

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

Menu Name:	VMS & UMS breakfast	Include Cost:	No
Site:	All Sites	Report Style:	Detailed
Use Alternate Menu Name:	No		

Monday - 04/08/2024

Reimbursable Meal Total 220

	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)
001272 Breakfast Cookie	2.5 Oz.	140	260	3.00	240	*N/A*	*N/A*	8.00	0.00	0	44.00	6.00	4.00	0	40.0	0.00	2.70
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	73	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	70	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	80	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	55	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	50	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	148	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	140	72	0.04	1	14	*N/A*	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
001763 Milk 1% Meadow Gold	carton	55	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	80	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001765 Strawberry Fat Free Milk TruMo	carton	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			503	3.14	398	*50	*1	8.74	*0.01	*7	97.27	10.15	11.43	*447	271.8	7.27	3.13
% of Calories				5.62%		*39.8%	*0.8%	15.6%	*0.0%		77.4%		9.1%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Tuesday - 04/09/2024

Reimbursable Meal Total 235

	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	190	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	141	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	110	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	45	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	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
000086 Oranges Fresh Whole	EACH	45	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	45	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	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

Planned Menu Spreadsheet

Utah School District

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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	55	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			446	1.92	438	*25	*0	9.21	*0.00	*15	79.01	4.39	13.18	*495	304.8	40.99	2.74
% of Calories				3.87%		*22.4%	*0%	18.6%	*0.0%		70.9%		11.8%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Wednesday - 04/10/2024

Reimbursable Meal Total 220

	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)
001404 Apple Cinnamon Texas Toast	SLICE	155	310	2.00	430	20	0	12.00	0.00	0	49.00	4.00	5.00	0	60.0	0.00	1.80
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	125	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	60	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	132	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	65	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	55	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	78	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
001257 Bananas- Whole	1 Banana	54	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

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
001763 Milk 1% Meadow Gold	carton	65	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			538	3.23	549	58	1	13.58	0.00	7	96.39	6.83	12.90	1002	319.1	30.75	3.12
% of Calories				5.40%		43.1%	0.7%	22.7%	0.0%		71.7%		9.6%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Thursday - 04/11/2024

Reimbursable Meal Total 205

	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	90	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
990447 Mixed fruit USDA 21	.5 cup serving	83	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
990368 juice variety #2	each	86	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	130	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	115	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
990447 Mixed fruit USDA 21	.5 cup serving	108	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
990368 juice variety #2	each	108	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	65	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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	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			460	3.39	469	50	1	11.35	0.00	19	79.39	2.79	12.45	*459	301.0	21.51	3.08
% of Calories				6.63%		43.5%	0.9%	22.2%	0.0%		69.0%		10.8%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Friday - 04/12/2024

Reimbursable Meal Total 210

	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	120	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	108	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	108	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	100	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	60	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	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

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001763 Milk 1% Meadow Gold	carton	65	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			294	3.61	327	*30	*0	7.39	*0.00	10	48.48	2.69	10.24	768	286.8	5.72	1.25
% of Calories				11.05 %		*40.8%	*0%	22.6%	*0.0%		66.0%		13.9%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Monday - 04/15/2024

Reimbursable Meal Total 185

	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	85	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	70	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	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
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
000128 Wheat Toast	1 slice	80	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	80	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	80	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	45	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	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

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001763 Milk 1% Meadow Gold	carton	65	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			475	3.13	440	*54	*1	9.03	*0.01	*14	87.37	3.99	13.81	*825	391.6	29.06	3.57
% of Calories				5.93%		*45.5%	*0.8%	17.1%	*0.0%		73.6%		11.6%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Tuesday - 04/16/2024

Reimbursable Meal Total 218

	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	148	160	0.00	180	10	4	3.00	0.00	10	30.00	2.00	4.00	0	73.2	0.00	1.46
990227 whipped spread margarine	each	0	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
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
000086 Oranges Fresh Whole	EACH	130	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	148	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	70	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	55	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	55	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	55	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	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	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

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001763 Milk 1% Meadow Gold	carton	65	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			386	1.35	387	*37	*3	5.92	*0.01	*15	74.28	3.91	12.05	*650	368.8	45.26	2.51
% of Calories				3.15%		*38.3%	*3.1%	13.8%	*0.0%		77.0%		12.5%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Wednesday - 04/17/2024

Reimbursable Meal Total 235

	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	175	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	135	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	148	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	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
990422 Mini Vanilla Wafers IW	package	50	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	55	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	78	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	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

