

**ISD 518**

**Apr 29, 2019 thru May 31, 2019**

Base Menu Spreadsheet

Sr High Lunch

Weighted Values - Detailed

|                         | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|-------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| <b>Mon - 04/29/2019</b> |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Sr High Lunch           | Total        | 1         |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Pizza (Smart) Cheese    | 4x6          | 1         | 290         | 15          | 540       | 4.00      | 2.70      | 300.0      | 500        | 0.0        | 15         | 15.0      | 34.0     | 11.0      | 4.00      | 0.00                    |
| Fish Sandwich           | Sandwich     | 1         | 380         | 50          | 560       | 3.60      | 2.52      | 200.0      | 0          | 3.6        | 4          | 20.0      | 44.0     | 15.0      | 2.00      | 0.00                    |
| Chef Salad              | each         | 1         | 204         | 28          | 707       | 4.00      | 2.47      | 1575.0     | 8390       | 22.8       | 6          | 15.85     | 19.29    | 7.6       | 3.77      | 0.00                    |
| Veggie Sticks           | 1/4 Cup      | 1         | 5           | 0           | 9         | 0.33      | 0.04      | 4.6        | 1529       | 1.48       | 1          | 0.14      | 1.05     | 0.03      | 0.01      | *0.00                   |
| Carrots, Frozen         | 1/2 cup      | 1         | 27          | 24          | 43        | 2.00      | 0.00      | 0.0        | 0          | 0.0        | 3          | 0.0       | 6.0      | 1.0       | 0.00      | 0.00                    |
| Pineapple               | 1/2 cup      | 1         | 70          | 0           | 10        | 1.00      | 0.36      | 20.0       | 0          | 12.0       | 14         | 1.0       | 17.0     | 0.0       | 0.00      | 0.00                    |
| Apple                   | 1 APPLE      | 1         | 77          | 0           | 1         | 3.58      | 0.18      | 8.9        | 80         | 6.85       | 15         | 0.39      | 20.58    | 0.25      | 0.04      | *N/A*                   |
| Milk, ISD 518           | Half Pints   | 1         | 114         | 6           | 161       | 0.00      | 0.00      | 250.0      | 750        | 0.0        | 16         | 8.0       | 17.41    | 0.67      | 0.40      | 0.00                    |
| Weighted Daily Average  |              |           | 1167        | 123         | 2032      | 18.51     | 8.27      | 2358.5     | 11249      | 46.74      | 74         | 60.38     | 159.32   | 35.55     | 10.22     | *0.00                   |
| % of Calories           |              |           |             |             |           |           |           |            |            |            | 25.2%      | 20.7%     | 54.6%    | 27.4%     | 7.9%      | *0.0%                   |
| Nutrient Guideline      |              |           | 846         |             |           |           | 4.50      | 400.00     | 1500       | 19.18      |            | 16.70     |          | <=30.0    | <10.00    |                         |

