

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

Menu Name:	VMS & UMS breakfast	Include Cost:	No
Site:	8 - Vernal Middle School	Report Style:	Detailed
Use Alternate Menu Name:	No		

Wednesday - 05/01/2024

Reimbursable Meal Total 130

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990072 Waffles (WG)	2 each	100	200	1.00	490	*N/A*	*N/A*	6.00	0.00	5	32.00	3.00	5.00	0	100.0	0.00	3.60
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
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	100	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
001657 #2 Cereal Var WG secondary 23	BOWLS	30	110	0.00	178	*5	*2	1.75	0.00	0	21.75	0.75	2.00	108	75.0	8.70	3.38
990462 Mixed berry Animal cracker	serving	30	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
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
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	30	90	0.00	0	19	*N/A*	0.00	0.00	0	21.00	2.00	1.00	0	0.0	0.00	0.00
001765 Strawberry Fat Free Milk TruMo	carton	20	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	40	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001763 Milk 1% Meadow Gold	carton	40	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			481	1.92	560	*47	*0	7.70	0.00	11	92.16	7.57	13.02	559	330.0	11.72	3.93
% of Calories				3.59%		*39.1%	*0%	14.4%	0.0%		76.6%		10.8%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Thursday - 05/02/2024

Reimbursable Meal Total 130

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001409 Burrito Breakfast Los C 97870	each	100	170	2.50	260	1	0	7.00	0.00	45	18.00	3.00	8.00	200	80.0	1.20	1.44
990367 Juice Variety #1	serving	100	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
000898 Applesauce Cups	1/2 cup	100	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
001657 #2 Cereal Var WG secondary 23	BOWLS	30	110	0.00	178	*5	*2	1.75	0.00	0	21.75	0.75	2.00	108	75.0	8.70	3.38
990422 Mini Vanilla Wafers IW	package	30	120	0.50	50	7	*N/A*	4.00	0.00	0	21.00	2.00	2.00	0	5.0	0.00	1.00
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
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
001763 Milk 1% Meadow Gold	carton	40	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	40	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001765 Strawberry Fat Free Milk TruMo	carton	25	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
Weighted Daily Average			419	2.96	417	*23	*0	8.25	0.00	42	71.65	3.76	13.54	3215	322.3	23.87	3.72
% of Calories				6.36%		*22.0%	*0%	17.7%	0.0%		68.4%		12.9%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Friday - 05/03/2024

Reimbursable Meal Total 130

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990429 Triple Berry Crunch Bar	serving	100	240	2.50	110	17	*N/A*	6.00	0.00	10	43.00	2.00	4.00	0	18.0	0.00	1.00
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

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000092 Pineapple Chunks:canned,It 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
001769 craisins strawberry	each	30	110	0.00	0	24	*N/A*	0.00	0.00	*N/A*	28.00	3.00	0.00	0	0.0	0.00	0.00
001765 Strawberry Fat Free Milk TruMo	carton	20	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	40	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001763 Milk 1% Meadow Gold	carton	40	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			391	6.69	366	36	0	11.57	0.00	*30	57.76	2.46	14.72	480	248.7	3.10	1.01
% of Calories				15.40 %		36.8%	0%	26.6%	0.0%		59.1%		15.1%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Monday - 05/06/2024

Reimbursable Meal Total 125

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990418 Strawberry Oatmeal Bars 2.4 oz IW	serving	80	280	1.50	150	19	*N/A*	9.00	0.00	5	46.00	3.00	4.00	0	20.0	0.00	2.00
000438 Pears	.5 CUP	48	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
000092 Pineapple Chunks:canned,It syr	1/2 cup	48	66	0.01	1	16	*N/A*	0.15	0.00	0	16.95	1.01	0.45	48	17.6	9.45	0.49
000416 Jelly	Packet	40	37	0.00	4	7	*N/A*	0.00	*N/A*	0	9.79	0.14	0.02	1	1.0	0.13	0.03
990227 whipped spread margarine	each	40	60	2.00	95	0	*N/A*	7.00	0.00	0	0.00	0.00	0.00	1000	0.0	0.00	0.00
001206 Cream Cheese Strawberry	pkg	50	71	4.05	57	*N/A*	*N/A*	6.07	*N/A*	4	4.05	0.00	1.01	152	10.1	0.00	0.00
001657 #2 Cereal Var WG secondary 23	BOWLS	45	110	0.00	178	*5	*2	1.75	0.00	0	21.75	0.75	2.00	108	75.0	8.70	3.38

