

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

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

Wednesday - 05/01/2024 Reimbursable Meal Total 61

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990414 Bagel, Strawberry mini	package	61	230	2.00	190	13	*N/A*	6.00	0.00	10	42.00	2.00	6.00	0	30.0	0.00	1.60
001257 Bananas- Whole	1 Banana	42	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
990240 mandarin oranges sysco	.5 CUP	57	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
990523 Syrup,Smuckers 1.4 oz 23	serving	55	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	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
001763 Milk 1% Meadow Gold	carton	4	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	35	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001765 Strawberry Fat Free Milk TruMo	carton	0	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
000176 Water; Bottled	each	20	0	0.00	7	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02
Weighted Daily Average			550	3.04	355	*71	*20	7.83	*0.00	16	114.54	4.74	12.81	*444	245.5	28.63	2.69
% of Calories				4.97%		*51.6%	*14.5%	12.8%	*0.0%		83.3%		9.3%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Thursday - 05/02/2024 Reimbursable Meal Total 70

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)
990386 muffins,Banana,Apple cinn, #2	-serving	24	380	3.50	235	32	*N/A*	14.00	0.00	45	62.00	3.00	5.00	0	30.0	0.00	1.62
990241 string cheese mozzarella 1oz	each	7	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	22	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
000064 APPLES,Fresh	EACH	18	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	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	20	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001765 Strawberry Fat Free Milk TruMo	carton	0	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
000176 Water; Bottled	each	20	0	0.00	7	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02
Weighted Daily Average			243	2.48	197	*28	*0	6.85	*0.00	23	40.23	1.88	6.62	176	168.0	8.78	0.72
% of Calories				9.19%		*46.1%	*0%	25.4%	*0.0%		66.2%		10.9%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Friday - 05/03/2024

Reimbursable Meal Total 70

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001409 Burrito Breakfast Los C 97870	each	45	170	2.50	260	1	0	7.00	0.00	45	18.00	3.00	8.00	200	80.0	1.20	1.44
000113 Sour Cream pouch	pouch	15	60	3.50	10	1	0	5.00	0.00	20	1.00	0.00	1.00	0	30.0	0.00	0.00
990232 salsa,low-sodium,pouch	tbs	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
990462 Mixed berry Animal cracker	-serving	15	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

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)
000701 Raisins in a box	box	40	130	0.00	5	25	0	0.00	0.00	0	34.00	2.00	1.00	0	22.0	0.00	1.81
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
001763 Milk 1% Meadow Gold	carton	12	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	45	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001765 Strawberry Fat Free Milk TruMo	carton	0	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
000176 Water; Bottled	each	10	0	0.00	7	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02
Weighted Daily Average			358	3.69	357	*38	*0	8.36	*0.00	41	58.99	3.59	12.87	311	315.4	1.18	2.22
% of Calories				9.28%		*42.5%	*0%	21.0%	*0.0%		65.9%		14.4%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Monday - 05/06/2024

Reimbursable Meal Total 74

	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	74	300	3.00	700	4	*N/A*	8.00	0.00	20	34.00	4.00	16.00	*N/A*	160.0	0.00	0.00
001769 craisins strawberry	each	38	110	0.00	0	24	*N/A*	0.00	0.00	*N/A*	28.00	3.00	0.00	0	0.0	0.00	0.00
000064 APPLES,Fresh	EACH	24	72	0.04	1	14	*N/A*	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
001763 Milk 1% Meadow Gold	carton	8	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	25	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

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000176 Water; Bottled	each	45	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			442	3.68	793	*30	*0	9.19	*0.00	*24	64.07	6.61	19.68	*129	299.2	2.32	0.20
% of Calories				7.49%		*27.1%	*0%	18.7%	*0.0%		58.0%		17.8%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Tuesday - 05/07/2024

Reimbursable Meal Total 81

	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	81	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
000098 STRAWBERRIES: frozen	1/2 cup	0	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
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
001763 Milk 1% Meadow Gold	carton	7	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	28	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001765 Strawberry Fat Free Milk TruMo	carton	0	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
000176 Water; Bottled	each	53	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			261	1.65	582	*9	*0	7.08	*0.00	9	41.42	3.00	8.46	95	232.6	0.21	3.75
% of Calories				5.69%		*13.8%	*0%	24.4%	*0.0%		63.5%		13.0%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Wednesday - 05/08/2024