|                         |            |   |      |     |      |       |      |        |       |       |        |       |        |        |        |       |
|-------------------------|------------|---|------|-----|------|-------|------|--------|-------|-------|--------|-------|--------|--------|--------|-------|
| <b>Tue - 04/30/2019</b> |            |   |      |     |      |       |      |        |       |       |        |       |        |        |        |       |
| Sr High Lunch           | Total      | 1 |      |     |      |       |      |        |       |       |        |       |        |        |        |       |
| Nachos with Beef        | Servings   | 1 | 537  | 71  | 681  | 2.25  | 1.12 | 184.9  | 233   | 0.59  | *1     | 23.22 | 42.42  | 31.77  | 8.87   | *2.39 |
| Turkey Wrap             | wraps      | 1 | 276  | 44  | 788  | 0.00  | 0.96 | 16.0   | 30    | 5.2   | 1      | 24.0  | 26.0   | 8.0    | 3.00   | 0.00  |
| Chef Salad              | each       | 1 | 204  | 28  | 707  | 4.00  | 2.47 | 1575.0 | 8390  | 22.8  | 6      | 15.85 | 19.29  | 7.6    | 3.77   | 0.00  |
| Veggie Sticks           | 1/4 Cup    | 1 | 5    | 0   | 9    | 0.33  | 0.04 | 4.6    | 1529  | 1.48  | 1      | 0.14  | 1.05   | 0.03   | 0.01   | *0.00 |
| Refried Beans           | 1/2 Cup    | 1 | 140  | 0   | 138  | 9.00  | 1.80 | 42.8   | 0     | 1.2   | 0      | 9.0   | 25.0   | 0.5    | 0.00   | *0.00 |
| Mixed Fruit             | 1/2 Cup    | 1 | 60   | 0   | 5    | 1.00  | 0.00 | 0.0    | 0     | 0.0   | 12     | 0.0   | 15.0   | 0.0    | 0.00   | 0.00  |
| Orange                  | 1/2 cup    | 1 | 45   | 0   | 0    | 2.30  | 0.10 | 38.4   | 216   | 51.07 | 9      | 0.9   | 11.28  | 0.12   | 0.01   | *N/A* |
| Milk, ISD 518           | Half Pints | 1 | 114  | 6   | 161  | 0.00  | 0.00 | 250.0  | 750   | 0.0   | 16     | 8.0   | 17.41  | 0.67   | 0.40   | 0.00  |
| Weighted Daily Average  |            |   | 1381 | 149 | 2489 | 18.89 | 6.49 | 2111.7 | 11148 | 82.34 | *45    | 81.11 | 157.45 | 48.69  | 16.06  | *2.39 |
| % of Calories           |            |   |      |     |      |       |      |        |       |       | *13.1% | 23.5% | 45.6%  | 31.7%  | 10.5%  | *1.6% |
| Nutrient Guideline      |            |   | 846  |     |      |       | 4.50 | 400.00 | 1500  | 19.18 |        | 16.70 |        | <=30.0 | <10.00 |       |

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the NUTRIKIDS® 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.**

**ISD 518**

**Apr 29, 2019 thru May 31, 2019**

Base Menu Spreadsheet

Sr High Lunch

Weighted Values - Detailed

|                               | Portion Size        | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|-------------------------------|---------------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 05/01/2019              |                     |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Sr High Lunch                 | Total               | 1         |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Chicken Strips                | 3 Strips            | 1         | 220         | 35          | 370       | 2.00      | 1.80      | 20.0       | 0          | 0.0        | 1          | 16.0      | 11.0     | 13.0      | 3.00      | 0.00                    |
| Pork Pattie                   | Pattie              | 1         | 145         | 45          | 384       | 0.89      | 1.10      | 30.6       | 159        | 2.01       | 0          | 11.67     | 7.1      | 8.75      | 3.02      | 0.00                    |
| Chef Salad                    | each                | 1         | 204         | 28          | 707       | 4.00      | 2.47      | 1575.0     | 8390       | 22.8       | 6          | 15.85     | 19.29    | 7.6       | 3.77      | 0.00                    |
| Veggie Sticks                 | 1/4 Cup             | 1         | 5           | 0           | 9         | 0.33      | 0.04      | 4.6        | 1529       | 1.48       | 1          | 0.14      | 1.05     | 0.03      | 0.01      | *0.00                   |
| Mashed Potatoes/Country Gravy | 1/2 CUP/<br>1/4 CUP | 1         | 152         | *0          | 383       | *1.17     | *0.44     | *27.2      | *0         | *35.07     | *1         | *2.34     | *24.83   | 5.37      | 1.72      | 0.73                    |
| Pears Diced                   | 1/2 cup             | 1         | 60          | 0           | 5         | 2.00      | 0.36      | 0.0        | 0          | 0.0        | 12         | 0.0       | 16.0     | 0.0       | 0.00      | 0.00                    |
| Kiwi                          | 1/2 cup             | 1         | 69          | *N/A*       | *N/A*     | 3.20      | 0.35      | 38.4       | 96         | *N/A*      | *N/A*      | 1.28      | 16.66    | 0.64      | *N/A*     | *N/A*                   |
| Dinner Roll                   | 1 Roll              | 1         | 110         | 0           | 135       | 2.00      | 1.08      | 80.0       | 0          | 0.0        | 3          | 4.0       | 20.0     | 1.5       | 0.00      | 0.00                    |
| Milk, ISD 518                 | Half Pints          | 1         | 114         | 6           | 161       | 0.00      | 0.00      | 250.0      | 750        | 0.0        | 16         | 8.0       | 17.41    | 0.67      | 0.40      | 0.00                    |
| Weighted Daily Average        |                     |           | 1079        | *114        | *2154     | *15.59    | *7.64     | *2025.8    | *10924     | *61.36     | *39        | *59.28    | *133.34  | 37.56     | *11.92    | *0.73                   |
| % of Calories                 |                     |           |             |             |           |           |           |            |            |            | *14.6%     | *22.0%    | *49.4%   | 31.3%     | *9.9%     | *0.6%                   |
| Nutrient Guideline            |                     |           | 846         |             |           |           | 4.50      | 400.00     | 1500       | 19.18      |            | 16.70     |          | <=30.0    | <10.00    |                         |