Planned Menu Spreadsheet

Utah School District

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
000128	Wheat Toast	1 slice	40	158	1.11	205	*3	*N/A*	6.12	*0.03	*0	22.76	2.69	4.31	*2	31.1	0.14	0.50
000416	Jelly	Packet	35	37	0.00	4	7	*N/A*	0.00	*N/A*	0	9.79	0.14	0.02	1	1.0	0.13	0.03
000438	Pears	.5 CUP	40	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
000092	Pineapple Chunks:canned,lt syr	1/2 cup	40	66	0.01	1	16	*N/A*	0.15	0.00	0	16.95	1.01	0.45	48	17.6	9.45	0.49
001765	Strawberry Fat Free Milk TruMo	carton	20	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
001764	Chocolate Fat Free Milk Tru Mo	carton	30	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
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
Weighted Daily Average				499	4.18	379	*49	*1	14.13	*0.01	*10	86.12	5.25	9.88	*850	234.8	11.32	3.11
% of Calories					7.54%		*39.3%	*0.8%	25.5%	*0.0%		69.0%		7.9%				
Weekly Nutrient Guideline				400 - 550	<10	600			<=0									

Tuesday - 05/07/2024

Reimbursable Meal Total 130

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
990522	Pancakes, WG bulk 23	2 each	100	160	0.00	180	10	4	3.00	0.00	10	30.00	2.00	4.00	0	73.2	0.00	1.46
990523	Syrup,Smuckers 1.4 oz 23	serving	100	110	0.00	20	22	22	0.00	0.00	0	29.00	0.00	0.00	*N/A*	0.0	0.00	0.00
990227	whipped spread margarine	each	50	60	2.00	95	0	*N/A*	7.00	0.00	0	0.00	0.00	0.00	1000	0.0	0.00	0.00
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
000898	Applesauce Cups	1/2 cup	50	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

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001657 #2 Cereal Var WG secondary 23	BOWLS	30	110	0.00	178	*5	*2	1.75	0.00	0	21.75	0.75	2.00	108	75.0	8.70	3.38
000128 Wheat Toast	1 slice	30	158	1.11	205	*3	*N/A*	6.12	*0.03	*0	22.76	2.69	4.31	*2	31.1	0.14	0.50
000416 Jelly	Packet	25	37	0.00	4	7	*N/A*	0.00	*N/A*	0	9.79	0.14	0.02	1	1.0	0.13	0.03
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
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
001765 Strawberry Fat Free Milk TruMo	carton	20	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	30	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001763 Milk 1% Meadow Gold	carton	40	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			474	1.83	397	*39	*20	8.16	*0.01	*14	92.19	4.78	11.04	*1060	327.1	53.16	3.20
% of Calories				3.47%		*32.9%	*16.9%	15.5%	*0.0%		77.8%		9.3%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Wednesday - 05/08/2024

Reimbursable Meal Total 130

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990239 breakfast pizza max 12708	serving	100	300	3.00	700	4	*N/A*	8.00	0.00	20	34.00	4.00	16.00	*N/A*	160.0	0.00	0.00
990422 Mini Vanilla Wafers IW	package	100	120	0.50	50	7	*N/A*	4.00	0.00	0	21.00	2.00	2.00	0	5.0	0.00	1.00
000064 APPLES,Fresh	EACH	100	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
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	80	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

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001657 #2 Cereal Var WG secondary 23	BOWLS	30	110	0.00	178	*5	*2	1.75	0.00	0	21.75	0.75	2.00	108	75.0	8.70	3.38
990422 Mini Vanilla Wafers IW	package	30	120	0.50	50	7	*N/A*	4.00	0.00	0	21.00	2.00	2.00	0	5.0	0.00	1.00
000064 APPLES,Fresh	EACH	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
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
001764 Chocolate Fat Free Milk Tru Mo	carton	40	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001763 Milk 1% Meadow Gold	carton	20	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001765 Strawberry Fat Free Milk TruMo	carton	20	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
Weighted Daily Average			597	3.54	738	*52	*0	11.95	0.00	21	99.69	10.10	20.82	*492	338.3	8.91	2.07
% of Calories				5.34%		*34.8%	*0%	18.0%	0.0%		66.8%		13.9%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Thursday - 05/09/2024