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001763 Milk 1% Meadow Gold	carton	65	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			519	3.36	709	*49	*1	9.09	0.00	22	85.35	8.20	20.06	*432	369.5	8.12	1.36
% of Calories				5.83%		*37.8%	*0.8%	15.8%	0.0%		65.8%		15.5%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Thursday - 04/18/2024

Reimbursable Meal Total 225

	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	170	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
990466 juice, Orange tangerine	serving	70	50	0.00	25	12	*N/A*	0.00	0.00	0	12.00	0.00	0.00	0	0.0	42.00	0.00
000898 Applesauce Cups	1/2 cup	148	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	55	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	50	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
990466 juice, Orange tangerine	serving	2050	50	0.00	25	12	*N/A*	0.00	0.00	0	12.00	0.00	0.00	0	0.0	42.00	0.00
000898 Applesauce Cups	1/2 cup	76	74	0.00	12	*N/A*	*N/A*	0.00	0.00	0	18.90	0.82	0.00	0	0.0	1.97	1.48
001763 Milk 1% Meadow Gold	carton	65	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	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

Planned Menu Spreadsheet

Utah School District

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (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			912	8.62	1015	*131	*0	15.77	0.00	26	173.62	2.96	14.71	386	286.4	400.62	3.06
% of Calories				8.51%		*57.5%	*0%	15.6%	0.0%		76.1%		6.5%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Friday - 04/19/2024

Reimbursable Meal Total 205

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
990529 muffins, Choc Chip	serving	150	190	2.00	130	3	0	6.00	0.00	35	33.00	2.00	3.00	0	40.0	0.00	1.50
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	125	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
000438 Pears	.5 CUP	146	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
001769 raisins strawberry	each	146	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	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
001763 Milk 1% Meadow Gold	carton	65	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			426	5.65	371	43	0	10.55	0.00	*46	71.99	5.02	13.29	395	285.4	1.73	1.27
% of Calories				11.94 %		40.4%	0%	22.3%	0.0%		67.6%		12.5%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

Monday - 04/22/2024

Reimbursable Meal Total 220

	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	150	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
000092 Pineapple Chunks:canned,lt syr	1/2 cup	90	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
000086 Oranges Fresh Whole	EACH	0	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
001752 #1 Cereal Var WG secondary 23	BOWLS	70	108	0.00	188	6	2	1.00	0.00	0	23.00	1.25	2.25	100	52.5	1.20	2.70
001398 Wheat Toast	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
000416 Jelly	Packet	0	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
000092 Pineapple Chunks:canned,lt syr	1/2 cup	64	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
000086 Oranges Fresh Whole	EACH	150	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	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
001763 Milk 1% Meadow Gold	carton	65	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
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			461	3.41	734	*31	*1	9.31	*0.01	*21	71.16	5.87	20.14	*565	411.4	41.24	1.62
% of Calories				6.66%		*26.9%	*0.9%	18.2%	*0.0%		61.7%		17.5%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Tuesday - 04/23/2024

Reimbursable Meal Total 158

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990139 Dutch Waffle strawberries	waffle	103	458	5.37	354	*43	*N/A*	15.53	*0.00	20	80.77	5.42	4.68	31	18.0	52.78	10.75
990451 Peaches, Diced, Cups, Frozen	4.4 oz cup	51	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
001752 #1 Cereal Var WG secondary 23	BOWLS	55	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	45	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
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
000098 STRAWBERRIES: frozen	1/2 cup	72	122	0.01	4	31	*N/A*	0.17	0.00	0	33.05	2.42	0.68	31	14.0	52.78	0.75
001763 Milk 1% Meadow Gold	carton	38	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	15	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	73	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
Weighted Daily Average			597	4.88	502	*71	*1	14.05	*0.01	*21	111.16	6.90	12.27	*425	284.7	59.64	8.62
% of Calories				7.36%		*47.6%	*0.7%	21.2%	*0.0%		74.5%		8.2%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Wednesday - 04/24/2024

Reimbursable Meal Total 235

	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)
001724 Bagel Cheese,Sausage	each	175	445	7.50	848	7	*N/A*	17.50	0.00	48	49.91	4.02	21.00	20	31.6	0.00	2.70
000898 Applesauce Cups	1/2 cup	139	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

