0	32.13	1.38	5.61	0	9.0	0.00	1.42
990361 Spaghetti Sauce Contadina .75	.75 cup	89	132	2.74	189	2	*N/A*	8.64	1.37	36	3.32	0.55	10.15	138	5.5	2.49	0.30
990504 chicken alfredo 23	serving	77	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
990530 penne pasta	serving	0	210	0.00	0	2	0	1.50	0.00	0	40.00	3.00	8.00	0	15.0	0.00	2.00
990085 Breadstick-seasoned *RESIZED*	2.5 OZ	166	187	0.98	216	*4	*N/A*	6.23	*0.00	1	28.66	2.45	5.16	7	41.1	0.18	1.37
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
000841 Cheese Cheddar Red Fat	oz	50	80	3.28	206	0	*N/A*	5.19	*N/A*	16	0.57	0.00	7.71	179	256.6	0.00	0.04
000950 Shredded Mozzarella	1 oz	50	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

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001668 Side Salad	1.25 Cup	35	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
000086 Oranges Fresh Whole	EACH	50	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
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	35	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990337 pizza calzone WG 4.5 oz	each	80	300	5.00	460	4	*N/A*	13.00	0.00	25	30.00	3.00	14.00	200	150.0	2.40	2.70
990380 seasoned wedges simplot	.5 cup	80	130	0.50	400	0	0	6.00	0.00	0	20.00	1.00	2.00	0	0.0	0.00	0.72
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
001668 Side Salad	1.25 Cup	35	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
000086 Oranges Fresh Whole	EACH	50	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
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	35	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	35	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
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	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
990263 Deli Sand Turk/Pep Jack home2g UHS	sandwich	64	348	5.22	754	*5	*N/A*	14.60	*0.00	58	33.42	3.28	23.17	137	137.8	0.20	0.04
990461 wowbutter grape uncrustable	serving	5	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
990469 ranch cracker spikerz	package	69	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
990241 string cheese mozzarella 1oz	each	69	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	35	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

# Planned Menu Spreadsheet

Utah School District

## Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990153 Carrots Baby 1 CUP	cup	20	60	0.04	133	8	*N/A*	0.22	0.00	0	14.02	4.93	1.09	23456	54.4	4.42	1.51
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
990374 Juice,cran/raspberry	each	35	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
990392 Trimmings (k,m,m,let,tom,) HS	serving	50	42	0.01	253	*6	*N/A*	0.23	*0.00	0	9.00	0.29	0.39	143	6.4	1.91	0.16
001113 Chef Salad	8 oz	6	255	6.35	673	*3	*N/A*	16.39	*0.00	145	9.67	2.24	19.25	5039	321.8	18.11	1.08
990085 Breadstick-seasoned *RESIZED*	2.5 OZ	6	187	0.98	216	*4	*N/A*	6.23	*0.00	1	28.66	2.45	5.16	7	41.1	0.18	1.37
008031 Carrots Baby 1/2 Cup	.5 CUP	10	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	6	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
000086 Oranges Fresh Whole	EACH	50	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
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
001600 Chicken Sandwich homemade 2g	1 each	116	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	24	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
990392 Trimmings (k,m,m,let,tom,) HS	serving	100	42	0.01	253	*6	*N/A*	0.23	*0.00	0	9.00	0.29	0.39	143	6.4	1.91	0.16
990380 seasoned wedges simplot	.5 cup	100	130	0.50	400	0	0	6.00	0.00	0	20.00	1.00	2.00	0	0.0	0.00	0.72
001668 Side Salad	1.25 Cup	35	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
000086 Oranges Fresh Whole	EACH	35	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
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	48	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	35	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

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
001763 Milk 1% Meadow Gold	carton	33	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	102	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	252	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			701	6.76	1219	*27	*0	25.00	*0.26	60	89.21	6.92	28.91	2458	289.6	24.68	3.99
% of Calories				8.68%		*15.4%	*0%	32.1%	*0.3%		50.9%		16.5%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