|                        | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 05/02/2019       |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Sr High Lunch          | Total        | 1         |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Corn Dog:turkey        | each         | 1         | 250         | 25          | 760       | 3.00      | 1.80      | 60.0       | 0          | 15.0       | 10         | 11.0      | 30.0     | 10.0      | 2.00      | 0.00                    |
| Chicken Alfredo        | 1 cup        | 1         | 227         | 43          | 518       | 1.11      | 1.46      | 11.6       | 0          | 0.06       | *1         | 16.19     | 28.97    | 4.63      | 1.73      | *0.00                   |
| Chef Salad             | each         | 1         | 204         | 28          | 707       | 4.00      | 2.47      | 1575.0     | 8390       | 22.8       | 6          | 15.85     | 19.29    | 7.6       | 3.77      | 0.00                    |
| Veggie Sticks          | 1/4 Cup      | 1         | 5           | 0           | 9         | 0.33      | 0.04      | 4.6        | 1529       | 1.48       | 1          | 0.14      | 1.05     | 0.03      | 0.01      | *0.00                   |
| Broccoli, Frozen       | 1/2 Cup      | 1         | 26          | 0           | 22        | 3.00      | 0.00      | 0.0        | 0          | 0.0        | 1          | 3.0       | 5.0      | 0.0       | 0.00      | 0.00                    |
| Applesauce             | 1/2 cup      | 1         | 51          | 0           | 2         | 1.00      | 0.00      | 0.0        | 0          | 0.0        | 11         | 0.0       | 14.0     | 0.0       | 0.00      | 0.00                    |
| BANANAS                | EACH         | 1         | 90          | 0           | 1         | 2.63      | 0.26      | 5.1        | 65         | 8.79       | 12         | 1.1       | 23.07    | 0.33      | 0.11      | 0.00                    |
| Milk, ISD 518          | Half Pints   | 1         | 114         | 6           | 161       | 0.00      | 0.00      | 250.0      | 750        | 0.0        | 16         | 8.0       | 17.41    | 0.67      | 0.40      | 0.00                    |
| Weighted Daily Average |              |           | 966         | 103         | 2180      | 15.07     | 6.04      | 1906.3     | 10734      | 48.13      | *58        | 55.28     | 138.78   | 23.26     | 8.02      | *0.00                   |
| % of Calories          |              |           |             |             |           |           |           |            |            |            | *23.8%     | 22.9%     | 57.5%    | 21.7%     | 7.5%      | *0.0%                   |
| Nutrient Guideline     |              |           | 846         |             |           |           | 4.50      | 400.00     | 1500       | 19.18      |            | 16.70     |          | <=30.0    | <10.00    |                         |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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Sr High Lunch