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001257 Bananas- Whole	1 Banana	135	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	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	50	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	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
001257 Bananas- Whole	1 Banana	70	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	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
001763 Milk 1% Meadow Gold	carton	65	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			627	6.78	833	*32	*0	16.08	0.00	43	99.25	6.78	23.55	441	265.8	10.53	4.65
% of Calories				9.73%		*20.4%	*0%	23.1%	0.0%		63.3%		15.0%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Thursday - 04/25/2024

Reimbursable Meal Total 200

	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)
990226 pancake wrap foster farm	each	105	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
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
990240 mandarin oranges sysco	.5 CUP	95	70	0.00	10	17	*N/A*	0.00	0.00	0	17.00	1.00	1.00	300	20.0	24.00	0.72
990286 Apple crisps strawberry-tree top	package	89	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

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
001752 #1 Cereal Var WG secondary 23	BOWLS	95	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	80	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	75	70	0.00	10	17	*N/A*	0.00	0.00	0	17.00	1.00	1.00	300	20.0	24.00	0.72
990286 Apple crisps strawberry-tree top	package	77	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
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
001763 Milk 1% Meadow Gold	carton	65	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
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			428	3.72	464	43	1	11.69	0.00	21	67.25	4.95	13.39	*708	314.9	21.87	2.83
% of Calories				7.82%		40.2%	0.9%	24.6%	0.0%		62.9%		12.5%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Friday - 04/26/2024

Reimbursable Meal Total 215

	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	160	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
990447 Mixed fruit USDA 21	.5 cup serving	133	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
000064 APPLES,Fresh	EACH	150	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

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001765 Strawberry Fat Free Milk TruMo	carton	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	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
001763 Milk 1% Meadow Gold	carton	65	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			372	2.97	213	46	0	6.43	0.00	15	71.56	3.80	9.74	429	263.4	5.27	1.03
% of Calories				7.19%		49.5%	0%	15.6%	0.0%		76.9%		10.5%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Monday - 04/29/2024

Reimbursable Meal Total 220

	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)
001272 Breakfast Cookie	2.5 Oz.	170	260	3.00	240	*N/A*	*N/A*	8.00	0.00	0	44.00	6.00	4.00	0	40.0	0.00	2.70
990241 string cheese mozzarella 1oz	each	119	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
990227 whipped spread margarine	each	35	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
990447 Mixed fruit USDA 21	.5 cup serving	127	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
000092 Pineapple Chunks:canned,lt syr	1/2 cup	119	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
001657 #2 Cereal Var WG secondary 23	BOWLS	50	110	0.00	178	*5	*2	1.75	0.00	0	21.75	0.75	2.00	108	75.0	8.70	3.38
990447 Mixed fruit USDA 21	.5 cup serving	76	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
000092 Pineapple Chunks:canned,lt syr	1/2 cup	54	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
000128 Wheat Toast	1 slice	45	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

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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	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
001763 Milk 1% Meadow Gold	carton	65	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			533	6.63	542	*43	*0	14.61	*0.01	*18	89.56	6.17	14.94	*590	307.0	10.28	3.51
% of Calories				11.20 %		*32.3%	*0%	24.7%	*0.0%		67.2%		11.2%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Tuesday - 04/30/2024

Reimbursable Meal Total 215

	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)
990174 scrambled eggs, frozen	2 oz	110	82	1.73	143	*1	*N/A*	4.70	*0.00	161	1.16	0.00	7.99	278	77.4	0.00	0.80
990328 pork sausage patty JTM	each	105	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
000128 Wheat Toast	1 slice	100	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
990240 mandarin oranges sysco	.5 CUP	110	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	110	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
990235 Ketchup cups 1 oz	each	110	40	0.00	330	8	8	0.00	0.00	0	10.00	0.00	0.00	200	0.0	2.40	0.00
001657 #2 Cereal Var WG secondary 23	BOWLS	105	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	85	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

Planned Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
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
990240 mandarin oranges sysco	.5 CUP	95	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	85	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
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	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
001763 Milk 1% Meadow Gold	carton	65	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
Weighted Daily Average			555	4.81	756	*55	*5	15.43	*0.02	*103	87.24	6.66	19.50	*1029	380.2	35.10	3.49
% of Calories				7.80%		*39.6%	*3.6%	25.0%	*0.0%		62.9%		14.1%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	502	4	538	*50	*1	11.07	*0.00	*25	87.67	5.42	14.57	*591	318	45.59	2.99
% of Calories		7.44%		*39.8%	*0.8%	19.8%	*0.0%		69.9%		11.6%				

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.