Reimbursable Meal Total 130

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990521 Waffles, WG bulk 23	2 each	100	160	0.00	230	4	2	6.00	0.00	10	24.00	2.00	4.00	0	127.0	0.00	1.48
990328 pork sausage patty JTM	each	100	120	3.80	197	0	*N/A*	10.00	0.00	26	1.00	0.00	6.00	0	13.0	0.00	0.00
990240 mandarin oranges sysco	.5 CUP	100	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
000092 Pineapple Chunks:canned,lt syr	1/2 cup	50	66	0.01	1	16	*N/A*	0.15	0.00	0	16.95	1.01	0.45	48	17.6	9.45	0.49
990227 whipped spread margarine	each	50	60	2.00	95	0	*N/A*	7.00	0.00	0	0.00	0.00	0.00	1000	0.0	0.00	0.00

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990523 Syrup,Smuckers 1.4 oz 23	-serving	100	110	0.00	20	22	22	0.00	0.00	0	29.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001752 #1 Cereal Var WG secondary 23	BOWLS	30	108	0.00	188	6	2	1.00	0.00	0	23.00	1.25	2.25	100	52.5	1.20	2.70
990462 Mixed berry Animal cracker	-serving	30	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
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
000092 Pineapple Chunks:canned,lt syr	1/2 cup	20	66	0.01	1	16	*N/A*	0.15	0.00	0	16.95	1.01	0.45	48	17.6	9.45	0.49
001763 Milk 1% Meadow Gold	carton	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	40	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001765 Strawberry Fat Free Milk TruMo	carton	30	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
Weighted Daily Average			567	4.51	565	61	19	17.27	0.00	33	90.89	3.83	15.46	*1260	357.0	30.01	2.87
% of Calories				7.16%		43.0%	13.4%	27.4%	0.0%		64.1%		10.9%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Friday - 05/10/2024

Reimbursable Meal Total 130

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990529 muffins, Choc Chip	-serving	100	190	2.00	130	3	0	6.00	0.00	35	33.00	2.00	3.00	0	40.0	0.00	1.50
990241 string cheese mozzarella 1oz	each	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
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
990376 Juice,Apple	-serving	50	60	0.00	5	0	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	0.0	70.00	0.00

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001765 Strawberry Fat Free Milk TruMo	carton	20	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	30	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001763 Milk 1% Meadow Gold	carton	30	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
Weighted Daily Average			350	6.08	356	20	0	11.15	0.00	48	50.31	2.31	13.00	419	215.4	27.66	1.25
% of Calories				15.63 %		22.9%	0%	28.7%	0.0%		57.5%		14.9%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Monday - 05/13/2024

Reimbursable Meal Total 130

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001757 Banana Bread	each	100	269	1.00	201	25	*N/A*	8.20	0.00	30	45.50	3.30	3.10	8	15.5	0.50	1.20
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
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	30	90	0.00	0	19	*N/A*	0.00	0.00	0	21.00	2.00	1.00	0	0.0	0.00	0.00
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
001752 #1 Cereal Var WG secondary 23	BOWLS	30	108	0.00	188	6	2	1.00	0.00	0	23.00	1.25	2.25	100	52.5	1.20	2.70
000128 Wheat Toast	1 slice	30	158	1.11	205	*3	*N/A*	6.12	*0.03	*0	22.76	2.69	4.31	*2	31.1	0.14	0.50
000416 Jelly	Packet	25	37	0.00	4	7	*N/A*	0.00	*N/A*	0	9.79	0.14	0.02	1	1.0	0.13	0.03
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	100	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
000064 APPLES,Fresh	EACH	100	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