Reimbursable Meal Total 81

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	
001670	Homemade Cinnamon Rolls	2 OZ	81	225	3.31	205	*14	*N/A*	8.93	*0.16	11	33.17	1.96	4.35	126	41.0	0.19	1.11
990528	Juice #3	serving	65	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
001529	Clementines	each	45	35	0.00	0	*N/A*	*N/A*	0.00	0.00	0	9.00	1.00	1.00	0	20.0	36.00	0.18
001763	Milk 1% Meadow Gold	carton	6	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	24	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	54	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				341	3.87	297	*26	*0	9.85	*0.16	15	56.68	2.51	7.86	208	166.2	65.31	1.34
% of Calories					10.21 %		*30.5%	*0%	26.0%	*0.4%		66.5%		9.2%				
Weekly Nutrient Guideline				450 - 600	<10	640			<=0									

Thursday - 05/09/2024

Reimbursable Meal Total 56

	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	
990497	Biscuits & Gravy breakfast	serving	0	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
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	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	0	90	0.00	0	19	*N/A*	0.00	0.00	0	21.00	2.00	1.00	0	0.0	0.00	0.00

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,lt syr	1/2 cup	0	66	0.01	1	16	*N/A*	0.15	0.00	0	16.95	1.01	0.45	48	17.6	9.45	0.49
001763 Milk 1% Meadow Gold	carton	7	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	15	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	34	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			54	0.59	79	*7	*0	0.98	*0.00	4	8.05	0.00	3.14	103	120.6	0.30	0.12
% of Calories				9.83%		*51.9%	*0%	16.3%	*0.0%		59.6%		23.3%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Friday - 05/10/2024

Reimbursable Meal Total 37

	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	37	160	0.00	180	10	4	3.00	0.00	10	30.00	2.00	4.00	0	73.2	0.00	1.46
990328 pork sausage patty JTM	each	40	120	3.80	197	0	*N/A*	10.00	0.00	26	1.00	0.00	6.00	0	13.0	0.00	0.00
990523 Syrup,Smuckers 1.4 oz 23	serving	34	110	0.00	20	22	22	0.00	0.00	0	29.00	0.00	0.00	*N/A*	0.0	0.00	0.00
990240 mandarin oranges sysco	.5 CUP	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
990286 Apple crisps strawberry-tree top	package	15	40	0.00	0	7	*N/A*	0.00	0.00	0	10.00	2.00	0.00	0	0.0	0.00	0.00
001763 Milk 1% Meadow Gold	carton	3	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	16	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

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Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001765 Strawberry Fat Free Milk TruMo	carton	0	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
000176 Water; Bottled	each	23	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			551	4.88	531	*61	*24	15.09	*0.00	43	90.22	3.81	15.59	*405	264.1	24.19	2.37
% of Calories				7.97%		*44.3%	*17.4%	24.6%	*0.0%		65.5%		11.3%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Monday - 05/13/2024

Reimbursable Meal Total 69

	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	0	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
990428 Cherry Apple Crunch Bar	serving	0	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
990369 Strawberries,Diced,Cups, Frozen	each	0	90	0.00	0	18	*N/A*	0.00	0.00	0	22.00	2.00	1.00	0	0.0	0.00	0.00
000064 APPLES,Fresh	EACH	0	72	0.04	1	14	*N/A*	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
001763 Milk 1% Meadow Gold	carton	8	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	23	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

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000176 Water; Bottled	each	39	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			63	0.67	92	*9	*0	1.12	*0.00	4	9.51	0.00	3.59	108	137.3	0.28	0.15
% of Calories				9.57%		*57.1%	*0%	16.0%	*0.0%		60.4%		22.8%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Tuesday - 05/14/2024