### Wednesday - 04/24/2024

Reimbursable Meal Total 478

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001754 ChickenNuggetsproview 6	-serving	20	204	1.80	660	2	0	7.20	0.00	30	19.19	1.20	16.79	0	48.0	0.00	2.50
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
990363 Fries Crinkle cut Sysco	.5 cup	20	95	0.79	28	1	0	3.16	0.00	0	15.79	1.58	1.58	0	15.8	0.00	0.57
990257 bullseye BBQ sauce cups	each	20	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
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
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



# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001482 Veg Cup Broccoli,Carrot,Caulif	3/4 Cup	25	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	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
000092 Pineapple Chunks:canned,lt syr	1/2 cup	36	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
990262 Deli Sand. Roast/Prov home2g UHS	Serving	57	323	3.71	775	*5	*N/A*	12.09	*0.00	41	34.85	3.28	20.02	137	157.8	0.20	1.12
990461 wowbutter grape uncrustable	serving	17	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
990237 chips doritos nacho cheese RF	each	73	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
990035 Baked Beans	1/2 C	5	169	0.01	449	*N/A*	*N/A*	1.05	0.00	0	35.61	6.47	5.45	104	73.3	1.17	1.96
990241 string cheese mozzarella 1oz	each	73	90	5.00	200	0	*N/A*	7.00	0.00	20	0.00	0.00	7.00	0	0.0	0.00	0.00
001257 Bananas- Whole	1 Banana	16	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
990097 Veg Cup Broccoli,Carrot,Caulif 1 CUP	Cup	25	41	0.08	75	5	*N/A*	0.26	0.00	0	9.12	3.34	1.66	10562	40.9	35.45	0.95
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
000701 Raisins in a box	box	15	130	0.00	5	25	0	0.00	0.00	0	34.00	2.00	1.00	0	22.0	0.00	1.81
000533 Trimmings (may,must,let, pick)	servings	25	15	0.02	290	*0	*N/A*	0.24	*0.00	0	2.70	0.22	0.30	30	12.2	0.39	0.14
990215 Frito Pie Meat Chili 2M& 2 G homemade	serving	122	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
990206 Corn,Whole Kernal,Frozen	1/2 cup	30	67	0.00	1	2	*N/A*	1.00	0.00	0	16.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
001482 Veg Cup Broccoli,Carrot,Caulif	3/4 Cup	35	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
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
000092 Pineapple Chunks:canned,lt syr	1/2 cup	35	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

# Planned Menu Spreadsheet

Utah School District

## Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
990242 pizza pepperoni stuffed crust MAX	each	130	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	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
990035 Baked Beans	1/2 C	10	169	0.01	449	*N/A*	*N/A*	1.05	0.00	0	35.61	6.47	5.45	104	73.3	1.17	1.96
001482 Veg Cup Broccoli,Carrot,Caulif	3/4 Cup	25	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
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
000092 Pineapple Chunks:canned,lt syr	1/2 cup	36	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
001482 Veg Cup Broccoli,Carrot,Caulif	3/4 Cup	25	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	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
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
001600 Chicken Sandwich homemade 2g	1 each	67	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	57	396	1.96	545	*4	*N/A*	16.15	*0.00	36	41.66	3.45	21.16	304	61.1	0.18	2.81
990363 Fries Crinkle cut Sysco	.5 cup	124	95	0.79	28	1	0	3.16	0.00	0	15.79	1.58	1.58	0	15.8	0.00	0.57
990392 Trimmings (k,m,m,let,tom,) HS	serving	100	42	0.01	253	*6	*N/A*	0.23	*0.00	0	9.00	0.29	0.39	143	6.4	1.91	0.16
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	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
990035 Baked Beans	1/2 C	10	169	0.01	449	*N/A*	*N/A*	1.05	0.00	0	35.61	6.47	5.45	104	73.3	1.17	1.96

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
000092 Pineapple Chunks:canned,lt syr	1/2 cup	36	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
001482 Veg Cup Broccoli,Carrot,Caulif	3/4 Cup	25	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	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
001763 Milk 1% Meadow Gold	carton	25	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	104	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	322	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			725	7.49	1367	*29	*0	28.58	*0.00	50	91.25	8.37	*26.48	*2545	*331.2	*22.27	*4.37
% of Calories				9.30%		*16.0%	*0%	35.5%	*0.0%		50.3%		*14.6%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