Weighted Values - Detailed

|                        | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 05/03/2019       |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Sr High Lunch          | Total        | 1         |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Popcorn Chicken        | 12 piece     | 1         | 251         | 22          | 371       | 2.28      | 0.00      | 0.0        | 0          | 0.0        | 1          | 15.36     | 15.36    | 14.28     | 2.76      | 0.00                    |
| Egg Salad Sandwich     | 1/2 cup      | 1         | 391         | 457         | 603       | 2.51      | 3.32      | 94.2       | 833        | 0.0        | *7         | 18.46     | 31.98    | 20.75     | 8.10      | *0.00                   |
| Chef Salad             | each         | 1         | 204         | 28          | 707       | 4.00      | 2.47      | 1575.0     | 8390       | 22.8       | 6          | 15.85     | 19.29    | 7.6       | 3.77      | 0.00                    |
| Veggie Sticks          | 1/4 Cup      | 1         | 5           | 0           | 9         | 0.33      | 0.04      | 4.6        | 1529       | 1.48       | 1          | 0.14      | 1.05     | 0.03      | 0.01      | *0.00                   |
| Peas, Frozen, Green    | 1/2 cup      | 1         | 62          | 0           | 58        | 4.40      | 22.68     | 190.0      | 1680       | 7.9        | 4          | 4.12      | 11.41    | 0.22      | 0.04      | 0.00                    |
| Mandarin Oranges       | 1/2 cup      | 1         | 80          | 0           | 20        | 1.00      | 0.36      | 20.0       | 300        | 21.0       | *N/A*      | 0.99      | 20.01    | 0.0       | 0.00      | *N/A*                   |
| Grapes                 | 1/2 CUP      | 1         | 31          | 0           | 1         | 0.41      | 0.13      | 6.4        | 46         | 1.84       | 7          | 0.29      | 7.89     | 0.16      | 0.05      | 0.00                    |
| Jelly Sandwich         | each         | 1         | 97          | 0           | 110       | 2.00      | 0.72      | 150.0      | 0          | 0.0        | *2         | 3.0       | 20.0     | 1.0       | 0.00      | *0.00                   |
| Milk, ISD 518          | Half Pints   | 1         | 114         | 6           | 161       | 0.00      | 0.00      | 250.0      | 750        | 0.0        | 16         | 8.0       | 17.41    | 0.67      | 0.40      | 0.00                    |
| Weighted Daily Average |              |           | 1234        | 513         | 2041      | 16.94     | 29.73     | 2290.2     | 13528      | 55.02      | *43        | 66.21     | 144.39   | 44.71     | 15.13     | *0.00                   |
| % of Calories          |              |           |             |             |           |           |           |            |            |            | *13.9%     | 21.5%     | 46.8%    | 32.6%     | 11.0%     | *0.0%                   |
| Nutrient Guideline     |              |           | 846         |             |           |           | 4.50      | 400.00     | 1500       | 19.18      |            | 16.70     |          | <=30.0    | <10.00    |                         |

|                        |            |   |      |     |      |       |      |        |       |       |        |       |        |        |        |       |
|------------------------|------------|---|------|-----|------|-------|------|--------|-------|-------|--------|-------|--------|--------|--------|-------|
| Mon - 05/06/2019       |            |   |      |     |      |       |      |        |       |       |        |       |        |        |        |       |
| Sr High Lunch          | Total      | 1 |      |     |      |       |      |        |       |       |        |       |        |        |        |       |
| Chili Crisпитos        | Serving    | 1 | 360  | 45  | 540  | 3.00  | 1.80 | 40.0   | 1050  | 0.0   | 1      | 19.0  | 23.0   | 21.0   | 3.00   | 0.00  |
| Sub Sandwich           | Sandwich   | 1 | 435  | 75  | 1523 | 4.00  | 3.78 | 360.0  | 150   | 1.8   | 7      | 23.96 | 46.99  | 18.47  | 5.73   | 0.00  |
| Chef Salad             | each       | 1 | 204  | 28  | 707  | 4.00  | 2.47 | 1575.0 | 8390  | 22.8  | 6      | 15.85 | 19.29  | 7.6    | 3.77   | 0.00  |
| Veggie Sticks          | 1/4 Cup    | 1 | 5    | 0   | 9    | 0.33  | 0.04 | 4.6    | 1529  | 1.48  | 1      | 0.14  | 1.05   | 0.03   | 0.01   | *0.00 |
| Carrots, Frozen        | 1/2 cup    | 1 | 27   | 24  | 43   | 2.00  | 0.00 | 0.0    | 0     | 0.0   | 3      | 0.0   | 6.0    | 1.0    | 0.00   | 0.00  |
| Applesauce             | 1/2 cup    | 1 | 51   | 0   | 2    | 1.00  | 0.00 | 0.0    | 0     | 0.0   | 11     | 0.0   | 14.0   | 0.0    | 0.00   | 0.00  |
| Orange                 | 1/2 cup    | 1 | 45   | 0   | 0    | 2.30  | 0.10 | 38.4   | 216   | 51.07 | 9      | 0.9   | 11.28  | 0.12   | 0.01   | *N/A* |
| Jelly Sandwich         | each       | 1 | 97   | 0   | 110  | 2.00  | 0.72 | 150.0  | 0     | 0.0   | *2     | 3.0   | 20.0   | 1.0    | 0.00   | *0.00 |
| Milk, ISD 518          | Half Pints | 1 | 114  | 6   | 161  | 0.00  | 0.00 | 250.0  | 750   | 0.0   | 16     | 8.0   | 17.41  | 0.67   | 0.40   | 0.00  |
| Weighted Daily Average |            |   | 1337 | 178 | 3096 | 18.64 | 8.91 | 2418.0 | 12085 | 77.15 | *55    | 70.85 | 159.01 | 49.88  | 12.93  | *0.00 |
| % of Calories          |            |   |      |     |      |       |      |        |       |       | *16.5% | 21.2% | 47.6%  | 33.6%  | 8.7%   | *0.0% |
| Nutrient Guideline     |            |   | 846  |     |      |       | 4.50 | 400.00 | 1500  | 19.18 |        | 16.70 |        | <=30.0 | <10.00 |       |

