

Planned Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Mar 27, 2025

Menu Name:	Teton High School Lunch	Include Cost:	No
Site:	1 - High School		
Use Alternate Menu Name:	No		

Monday - 03/03/2025Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001448 *SALAD PORK:COSTA VIDA	SERV	200	692	6.47	1156	86.77
000245 *FRUIT,FRESH,ASSORTED	EACH (1/2 c. F)	200	61	0.05	1	15.66
001015 CAKE: JELLO POKE	2 inch square	0	169	1.05	230	28.93
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	175	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	25	100	1.50	105	12.00
Weighted Daily Average			884	6.71	1327	124.93
% of Calories				6.83%		56.5%
Weekly Nutrient Guideline			750 - 850	<10	1280	

Tuesday - 03/04/2025Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990074 *SOUP:CHICKEN NOODLE *RESIZED*	1.25 CUP	200	279	2.08	325	30.86
001293 *ROLLS,WH WHEAT:HS	EACH	200	285	0.77	428	49.16
000957 *CHEESE,STICKS,LM PS MOZZ	EACH	200	81	3.04	192	1.01

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Mar 3, 2025 thru Mar 27, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990106 *VEG,CARROT STICKS,FRESH	Cup	200	50	0.04	84	11.69
000245 *FRUIT,FRESH,ASSORTE D	EACH (1/2 c. F)	150	61	0.05	1	15.66
001105 *FRUIT,MANDARINS	1/2 cup	50	25	0.00	10	4.98
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	175	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	25	100	1.50	105	12.00
Weighted Daily Average			878	6.15	1203	128.21
% of Calories				6.30%		58.4%
Weekly Nutrient Guideline			750 - 850	<10	1280	

Wednesday - 03/05/2025 Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001520 *TACO,SOFT,W/SEAS MIX:SEC	1 EACH	200	382	9.02	648	25.17
001631 *SALSA;FOOTHILL FARMS MIX	1/4 CUP	200	22	0.00	188	4.40
000601 *RICE,MEXICAN	1/2 cup	200	126	0.35	219	23.72
001404 *VEG,REFRIED BEANS	1/2 CUP	200	140	0.00	143	24.01
000245 *FRUIT,FRESH,ASSORTE D	EACH (1/2 c. F)	100	61	0.05	1	15.66
000543 *FRUIT,APPLESAUCE,CN D,UNSWTND	1/2 Cup	50	58	0.00	10	14.52

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001545 *CRACKERS, GRAHAMS, BUG BITES	BAG	200	120	1.00	115	21.00
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	175	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	25	100	1.50	105	12.00
Weighted Daily Average			966	10.57	1487	132.26
% of Calories				9.85%		54.8%
Weekly Nutrient Guideline			750 - 850	<10	1280	

Thursday - 03/06/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990059 *WAFFLES:SEC	2.8	200	220	1.00	440	38.00
000098 *FRUIT,STRAWBERRIES, FRZ, TOPP	1/2 Cup	200	39	0.01	2	10.09
990060 *SAUSAGE PATTY	2 each	200	170	4.00	463	0.80
990139 *POTATO,HASHBROWN PATTY	CUP	200	260	4.00	260	28.00
000245 *FRUIT,FRESH,ASSORTE D	EACH (1/2 c. F)	200	61	0.05	1	15.66
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	175	135	0.00	180	24.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001519 *MILK:WHITE Gossner 1%	Tetra Pak	25	100	1.50	105	12.00
Weighted Daily Average			880	9.24	1337	115.05
% of Calories				9.45%		52.3%
Weekly Nutrient Guideline			750 - 850	<10	1280	

Monday - 03/10/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001313 *CHICKEN PATTY / BUN HS	each	200	400	2.50	640	46.00
000802 *POTATO,PUFFS,FRZ,OVEN-HEATED	1/2 CUP	200	122	1.16	307	17.76
990147 *KETCHUP PCS	EACH	200	10	0.00	85	2.00
000443 *VEG,CALIFORNIA BLEND	1/2 CUP	200	25	0.00	25	5.05
000438 *FRUIT,PEARS,CND,LT SYRUP	1/2 CUP	50	73	0.00	6	19.37
000245 *FRUIT,FRESH,ASSORTED	EACH (1/2 c. F)	100	61	0.05	1	15.66
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	175	135	0.00	180	24.00

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Mar 3, 2025 thru Mar 27, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001519 *MILK:WHITE Gossner 1%	Tetra Pak	25	100	1.50	105	12.00
Weighted Daily Average			736	3.88	1230	105.98
% of Calories				4.74%		57.6%
Weekly Nutrient Guideline			750 - 850	<10	1280	