Thursday - 04/25/2024

Reimbursable Meal Total 467

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990389 Sweet & Sour Chicken yangs	3.6 oz	201	140	0.50	200	9	*N/A*	3.00	0.00	40	18.00	0.00	11.00	0	0.0	3.60	0.72
001264 Rice 50/50	1/2 CUP	200	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	24	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
990056 Carrots:frozen, boiled	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

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001654 Wheat Roll 2 grain (blend)	2.5 oz	201	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	50	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
990447 Mixed fruit USDA 21	.5 cup serving	38	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
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
990242 pizza pepperoni stuffed crust MAX	each	101	320	4.50	700	4	1	13.00	0.00	20	36.00	3.00	17.00	0	320.0	0.00	2.20
990056 Carrots:frozen, boiled	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
990481 sweet potatoe, fries usda	serving	50	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
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
000064 APPLES,Fresh	EACH	50	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
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
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
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
990265 Deli Sand Club/Mozz home2g UHS	sandwich	49	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
990461 wowbutter grape uncrustable	serving	6	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	54	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
990486 Cracker,Goldfish colors	serving	55	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

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
000788	Potato Salad	1/2 cup	14	213	3.02	283	1	*N/A*	18.37	*0.00	67	9.20	0.86	2.82	83	11.4	5.86	0.34
000064	APPLES,Fresh	EACH	50	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
990447	Mixed fruit USDA 21	.5 cup serving	54	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
990153	Carrots Baby 1 CUP	cup	14	60	0.04	133	8	*N/A*	0.22	0.00	0	14.02	4.93	1.09	23456	54.4	4.42	1.51
990223	Lite Ranch cup 1.25 oz Basic	each	14	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
001349	Cookie Choc Chip (WG)	cookie	55	140	1.50	100	12	0	4.00	0.00	0	26.00	2.00	2.00	0	20.0	0.00	1.08
001600	Chicken Sandwich homemade 2g	1 each	80	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	60	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
001208	Trimmings (ket,may,mus,let,pic)	servings	100	55	0.02	620	*8	*8	0.24	*0.00	0	12.70	0.22	0.30	230	12.2	2.79	0.14
990056	Carrots:frozen, boiled	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
990481	sweet potatoe, fries usda	serving	30	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	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
000064	APPLES,Fresh	EACH	50	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
990447	Mixed fruit USDA 21	.5 cup serving	35	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
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	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
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
001763	Milk 1% Meadow Gold	carton	18	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001764 Chocolate Fat Free Milk Tru Mo	carton	90	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	246	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
<b>Weighted Daily Average</b>			<b>757</b>	<b>6.79</b>	<b>1204</b>	<b>*42</b>	<b>*2</b>	<b>26.00</b>	<b>*0.00</b>	<b>51</b>	<b>109.00</b>	<b>8.59</b>	<b>25.37</b>	<b>3386</b>	<b>257.8</b>	<b>9.61</b>	<b>3.80</b>
% of Calories				8.07%		*22.2%	*1.1%	30.9%	*0.0%		57.6%		13.4%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

## Friday - 04/26/2024

### Reimbursable Meal Total 88

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990183 Deli Sand Turkey Hoagi swiss	sandwich	88	349	5.07	686	*5	*N/A*	14.22	*0.14	58	33.63	3.28	23.57	149	161.1	0.20	0.06
001310 Sun Chips Garden Salsa	Bag	88	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
990241 string cheese mozzarella 1oz	each	88	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
990098 Veg Cup Broccoli,Carrot,Celery 1 CUP	Cup	14	39	0.06	96	4	*N/A*	0.24	0.00	0	8.79	3.36	1.36	10729	49.4	22.74	0.91
990223 Lite Ranch cup 1.25 oz Basic	each	14	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
990374 Juice,cran/raspberry	each	27	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
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
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	29	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001765 Strawberry Fat Free Milk TruMo	carton	0	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
000176 Water; Bottled	each	46	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			689	11.95	1200	*21	*0	29.60	*0.14	84	70.85	7.04	35.92	1990	305.7	9.35	0.87
% of Calories				15.61 %		*12.2%	*0%	38.7%	*0.2%		41.1%		20.9%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

