

Planned Menu Spreadsheet

Portion Values

May 1, 2025 thru Jun 6, 2025

Menu Name:	Teton High School Lunch	Include Cost:	No
Site:	All Sites		
Use Alternate Menu Name:	No		

Thursday - 05/01/2025Reimbursable 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
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	

Monday - 05/05/2025Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990207 Street Taco:Chicken 6-12	2 each	200	412	1.37	1125	45.99

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Portion Values

May 1, 2025 thru Jun 6, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
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
000245 *FRUIT,FRESH,ASSORTED	EACH (1/2 c. F)	100	61	0.05	1	15.66
000248 *FRUIT,APRICOTS,CND,L T SYRUP	1/2 Cup	100	79	0.00	5	20.65
000710 *DESSERT,CHURROS	each	200	150	1.00	60	27.00
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			911	2.93	1766	141.77
% of Calories				2.89%		62.2%
Weekly Nutrient Guideline			750 - 850	<10	1280	

Tuesday - 05/06/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001581 *SANDWICH,HAM	EACH	200	181	1.00	772	22.52
001389 *CHIP ASST.	each	200	118	0.62	171	15.38
990106 *VEG,CARROT STICKS,FRESH	Cup	200	50	0.04	84	11.69
001105 *FRUIT,MANDARINS	1/2 cup	50	25	0.00	10	4.98

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May 1, 2025 thru Jun 6, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000245 *FRUIT,FRESH,ASSORTE D	EACH (1/2 c. F)	150	61	0.05	1	15.66
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			531	1.89	1201	85.07
% of Calories				3.20%		64.1%
Weekly Nutrient Guideline			750 - 850	<10	1280	

Wednesday - 05/07/2025

Reimbursable 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,ASSORTE D	EACH (1/2 c. F)	200	61	0.05	1	15.66
001484 *FRUIT,SIDEKICKS	EACH (1/2 CUP)	150	90	0.00	30	22.00
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			951	6.71	1350	141.43
% of Calories				6.35%		59.5%
Weekly Nutrient Guideline			750 - 850	<10	1280	

Thursday - 05/08/2025

Reimbursable Meal Total 200

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May 1, 2025 thru Jun 6, 2025

	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
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 - 05/12/2025

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,OV EN-HEATED	1/2 CUP	200	122	1.16	307	17.76
990147 *KETCHUP PCS	EACH	200	10	0.00	85	2.00

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May 1, 2025 thru Jun 6, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
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,ASSORTE D	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
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	

Wednesday - 05/14/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000935 *CHICKEN CHUNKS:TYSON70362	SERV (5 EACH)	200	160	1.50	270	10.00
000799 *ROLLS,WH WHEAT	EACH	200	121	0.33	181	20.82
000802 *POTATO,PUFFS,FRZ,OV EN-HEATED	1/2 CUP	200	122	1.16	307	17.76
001371 *VEG,BAKED BEANS	.5 cup	200	157	0.20	318	35.34
990140 *VEG,CARROT/CELERY STICKS,FRSH	CUP	200	43	0.04	93	9.87
990125 *FRUIT,FRESH,ASSORTE D	1 CUP	200	113	0.10	1	28.88

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
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			845	3.52	1342	145.17
% of Calories				3.75%		68.7%
Weekly Nutrient Guideline			750 - 850	<10	1280	

Thursday - 05/15/2025

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,ASSORTED	EACH (1/2 c. F)	100	61	0.05	1	15.66
000437 *FRUIT,PEACHES,CANNED,LT SYRUP	1/2 Cup	100	65	0.00	6	17.49
001220 *DESSERT:BLUEBERRY BUCKLE	2" squares	200	173	2.09	123	26.34
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			863	11.31	1036	109.01
% of Calories				11.79 %		50.5%
Weekly Nutrient Guideline			750 - 850	<10	1280	

Tuesday - 05/20/2025

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,ASSORTED	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	

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Portion Values

May 1, 2025 thru Jun 6, 2025

Wednesday - 05/21/2025

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 - 05/22/2025

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
000240 *VEG,CORN,FRZ,CKD	1/2 CUP	0	60	0.08	2	14.08

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990138 *SALAD:SUPERMAN:THS	1.5 CUP	200	105	0.96	117	8.97
990125 *FRUIT,FRESH,ASSORTED	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			663	5.45	1085	95.63
% of Calories				7.40%		57.7%
Weekly Nutrient Guideline			750 - 850	<10	1280	

Tuesday - 05/27/2025

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
000802 *POTATO,PUFFS,FRZ,OVEN-HEATED	1/2 CUP	200	122	1.16	307	17.76
000245 *FRUIT,FRESH,ASSORTED	EACH (1/2 c. F)	150	61	0.05	1	15.66
000437 *FRUIT,PEACHES,CANNED,LT SYRUP	1/2 Cup	50	65	0.00	6	17.49
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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	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			952	7.89	1330	154.68
% of Calories				7.46%		65.0%
Weekly Nutrient Guideline			750 - 850	<10	1280	

Wednesday - 05/28/2025

Reimbursable Meal Total 200

	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,ASSORTED	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	

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Portion Values

May 1, 2025 thru Jun 6, 2025

Thursday - 05/29/2025		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
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	

Monday - 06/02/2025		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,OV EN-HEATED	1/2 CUP	200	122	1.16	307	17.76
990147 *KETCHUP PCS	EACH	200	10	0.00	85	2.00

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Portion Values

May 1, 2025 thru Jun 6, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000022 *VEG,CARROT STICKS,FRESH	1/2 Cup	200	25	0.02	42	5.84
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
001519 *MILK:WHITE Gossner 1%	Tetra Pak	25	100	1.50	105	12.00
Weighted Daily Average			736	3.89	1247	106.78
% of Calories				4.76%		58.0%
Weekly Nutrient Guideline			750 - 850	<10	1280	

Thursday - 06/05/2025

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001581 *SANDWICH,HAM	EACH	200	181	1.00	772	22.52
001389 *CHIP ASST.	each	200	118	0.62	171	15.38
990106 *VEG,CARROT STICKS,FRESH	Cup	200	50	0.04	84	11.69
000437 *FRUIT,PEACHES,CANNE D,LT SYRUP	1/2 Cup	100	65	0.00	6	17.49
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			542	1.88	1201	88.66
% of Calories				3.12%		65.4%
Weekly Nutrient Guideline			750 - 850	<10	1280	

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
Weighted Averages		774	6	1176	114.90
% of Calories			6.91%		59.4%

**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.