Tuesday - 03/11/2025 Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001144 *NACHOS W/Beef Taco Meat:SEC	SERV	200	525	5.73	656	55.45
990051 *VEG,CORN,FRZ,CKD	3/4 Cup	200	109	0.15	4	25.65
990125 *FRUIT,FRESH,ASSORTE D	1 CUP	200	113	0.10	1	28.88
001597 *DESSERT,JONNY POPS	EACH	200	50	0.25	25	10.49
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	175	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	25	100	1.50	105	12.00
Weighted Daily Average			928	6.41	857	142.96
% of Calories				6.22%		61.6%
Weekly Nutrient Guideline			750 - 850	<10	1280	

Wednesday - 03/12/2025 Reimbursable Meal Total 200

Planned Menu Spreadsheet

Teton School Dist #401

Portion Values

Mar 3, 2025 thru Mar 27, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990049 *CHICKEN DRUMSTICKS: TYSON *RESIZED*	2 EACH	200	320	5.00	640	4.00
001293 *ROLLS,WH WHEAT:HS	EACH	200	285	0.77	428	49.16
000802 *POTATO,PUFFS,FRZ,OV EN-HEATED	1/2 CUP	200	122	1.16	307	17.76
990129 *VEG,BROCCOLI FLORETS,FRESH	1 CUP	200	20	0.04	19	3.59
990125 *FRUIT,FRESH,ASSORTE D	1 CUP	200	113	0.10	1	28.88
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	175	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	25	100	1.50	105	12.00
Weighted Daily Average			990	7.27	1566	125.90
% of Calories				6.61%		50.9%
Weekly Nutrient Guideline			750 - 850	<10	1280	

Thursday - 03/13/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000812 *PIZZA,PEPPERONI:16 in	EACH	200	395	7.48	534	37.39
001632 *SALAD,TOSSED,NO DRESSING:SEC	1.75 CUP (1C V)	200	21	0.03	5	4.20
000627 *DRESSING,RANCH LITE:BASIC	EACH	200	80	1.50	200	2.00
000245 *FRUIT,FRESH,ASSORTE D	EACH (1/2 c. F)	150	61	0.05	1	15.66

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Portion Values

Mar 3, 2025 thru Mar 27, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000437 *FRUIT,PEACHES,CANNED,LT SYRUP	1/2 Cup	50	65	0.00	6	17.49
000376 *COOKIE,COWBOY	#40 SCOOP	200	159	2.68	118	22.89
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	175	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	25	100	1.50	105	12.00
Weighted Daily Average			848	11.92	1030	105.10
% of Calories				12.65 %		49.6%
Weekly Nutrient Guideline			750 - 850	<10	1280	

Monday - 03/17/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990202 Rice Bowl:Hawaiian Meatballs	4 meatball	200	237	3.42	496	24.14
000258 *VEG,BROCCOLI,STEAMED	1/2 CUP	200	10	0.02	10	1.80
001485 *FRUIT,STRAWBERRIES,FROZ,CUP	EACH (1/2 CUP)	200	80	0.00	1	21.00
000245 *FRUIT,FRESH,ASSORTED	EACH (1/2 c. F)	100	61	0.05	1	15.66
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	175	135	0.00	180	24.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001519 *MILK:WHITE Gossner 1%	Tetra Pak	25	100	1.50	105	12.00
Weighted Daily Average			488	3.65	678	77.27
% of Calories				6.73%		63.3%
Weekly Nutrient Guideline			750 - 850	<10	1280	

Tuesday - 03/18/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001082 *CORN DOG:WH GRN/LW FAT:FFARM	EACH	200	240	2.00	590	33.00
000500 *POTATO,WEDGE	1/2 cup	200	91	0.05	29	20.51
990106 *VEG,CARROT STICKS,FRESH	Cup	200	50	0.04	84	11.69
000245 *FRUIT,FRESH,ASSORTE D	EACH (1/2 c. F)	150	61	0.05	1	15.66
000248 *FRUIT,APRICOTS,CND,L T SYRUP	1/2 Cup	50	79	0.00	5	20.65
001291 *DESSERT,JELLO	1/2 CUP	150	72	0.00	90	17.39
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	175	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	25	100	1.50	105	12.00
Weighted Daily Average			631	2.31	944	117.66
% of Calories				3.29%		74.6%
Weekly Nutrient Guideline			750 - 850	<10	1280	

Planned Menu Spreadsheet

Portion Values

Mar 3, 2025 thru Mar 27, 2025

Wednesday - 03/19/2025 Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990053 *CHILI	1.25 CUP	200	245	3.31	459	24.63
000957 *CHEESE,STICKS,LM PS MOZZ	EACH	200	81	3.04	192	1.01
990185 *FRUIT,APPLESAUCE,CN D,UNSWTND (Chili Day Only)	1 CUP	200	116	0.00	19	29.03
001296 *CINNAMON ROLLS: HS	2oz	200	280	1.70	254	44.99
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	175	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	25	100	1.50	105	12.00
Weighted Daily Average			852	8.24	1095	122.17
% of Calories				8.70%		57.4%
Weekly Nutrient Guideline			750 - 850	<10	1280	