### Monday - 04/29/2024

Reimbursable Meal Total 495

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001553 ChickenBreastproview2m1 .25g	patties	175	200	1.50	660	2	0	7.00	0.00	30	19.00	0.00	16.00	0	40.0	0.00	3.00
990400 potato pearls- low sodium	.5 cup serving	175	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	175	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	200	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
001481 Veg Cup Broccoli,Carrot,Celery	3/4 Cup	25	33	0.07	74	3	*N/A*	0.28	0.00	0	7.14	2.83	1.74	5653	47.6	41.38	0.73
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
000092 Pineapple Chunks:canned,lt syr	1/2 cup	30	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
990285 Carrots:frozen,contest name .75	.75 cup	20	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
990242 pizza pepperoni stuffed crust MAX	each	130	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	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

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990285 Carrots:frozen,contest name .75	.75 cup	20	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
001481 Veg Cup Broccoli,Carrot,Celery	3/4 Cup	25	33	0.07	74	3	*N/A*	0.28	0.00	0	7.14	2.83	1.74	5653	47.6	41.38	0.73
000086 Oranges Fresh Whole	EACH	50	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	36	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	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
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
990391 Red Gold Ketchup Packets	each	25	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
990183 Deli Sand Turkey Hoagi swiss	sandwich	73	349	5.07	686	*5	*N/A*	14.22	*0.14	58	33.63	3.28	23.57	149	161.1	0.20	0.06
990461 wowbutter grape uncrustable	serving	13	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
990469 ranch cracker spikerz	package	86	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
990241 string cheese mozzarella 1oz	each	16	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
990153 Carrots Baby 1 CUP	cup	35	60	0.04	133	8	*N/A*	0.22	0.00	0	14.02	4.93	1.09	23456	54.4	4.42	1.51
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
000092 Pineapple Chunks:canned,lt syr	1/2 cup	86	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	35	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
000533 Trimmings (may,must,let, pick)	servings	100	15	0.02	290	*0	*N/A*	0.24	*0.00	0	2.70	0.22	0.30	30	12.2	0.39	0.14
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	60	396	1.96	545	*4	*N/A*	16.15	*0.00	36	41.66	3.45	21.16	304	61.1	0.18	2.81



# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990392 Trimmings (k,m,m,let,tom,) HS	-serving	100	42	0.01	253	*6	*N/A*	0.23	*0.00	0	9.00	0.29	0.39	143	6.4	1.91	0.16
990363 Fries Crinkle cut Sysco	.5 cup	157	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	20	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
001481 Veg Cup Broccoli,Carrot,Celery	3/4 Cup	30	33	0.07	74	3	*N/A*	0.28	0.00	0	7.14	2.83	1.74	5653	47.6	41.38	0.73
000064 APPLES,Fresh	EACH	50	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
000092 Pineapple Chunks:canned,lt syr	1/2 cup	36	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	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
001516 Salad, Oriental Chicken	Serving	10	752	5.61	1324	*15	*0	40.29	*0.63	15	83.36	8.84	17.65	9181	118.3	23.99	6.58
001654 Wheat Roll 2 grain (blend)	2.5 oz	10	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	10	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
000092 Pineapple Chunks:canned,lt syr	1/2 cup	5	66	0.01	1	16	*N/A*	0.15	0.00	0	16.95	1.01	0.45	48	17.6	9.45	0.49
001481 Veg Cup Broccoli,Carrot,Celery	3/4 Cup	10	33	0.07	74	3	*N/A*	0.28	0.00	0	7.14	2.83	1.74	5653	47.6	41.38	0.73
990223 Lite Ranch cup 1.25 oz Basic	each	10	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
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
001764 Chocolate Fat Free Milk Tru Mo	carton	120	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000176 Water; Bottled	each	321	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			712	6.03	1302	*26	*0	24.25	*0.06	*47	95.96	8.32	28.84	*5388	362.3	23.86	4.30
% of Calories				7.62%		*14.6%	*0%	30.7%	*0.1%		53.9%		16.2%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