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

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Base Menu Spreadsheet

Sr High Lunch

Weighted Values - Detailed

|                         | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|-------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 05/07/2019        |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Sr High Lunch           | Total        | 1         |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Chicken Nuggets - Tyson | 5 pieces     | 1         | 225         | 44          | 475       | 1.25      | 1.80      | 30.0       | 150        | 0.0        | 0          | 16.25     | 12.5     | 12.5      | 2.50      | 0.00                    |
| Pizza Burger            | Serving      | 1         | 210         | 34          | 554       | 2.10      | 1.35      | 253.9      | 216        | 1.44       | *4         | 15.65     | 12.79    | 10.69     | 4.97      | *0.00                   |
| Chef Salad              | each         | 1         | 204         | 28          | 707       | 4.00      | 2.47      | 1575.0     | 8390       | 22.8       | 6          | 15.85     | 19.29    | 7.6       | 3.77      | 0.00                    |
| Veggie Sticks           | 1/4 Cup      | 1         | 5           | 0           | 9         | 0.33      | 0.04      | 4.6        | 1529       | 1.48       | 1          | 0.14      | 1.05     | 0.03      | 0.01      | *0.00                   |
| Baked Beans             | 1/2 cup      | 1         | 140         | 0           | 370       | 6.00      | 1.80      | 40.0       | 0          | 0.0        | 12         | 5.0       | 30.0     | 0.5       | 0.00      | 0.00                    |
| Pears Diced             | 1/2 cup      | 1         | 60          | 0           | 5         | 2.00      | 0.36      | 0.0        | 0          | 0.0        | 12         | 0.0       | 16.0     | 0.0       | 0.00      | 0.00                    |
| Apple                   | 1 APPLE      | 1         | 77          | 0           | 1         | 3.58      | 0.18      | 8.9        | 80         | 6.85       | 15         | 0.39      | 20.58    | 0.25      | 0.04      | *N/A*                   |
| Bread & Butter          | Sandwiche    | 1         | 161         | *0          | 216       | *2.00     | *0.72     | *150.0     | *0         | *0.0       | *2         | *3.0      | *11.0    | 12.14     | 2.53      | 2.53                    |
| Milk, ISD 518           | Half Pints   | 1         | 114         | 6           | 161       | 0.00      | 0.00      | 250.0      | 750        | 0.0        | 16         | 8.0       | 17.41    | 0.67      | 0.40      | 0.00                    |
| Weighted Daily Average  |              |           | 1196        | *112        | 2499      | *21.26    | *8.73     | *2312.4    | *11115     | *32.58     | *68        | *64.28    | *140.62  | 44.38     | 14.23     | *2.53                   |
| % of Calories           |              |           |             |             |           |           |           |            |            |            | *22.6%     | *21.5%    | *47.0%   | 33.4%     | 10.7%     | *1.9%                   |
| Nutrient Guideline      |              |           | 846         |             |           |           | 4.50      | 400.00     | 1500       | 19.18      |            | 16.70     |          | <=30.0    | <10.00    |                         |