Thursday - 03/20/2025 Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001622 *MOZZ FILLED BREADSTICK:TFS	SERV (2 EACH)	200	279	3.98	537	29.84
001623 *MARINARA SAUCE	SERV (2 OZ)	200	36	0.23	259	5.44
990138 *SALAD:SUPERMAN:THS	1.5 CUP	200	105	0.96	117	8.97

Planned Menu Spreadsheet

Teton School Dist #401

Portion Values

Mar 3, 2025 thru Mar 27, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000240 *VEG,CORN,FRZ,CKD	1/2 CUP	200	60	0.08	2	14.08
990125 *FRUIT,FRESH,ASSORTE D	1 CUP	200	113	0.10	1	28.88
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	175	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	25	100	1.50	105	12.00
Weighted Daily Average			723	5.54	1087	109.72
% of Calories				6.90%		60.7%
Weekly Nutrient Guideline			750 - 850	<10	1280	

Monday - 03/24/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000464 *HAMBURGER W/BUN	serving	200	333	6.11	286	30.00
001371 *VEG,BAKED BEANS	.5 cup	200	157	0.20	318	35.34
990069 *VEG,CORN,FRZ,CKD	1 CUP	200	80	0.11	3	18.78
000245 *FRUIT,FRESH,ASSORTE D	EACH (1/2 c. F)	150	61	0.05	1	15.66
000438 *FRUIT,PEARS,CND,LT SYRUP	1/2 CUP	50	73	0.00	6	19.37
001558 *DESSERT,RICE KRISPY TREAT:SEC	EACH	200	148	0.20	246	32.96
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	175	135	0.00	180	24.00

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Mar 3, 2025 thru Mar 27, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001519 *MILK:WHITE Gossner 1%	Tetra Pak	25	100	1.50	105	12.00
Weighted Daily Average			912	6.83	1026	156.17
% of Calories				6.74%		68.5%
Weekly Nutrient Guideline			750 - 850	<10	1280	

Tuesday - 03/25/2025 Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001326 *LASAGNA W/GRND BEEF : HS	SERVINGS	200	364	5.79	506	31.97
001436 *BREAD,GARLIC:TFS	EACH	200	100	1.00	135	13.00
990050 *VEG,GREEN BEANS,CND,CKD	1/2 Cup	200	10	0.00	92	1.96
000245 *FRUIT,FRESH,ASSORTE D	EACH (1/2 c. F)	150	61	0.05	1	15.66
000437 *FRUIT,PEACHES,CANNE D,LT SYRUP	1/2 Cup	50	65	0.00	6	17.49
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	175	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	25	100	1.50	105	12.00
Weighted Daily Average			667	7.01	905	85.55
% of Calories				9.46%		51.3%
Weekly Nutrient Guideline			750 - 850	<10	1280	

Wednesday - 03/26/2025 Reimbursable Meal Total 200

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Mar 3, 2025 thru Mar 27, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990126 *TERIYAKI CHICKEN:YANGS:SEC	SERV (3.6oz)	200	173	1.51	497	9.03
990178 *Fried Rice:Sec	1 cup	200	347	1.82	311	56.08
990149 *VEG,CALIFORNIA BLEND	CUP	200	50	0.00	50	10.09
000245 *FRUIT,FRESH,ASSORTE D	EACH (1/2 c. F)	150	61	0.05	1	15.66
000092 *FRUIT,PINEAPPLE,CND, LT SYRUP	1/2 Cup	50	66	0.01	1	17.18
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	175	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	25	100	1.50	105	12.00
Weighted Daily Average			764	3.55	1030	113.75
% of Calories				4.18%		59.6%
Weekly Nutrient Guideline			750 - 850	<10	1280	

Thursday - 03/27/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000812 *PIZZA,PEPPERONI:16 in	EACH	200	395	7.48	534	37.39
001632 *SALAD,TOSSED,NO DRESSING:SEC	1.75 CUP (1C V)	200	21	0.03	5	4.20
000245 *FRUIT,FRESH,ASSORTE D	EACH (1/2 c. F)	150	61	0.05	1	15.66

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001105 *FRUIT,MANDARINS	1/2 cup	50	25	0.00	10	4.98
000534 *COOKIE,CHOC CHIP	#40 SCOOP	200	167	3.41	99	20.74
000661 *MILK:ASST-FF FLAVORED: GOSSNER	Tetra Pak	175	135	0.00	180	24.00
001519 *MILK:WHITE Gossner 1%	Tetra Pak	25	100	1.50	105	12.00
Weighted Daily Average			766	11.14	812	97.83
% of Calories				13.09 %		51.1%
Weekly Nutrient Guideline			750 - 850	<10	1280	

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
Weighted Averages		807	7	1101	116.28
% of Calories			7.70%		57.6%

**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.