## Tuesday - 04/30/2024

Reimbursable Meal Total 487

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990393 Bag Taco - UHS	serving	73	337	6.98	711	*1	*0	17.13	*0.00	63	23.21	2.29	21.23	121	29.2	0.68	1.44
990206 Corn,Whole Kernal,Frozen	1/2 cup	22	67	0.00	1	2	*N/A*	1.00	0.00	0	16.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990060 Sour Cream Reduced Fat *RESIZED*	2 tbsp	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
990232 salsa,low-sodium,pouch	tbs	30	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
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
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
990368 juice variety #2	each	65	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
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
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
990337 pizza calzone WG 4.5 oz	each	85	300	5.00	460	4	*N/A*	13.00	0.00	25	30.00	3.00	14.00	200	150.0	2.40	2.70
990379 Tater Gems Tots	.5 cup	82	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

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990206 Corn,Whole Kernal,Frozen	1/2 cup	20	67	0.00	1	2	*N/A*	1.00	0.00	0	16.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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
990368 juice variety #2	each	65	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
000086 Oranges Fresh Whole	EACH	50	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
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
990391 Red Gold Ketchup Packets	each	20	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
990262 Deli Sand. Roast/Prov home2g UHS	Serving	67	323	3.71	775	*5	*N/A*	12.09	*0.00	41	34.85	3.28	20.02	137	157.8	0.20	1.12
990461 wowbutter grape uncrustable	serving	13	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
990469 ranch cracker spikerz	package	80	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
990241 string cheese mozzarella 1oz	each	80	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
990368 juice variety #2	each	80	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
000533 Trimmings (may,must,let, pick)	servings	50	15	0.02	290	*0	*N/A*	0.24	*0.00	0	2.70	0.22	0.30	30	12.2	0.39	0.14
990153 Carrots Baby 1 CUP	cup	28	60	0.04	133	8	*N/A*	0.22	0.00	0	14.02	4.93	1.09	23456	54.4	4.42	1.51
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
000086 Oranges Fresh Whole	EACH	14	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
001600 Chicken Sandwich homemade 2g	1 each	150	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	50	396	1.96	545	*4	*N/A*	16.15	*0.00	36	41.66	3.45	21.16	304	61.1	0.18	2.81

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990392 Trimmings (k,m,m,let,tom,) HS	-serving	100	42	0.01	253	*6	*N/A*	0.23	*0.00	0	9.00	0.29	0.39	143	6.4	1.91	0.16
990379 Tater Gems Tots	.5 cup	125	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
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
990368 juice variety #2	each	65	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
000086 Oranges Fresh Whole	EACH	50	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
990223 Lite Ranch cup 1.25 oz Basic	each	120	100	2.00	280	0	0	9.00	0.00	20	2.00	0.00	0.00	0	130.0	0.00	0.00
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	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
990206 Corn,Whole Kernal,Frozen	1/2 cup	20	67	0.00	1	2	*N/A*	1.00	0.00	0	16.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990157 sweet pork quesadilla	-serving	72	443	10.09	939	13	*N/A*	18.53	*1.00	82	34.38	2.31	29.71	*514	*525.6	*1.22	*0.39
990237 chips doritos nacho cheese RF	each	72	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
990197 Rice,Spanish,Sysco	1/2 cup	60	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
990060 Sour Cream Reduced Fat *RESIZED*	2 tbsp	50	48	2.29	19	0	*N/A*	3.71	*N/A*	9	1.95	0.00	1.91	115	39.8	0.24	0.02
990232 salsa,low-sodium,pouch	tbs	15	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
990206 Corn,Whole Kernal,Frozen	1/2 cup	20	67	0.00	1	2	*N/A*	1.00	0.00	0	16.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990368 juice variety #2	each	35	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
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
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

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
990223 Lite Ranch cup 1.25 oz Basic	each	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
001763 Milk 1% Meadow Gold	carton	16	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	93	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	239	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			725	8.60	1378	*23	*0	28.88	*0.15	63	86.06	6.34	*28.32	*2621	*339.0	*36.42	*3.61
% of Calories				10.68%		*12.7%	*0%	35.9%	*0.2%		47.5%		*15.6%				
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0									

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	745	8	1298	*31	*0	27.77	*0.11	*56	96.83	8.35	*27.67	*4281	*370.7	*29.71	*3.73
% of Calories		9.52%		*16.6%	*0%	33.5%	*0.1%		52.0%		*14.9%				

- \*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
- <sup>1</sup> - denotes required nutrient values
- <sup>2</sup> - 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.**