Reimbursable Meal Total 64

	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	0	170	2.50	260	1	0	7.00	0.00	45	18.00	3.00	8.00	200	80.0	1.20	1.44
000113 Sour Cream pouch	pouch	0	60	3.50	10	1	0	5.00	0.00	20	1.00	0.00	1.00	0	30.0	0.00	0.00
990232 salsa,low-sodium,pouch	tbs	0	5	0.00	17	*0	*N/A*	0.00	*0.00	0	0.90	0.44	0.00	0	0.0	0.00	0.00
990422 Mini Vanilla Wafers IW	package	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
001359 Pineapple	1/2 cup	0	41	0.01	1	8	*N/A*	0.10	0.00	0	10.82	1.16	0.45	48	10.7	39.44	0.24
000086 Oranges Fresh Whole	EACH	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
001763 Milk 1% Meadow Gold	carton	6	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	19	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

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000176 Water; Bottled	each	41	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			55	0.59	82	*8	*0	0.98	*0.00	4	8.34	0.00	3.12	91	120.1	0.22	0.13
% of Calories				9.65%		*58.2%	*0%	16.0%	*0.0%		60.7%		22.7%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Wednesday - 05/15/2024

Reimbursable Meal Total 70

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000596 Muffin Cheese & Sausage	each	35	362	9.26	905	*1	*N/A*	19.60	0.32	54	30.34	3.00	17.08	317	345.6	0.00	1.98
001257 Bananas- Whole	1 Banana	38	90	0.11	1	12	*N/A*	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26
000438 Pears	.5 CUP	34	60	0.00	5	12	*N/A*	0.00	0.00	0	16.00	2.00	0.00	0	0.0	1.19	0.00
001763 Milk 1% Meadow Gold	carton	8	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	30	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40
001765 Strawberry Fat Free Milk TruMo	carton	0	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
000176 Water; Bottled	each	25	0	0.00	7	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02
Weighted Daily Average			336	5.50	567	*24	*0	11.34	*0.16	32	47.23	3.90	13.48	315	340.0	5.62	1.31
% of Calories				14.73 %		*28.6%	*0%	30.4%	*0.4%		56.2%		16.0%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Thursday - 05/16/2024

Reimbursable Meal Total 68

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)
001272 Breakfast Cookie	2.5 Oz.	68	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	23	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	38	90	0.00	0	19	*N/A*	0.00	0.00	0	21.00	2.00	1.00	0	0.0	0.00	0.00
001769 raisins strawberry	each	15	110	0.00	0	24	*N/A*	0.00	0.00	*N/A*	28.00	3.00	0.00	0	0.0	0.00	0.00
001763 Milk 1% Meadow Gold	carton	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	23	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	43	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			421	5.26	392	*24	*0	11.32	*0.00	*11	70.60	7.78	9.99	73	157.6	0.11	2.85
% of Calories				11.24 %		*22.8%	*0%	24.2%	*0.0%		67.1%		9.5%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Friday - 05/17/2024

Reimbursable Meal Total 70

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990518 Super Banana Bread 23	serving	70	260	1.50	240	24	0	8.00	0.00	0	45.00	2.00	5.00	0	161.0	0.00	1.00
990328 pork sausage patty JTM	each	50	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	45	70	0.00	10	17	*N/A*	0.00	0.00	0	17.00	1.00	1.00	300	20.0	24.00	0.72

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990286 Apple crisps strawberry-tree top	package	15	40	0.00	0	7	*N/A*	0.00	0.00	0	10.00	2.00	0.00	0	0.0	0.00	0.00
001763 Milk 1% Meadow Gold	carton	3	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	20	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	48	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			447	4.71	460	*43	*0	15.96	*0.00	22	66.20	3.07	12.56	257	284.8	15.53	1.59
% of Calories				9.48%		*38.5%	*0%	32.1%	*0.0%		59.2%		11.2%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Monday - 05/20/2024

Reimbursable Meal Total 74

	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	0	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
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	0	66	0.01	1	16	*N/A*	0.15	0.00	0	16.95	1.01	0.45	48	17.6	9.45	0.49
001529 Clementines	each	0	35	0.00	0	*N/A*	*N/A*	0.00	0.00	0	9.00	1.00	1.00	0	20.0	36.00	0.18
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	20	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