|                          |            |   |      |    |      |       |      |        |       |        |       |       |        |        |        |       |
|--------------------------|------------|---|------|----|------|-------|------|--------|-------|--------|-------|-------|--------|--------|--------|-------|
| Wed - 05/08/2019         |            |   |      |    |      |       |      |        |       |        |       |       |        |        |        |       |
| Sr High Lunch            | Total      | 1 |      |    |      |       |      |        |       |        |       |       |        |        |        |       |
| Crunchy Chicken Wrap     | Serving    | 1 | 336  | 31 | 605  | 1.33  | 1.20 | 13.3   | 0     | 0.0    | 2     | 18.63 | 31.32  | 14.64  | 4.98   | 0.00  |
| BBQ Chicken Pizza        | SLICES     | 1 | 319  | 30 | 558  | 4.64  | 2.29 | 276.6  | 186   | 2.66   | 6     | 23.03 | 39.04  | 7.03   | 3.56   | 0.00  |
| Chef Salad               | each       | 1 | 204  | 28 | 707  | 4.00  | 2.47 | 1575.0 | 8390  | 22.8   | 6     | 15.85 | 19.29  | 7.6    | 3.77   | 0.00  |
| Veggie Sticks            | 1/4 Cup    | 1 | 5    | 0  | 9    | 0.33  | 0.04 | 4.6    | 1529  | 1.48   | 1     | 0.14  | 1.05   | 0.03   | 0.01   | *0.00 |
| BROCCOLI: frozen, boiled | CUP        | 1 | 52   | 0  | 20   | 5.52  | 1.12 | 60.7   | 1860  | 73.78  | 3     | 5.7   | 9.84   | 0.22   | 0.02   | 0.00  |
| Peaches, Diced           | 1/2 Cup    | 1 | 60   | 0  | 10   | 0.00  | 0.00 | 0.0    | 300   | 1.2    | 11    | 0.0   | 14.0   | 0.0    | 0.00   | 0.00  |
| Pineapple                | 1/2 cup    | 1 | 70   | 0  | 10   | 1.00  | 0.36 | 20.0   | 0     | 12.0   | 14    | 1.0   | 17.0   | 0.0    | 0.00   | 0.00  |
| Milk, ISD 518            | Half Pints | 1 | 114  | 6  | 161  | 0.00  | 0.00 | 250.0  | 750   | 0.0    | 16    | 8.0   | 17.41  | 0.67   | 0.40   | 0.00  |
| Weighted Daily Average   |            |   | 1159 | 95 | 2080 | 16.82 | 7.49 | 2200.2 | 13015 | 113.93 | 57    | 72.36 | 148.95 | 30.19  | 12.74  | *0.00 |
| % of Calories            |            |   |      |    |      |       |      |        |       |        | 19.7% | 25.0% | 51.4%  | 23.4%  | 9.9%   | *0.0% |
| Nutrient Guideline       |            |   | 846  |    |      |       | 4.50 | 400.00 | 1500  | 19.18  |       | 16.70 |        | <=30.0 | <10.00 |       |

\*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  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**ISD 518**

**Apr 29, 2019 thru May 31, 2019**

Base Menu Spreadsheet

Sr High Lunch

Weighted Values - Detailed

|                               | Portion Size        | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|-------------------------------|---------------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 05/09/2019              |                     |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Sr High Lunch                 | Total               | 1         |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| COUNTRY FRIED STEAK           | SERVINGS            | 1         | 192         | 54          | 380       | 0.36      | 1.73      | 12.3       | 58         | 0.92       | *0         | 14.5      | 6.91     | 11.38     | 4.88      | *0.00                   |
| Hot Hawaiian Sandwich         | Sandwich            | 1         | 310         | 68          | 724       | 3.11      | 2.65      | 122.0      | 105        | 2.55       | 2          | 23.31     | 33.48    | 10.14     | 3.50      | 0.00                    |
| Chef Salad                    | each                | 1         | 204         | 28          | 707       | 4.00      | 2.47      | 1575.0     | 8390       | 22.8       | 6          | 15.85     | 19.29    | 7.6       | 3.77      | 0.00                    |
| Veggie Sticks                 | 1/4 Cup             | 1         | 5           | 0           | 9         | 0.33      | 0.04      | 4.6        | 1529       | 1.48       | 1          | 0.14      | 1.05     | 0.03      | 0.01      | *0.00                   |
| Mashed Potatoes/Country Gravy | 1/2 CUP/<br>1/4 CUP | 1         | 152         | *0          | 383       | *1.17     | *0.44     | *27.2      | *0         | *35.07     | *1         | *2.34     | *24.83   | 5.37      | 1.72      | 0.73                    |
| Mixed Fruit                   | 1/2 Cup             | 1         | 60          | 0           | 5         | 1.00      | 0.00      | 0.0        | 0          | 0.0        | 12         | 0.0       | 15.0     | 0.0       | 0.00      | 0.00                    |
| Banana                        | 1/2 cup             | 1         | 72          | *N/A*       | 1         | 2.00      | 0.18      | *N/A*      | 50         | 7.2        | *N/A*      | 1.0       | 19.0     | *N/A*     | *N/A*     | *N/A*                   |
| Dinner Roll                   | Roll                | 1         | 110         | 0           | 135       | 2.00      | 1.08      | 80.0       | 0          | 0.0        | 3          | 4.0       | 20.0     | 1.5       | 0.00      | 0.00                    |
| Milk, ISD 518                 | Half Pints          | 1         | 114         | 6           | 161       | 0.00      | 0.00      | 250.0      | 750        | 0.0        | 16         | 8.0       | 17.41    | 0.67      | 0.40      | 0.00                    |
| Weighted Daily Average        |                     |           | 1218        | *156        | 2506      | *13.97    | *8.60     | *2071.1    | *10882     | *70.02     | *41        | *69.14    | *156.97  | *36.68    | *14.29    | *0.73                   |
| % of Calories                 |                     |           |             |             |           |           |           |            |            |            | *13.4%     | *22.7%    | *51.5%   | *27.1%    | *10.6%    | *0.5%                   |
| Nutrient Guideline            |                     |           | 846         |             |           |           | 4.50      | 400.00     | 1500       | 19.18      |            | 16.70     |          | <=30.0    | <10.00    |                         |