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001763 Milk 1% Meadow Gold	carton	30	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	30	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001765 Strawberry Fat Free Milk TruMo	carton	20	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
Weighted Daily Average			514	1.76	347	*67	*0	9.34	*0.01	*29	98.96	8.79	10.19	*523	224.3	7.80	1.92
% of Calories				3.08%		*52.1%	*0%	16.4%	*0.0%		77.0%		7.9%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Tuesday - 05/14/2024

Reimbursable Meal Total 130

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990192 French Toast Sticks BakeCrafters	3 sticks	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
990523 Syrup,Smuckers 1.4 oz 23	serving	0	110	0.00	20	22	22	0.00	0.00	0	29.00	0.00	0.00	*N/A*	0.0	0.00	0.00
990328 pork sausage patty JTM	each	0	120	3.80	197	0	*N/A*	10.00	0.00	26	1.00	0.00	6.00	0	13.0	0.00	0.00
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
000898 Applesauce Cups	1/2 cup	50	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
001752 #1 Cereal Var WG secondary 23	BOWLS	30	108	0.00	188	6	2	1.00	0.00	0	23.00	1.25	2.25	100	52.5	1.20	2.70
000128 Wheat Toast	1 slice	30	158	1.11	205	*3	*N/A*	6.12	*0.03	*0	22.76	2.69	4.31	*2	31.1	0.14	0.50
000416 Jelly	Packet	25	37	0.00	4	7	*N/A*	0.00	*N/A*	0	9.79	0.14	0.02	1	1.0	0.13	0.03
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

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
001764 Chocolate Fat Free Milk Tru Mo	carton	40	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001765 Strawberry Fat Free Milk TruMo	carton	20	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
001763 Milk 1% Meadow Gold	carton	30	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
Weighted Daily Average			452	1.83	438	*24	*0	9.11	*0.01	*14	80.86	4.89	13.38	*646	311.5	51.25	2.78
% of Calories				3.64%		*21.2%	*0%	18.1%	*0.0%		71.6%		11.8%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Wednesday - 05/15/2024

Reimbursable Meal Total 130

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990428 Cherry Apple Crunch Bar	serving	100	240	2.50	85	17	*N/A*	6.00	0.00	10	43.00	2.00	4.00	0	18.0	0.00	1.00
990241 string cheese mozzarella 1oz	each	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
990240 mandarin oranges sysco	.5 CUP	100	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
990227 whipped spread margarine	each	50	60	2.00	95	0	*N/A*	7.00	0.00	0	0.00	0.00	0.00	1000	0.0	0.00	0.00
001257 Bananas- Whole	1 Banana	100	90	0.11	1	12	*N/A*	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26
001752 #1 Cereal Var WG secondary 23	BOWLS	30	108	0.00	188	6	2	1.00	0.00	0	23.00	1.25	2.25	100	52.5	1.20	2.70
990462 Mixed berry Animal cracker	serving	30	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
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

Planned Menu Spreadsheet

Utah School District

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
001765 Strawberry Fat Free Milk TruMo	carton	20	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	40	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001763 Milk 1% Meadow Gold	carton	40	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			515	3.84	297	59	0	10.22	0.00	15	96.91	5.91	12.31	1242	281.8	33.99	2.50
% of Calories				6.71%		45.8%	0%	17.9%	0.0%		75.3%		9.6%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Thursday - 05/16/2024

Reimbursable Meal Total 120

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990226 pancake wrap foster farm	each	60	240	4.50	360	4	*N/A*	15.00	0.00	25	18.00	2.00	7.00	0	20.0	0.00	1.44
990422 Mini Vanilla Wafers IW	package	0	120	0.50	50	7	*N/A*	4.00	0.00	0	21.00	2.00	2.00	0	5.0	0.00	1.00
990523 Syrup,Smuckers 1.4 oz 23	serving	0	110	0.00	20	22	22	0.00	0.00	0	29.00	0.00	0.00	*N/A*	0.0	0.00	0.00
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
990368 juice variety #2	each	30	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
001752 #1 Cereal Var WG secondary 23	BOWLS	60	108	0.00	188	6	2	1.00	0.00	0	23.00	1.25	2.25	100	52.5	1.20	2.70
990422 Mini Vanilla Wafers IW	package	60	120	0.50	50	7	*N/A*	4.00	0.00	0	21.00	2.00	2.00	0	5.0	0.00	1.00
000092 Pineapple Chunks:canned,lt syr	1/2 cup	60	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