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000176 Water; Bottled	each	48	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			48	0.51	73	*7	*0	0.84	*0.00	3	7.36	0.00	2.70	74	104.3	0.16	0.12
% of Calories				9.56%		*58.3%	*0%	15.8%	*0.0%		61.3%		22.5%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Tuesday - 05/21/2024

Reimbursable Meal Total 70

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990529 muffins, Choc Chip	serving	0	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	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
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
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
001763 Milk 1% Meadow Gold	carton	4	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	15	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	45	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			38	0.41	59	*5	*0	0.68	*0.00	3	5.89	0.00	2.17	61	84.3	0.14	0.10
% of Calories				9.71%		*52.6%	*0%	16.1%	*0.0%		62.0%		22.8%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

Wednesday - 05/22/2024

Reimbursable Meal Total 70

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
990522 Pancakes, WG bulk 23	2 each	0	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	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	
990286 Apple crisps strawberry-tree top	package	0	40	0.00	0	7	*N/A*	0.00	0.00	0	10.00	2.00	0.00	0	0.0	0.00	0.00	
000438 Pears	.5 CUP	0	60	0.00	5	12	*N/A*	0.00	0.00	0	16.00	2.00	0.00	0	0.0	1.19	0.00	
001763 Milk 1% Meadow Gold	carton	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	15	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	45	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			40	0.43	61	*6	*0	0.71	*0.00		3	6.07	0.00	2.29	*68	88.6	0.17	0.10
% of Calories				9.68%		*60.0%	*0%	16.0%	*0.0%		60.7%		22.9%					
Weekly Nutrient Guideline			450 - 600	<10	640			<=0										

Thursday - 05/23/2024

Reimbursable Meal Total 67

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990414 Bagel, Strawberry mini	package	0	230	2.00	190	13	*N/A*	6.00	0.00	10	42.00	2.00	6.00	0	30.0	0.00	1.60

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	0	66	0.01	1	16	*N/A*	0.15	0.00	0	16.95	1.01	0.45	48	17.6	9.45	0.49
001769 raisins strawberry	each	0	110	0.00	0	24	*N/A*	0.00	0.00	*N/A*	28.00	3.00	0.00	0	0.0	0.00	0.00
001763 Milk 1% Meadow Gold	carton	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	20	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	40	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			53	0.56	79	*7	*0	0.93	*0.00	*4	8.13	0.00	2.99	82	114.6	0.18	0.13
% of Calories				9.51%		*52.8%	*0%	15.8%	*0.0%		61.4%		22.6%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

Friday - 05/24/2024

Reimbursable Meal Total 25

	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)
001752 #1 Cereal Var WG secondary 23	BOWLS	25	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	10	120	0.50	50	7	*N/A*	4.00	0.00	0	21.00	2.00	2.00	0	5.0	0.00	1.00
000064 APPLES,Fresh	EACH	24	72	0.04	1	14	*N/A*	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
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
001763 Milk 1% Meadow Gold	carton	1	110	1.50	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00	500	300.0	2.40	0.00
001764 Chocolate Fat Free Milk Tru Mo	carton	12	150	1.50	220	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	150	300.0	0.00	0.40

Planned Menu Spreadsheet

Portion Values

May 1, 2024 thru May 24, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001765 Strawberry Fat Free Milk TruMo	carton	0	110	0.00	125	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	1750	300.0	1.20	0.00
000176 Water; Bottled	each	8	0	0.00	7	*N/A*	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	4.5	0.00	0.02
Weighted Daily Average			373	1.02	322	*49	*2	4.13	*0.00	5	78.54	6.83	8.35	264	219.9	7.39	3.46
% of Calories				2.46%		*52.5%	*2.1%	10.0%	*0.0%		84.2%		9.0%				
Weekly Nutrient Guideline			450 - 600	<10	640			<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	260	2	299	*25	*3	6.29	*0.02	*15	43.45	2.65	8.24	*181	192	8.93	1.30
% of Calories		8.38%		*38.5%	*4.6%	21.8%	*0.1%		66.8%		12.7%				

- *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.