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990368 juice variety #2	each	60	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
001763 Milk 1% Meadow Gold	carton	40	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	40	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001765 Strawberry Fat Free Milk TruMo	carton	20	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
Weighted Daily Average			429	3.51	441	45	1	11.78	0.00	20	69.33	3.38	12.63	*594	302.0	24.44	3.07
% of Calories				7.36%		42.0%	0.9%	24.7%	0.0%		64.6%		11.8%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Friday - 05/17/2024

Reimbursable Meal Total 120

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990176 Bagels Blueberry bake crafters 2 oz	each	60	140	0.00	220	5	*N/A*	1.00	0.00	0	29.00	2.00	5.00	0	40.0	0.00	1.44
000092 Pineapple Chunks:canned,lt syr	1/2 cup	60	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
990286 Apple crisps strawberry-tree top	package	60	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
001206 Cream Cheese Strawberry	pkg	60	71	4.05	57	*N/A*	*N/A*	6.07	*N/A*	4	4.05	0.00	1.01	152	10.1	0.00	0.00
990227 whipped spread margarine	each	50	60	2.00	95	0	*N/A*	7.00	0.00	0	0.00	0.00	0.00	1000	0.0	0.00	0.00
001765 Strawberry Fat Free Milk TruMo	carton	20	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	40	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001763 Milk 1% Meadow Gold	carton	40	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			288	3.86	316	*28	*0	8.20	*0.00	10	45.50	2.50	9.90	1025	283.9	5.72	1.10
% of Calories				12.06 %		*38.9%	*0%	25.6%	*0.0%		63.2%		13.8%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Monday - 05/20/2024

Reimbursable Meal Total 120

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990427 Lemon Chip Crunch	serving	60	240	3.00	160	14	*N/A*	7.00	0.00	10	42.00	2.00	4.00	0	22.0	0.00	1.00
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
000092 Pineapple Chunks:canned,lt syr	1/2 cup	50	66	0.01	1	16	*N/A*	0.15	0.00	0	16.95	1.01	0.45	48	17.6	9.45	0.49
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
001657 #2 Cereal Var WG secondary 23	BOWLS	60	110	0.00	178	*5	*2	1.75	0.00	0	21.75	0.75	2.00	108	75.0	8.70	3.38
000128 Wheat Toast	1 slice	60	158	1.11	205	*3	*N/A*	6.12	*0.03	*0	22.76	2.69	4.31	*2	31.1	0.14	0.50
000092 Pineapple Chunks:canned,lt syr	1/2 cup	60	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
990240 mandarin oranges sysco	.5 CUP	60	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
000416 Jelly	Packet	25	37	0.00	4	7	*N/A*	0.00	*N/A*	0	9.79	0.14	0.02	1	1.0	0.13	0.03
001765 Strawberry Fat Free Milk TruMo	carton	30	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	40	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001763 Milk 1% Meadow Gold	carton	40	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			483	3.07	428	*54	*1	9.24	*0.01	*13	89.25	4.34	13.58	*953	368.7	30.21	3.51
% of Calories				5.72%		*44.7%	*0.8%	17.2%	*0.0%		73.9%		11.2%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Tuesday - 05/21/2024

Reimbursable Meal Total 130

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990529 muffins, Choc Chip	serving	100	190	2.00	130	3	0	6.00	0.00	35	33.00	2.00	3.00	0	40.0	0.00	1.50
990241 string cheese mozzarella 1oz	each	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
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	100	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
001657 #2 Cereal Var WG secondary 23	BOWLS	30	110	0.00	178	*5	*2	1.75	0.00	0	21.75	0.75	2.00	108	75.0	8.70	3.38
000128 Wheat Toast	1 slice	30	158	1.11	205	*3	*N/A*	6.12	*0.03	*0	22.76	2.69	4.31	*2	31.1	0.14	0.50
990447 Mixed fruit USDA 21	.5 cup serving	30	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
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
001764 Chocolate Fat Free Milk Tru Mo	carton	40	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001765 Strawberry Fat Free Milk TruMo	carton	30	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001763 Milk 1% Meadow Gold	carton	40	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			486	6.56	489	*33	*0	13.35	*0.01	*50	78.99	4.25	16.88	*821	347.5	52.02	2.34
% of Calories				12.15 %		*27.2%	*0%	24.7%	*0.0%		65.0%		13.9%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Wednesday - 05/22/2024

Reimbursable Meal Total 130

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990239 breakfast pizza max 12708	serving	100	300	3.00	700	4	*N/A*	8.00	0.00	20	34.00	4.00	16.00	*N/A*	160.0	0.00	0.00
000064 APPLES,Fresh	EACH	100	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
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	100	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
001657 #2 Cereal Var WG secondary 23	BOWLS	30	110	0.00	178	*5	*2	1.75	0.00	0	21.75	0.75	2.00	108	75.0	8.70	3.38
990422 Mini Vanilla Wafers IW	package	30	120	0.50	50	7	*N/A*	4.00	0.00	0	21.00	2.00	2.00	0	5.0	0.00	1.00
000064 APPLES,Fresh	EACH	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
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	30	90	0.00	0	19	*N/A*	0.00	0.00	0	21.00	2.00	1.00	0	0.0	0.00	0.00
001765 Strawberry Fat Free Milk TruMo	carton	20	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	40	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001763 Milk 1% Meadow Gold	carton	40	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			543	3.38	719	*52	*0	9.25	0.00	22	90.38	9.02	20.74	*569	380.6	9.28	1.30
% of Calories				5.60%		*38.3%	*0%	15.3%	0.0%		66.6%		15.3%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Thursday - 05/23/2024

Reimbursable Meal Total 130

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990497 Biscuits & Gravy breakfast	serving	100	284	9.90	760	2	*N/A*	17.00	0.00	25	23.00	2.00	10.00	0	46.0	0.00	0.80
990528 Juice #3	serving	50	55	0.00	15	6	*N/A*	0.00	0.00	0	13.00	0.00	0.00	0	0.0	56.00	0.00
000898 Applesauce Cups	1/2 cup	100	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
001657 #2 Cereal Var WG secondary 23	BOWLS	30	110	0.00	178	*5	*2	1.75	0.00	0	21.75	0.75	2.00	108	75.0	8.70	3.38
990462 Mixed berry Animal cracker	serving	30	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
990528 Juice #3	serving	30	55	0.00	15	6	*N/A*	0.00	0.00	0	13.00	0.00	0.00	0	0.0	56.00	0.00
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
001763 Milk 1% Meadow Gold	carton	40	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	40	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001765 Strawberry Fat Free Milk TruMo	carton	20	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
Weighted Daily Average			474	8.65	788	*21	*0	15.83	0.00	26	68.08	3.00	14.77	494	283.5	39.36	3.00
% of Calories				16.42 %		*17.7%	*0%	30.1%	0.0%		57.5%		12.5%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Friday - 05/24/2024

Reimbursable Meal Total 130

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001657 #2 Cereal Var WG secondary 23	BOWLS	100	110	0.00	178	*5	*2	1.75	0.00	0	21.75	0.75	2.00	108	75.0	8.70	3.38
990422 Mini Vanilla Wafers IW	package	0	120	0.50	50	7	*N/A*	4.00	0.00	0	21.00	2.00	2.00	0	5.0	0.00	1.00
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
990447 Mixed fruit USDA 21	.5 cup serving	100	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
001769 raisins strawberry	each	100	110	0.00	0	24	*N/A*	0.00	0.00	*N/A*	28.00	3.00	0.00	0	0.0	0.00	0.00
001765 Strawberry Fat Free Milk TruMo	carton	20	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	40	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001763 Milk 1% Meadow Gold	carton	40	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			382	4.77	425	*46	*2	8.27	0.00	*22	65.65	2.88	13.08	552	288.5	7.62	2.72
% of Calories				11.24 %		*48.2%	*2.1%	19.5%	0.0%		68.7%		13.7%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	464	4	470	*42	*2	10.82	*0.00	*24	79.15	4.95	13.83	*875	303	23.97	2.52
% of Calories		7.86%		*36.2%	*1.7%	21.0%	*0.0%		68.2%		11.9%				

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

¹ - denotes required nutrient values

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

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