|                        | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 05/10/2019       |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Sr High Lunch          | Total        | 1         |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Max Cheese Stick       | Servings     | 1         | 316         | 10          | 876       | 4.64      | 2.39      | 306.5      | 361        | 4.84       | 8          | 14.65     | 36.9     | 12.48     | 4.00      | 0.00                    |
| Mr. Rib - Prairie      | Sandwiche    | 1         | 285         | 26          | 730       | 4.00      | 1.98      | 460.0      | 122        | 1.2        | 10         | 17.0      | 38.0     | 8.0       | 2.00      | 0.00                    |
| Chef Salad             | each         | 1         | 204         | 28          | 707       | 4.00      | 2.47      | 1575.0     | 8390       | 22.8       | 6          | 15.85     | 19.29    | 7.6       | 3.77      | 0.00                    |
| Veggie Sticks          | 1/4 Cup      | 1         | 5           | 0           | 9         | 0.33      | 0.04      | 4.6        | 1529       | 1.48       | 1          | 0.14      | 1.05     | 0.03      | 0.01      | *0.00                   |
| Green Beans, Frozen    | 1/2 Cup      | 1         | 19          | 0           | 1         | 2.00      | 0.00      | 0.0        | 0          | 0.0        | 1          | 1.0       | 4.0      | 0.0       | 0.00      | 0.00                    |
| Mandarin Oranges       | 1/2 cup      | 1         | 80          | 0           | 20        | 1.00      | 0.36      | 20.0       | 300        | 21.0       | *N/A*      | 0.99      | 20.01    | 0.0       | 0.00      | *N/A*                   |
| Grapes                 | 1/2 CUP      | 1         | 31          | 0           | 1         | 0.41      | 0.13      | 6.4        | 46         | 1.84       | 7          | 0.29      | 7.89     | 0.16      | 0.05      | 0.00                    |
| Bread & Butter         | Sandwiche    | 1         | 161         | *0          | 216       | *2.00     | *0.72     | *150.0     | *0         | *0.0       | *2         | *3.0      | *11.0    | 12.14     | 2.53      | 2.53                    |
| Milk, ISD 518          | Half Pints   | 1         | 114         | 6           | 161       | 0.00      | 0.00      | 250.0      | 750        | 0.0        | 16         | 8.0       | 17.41    | 0.67      | 0.40      | 0.00                    |
| Weighted Daily Average |              |           | 1215        | *70         | 2721      | *18.39    | *8.10     | *2772.5    | *11498     | *53.16     | *50        | *60.92    | *155.55  | 41.08     | 12.76     | *2.53                   |
| % of Calories          |              |           |             |             |           |           |           |            |            |            | *16.4%     | *20.1%    | *51.2%   | 30.4%     | 9.5%      | *1.9%                   |
| Nutrient Guideline     |              |           | 846         |             |           |           | 4.50      | 400.00     | 1500       | 19.18      |            | 16.70     |          | <=30.0    | <10.00    |                         |

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

**ISD 518**

**Apr 29, 2019 thru May 31, 2019**

Base Menu Spreadsheet

Sr High Lunch

Weighted Values - Detailed

|                        | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 05/13/2019       |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Sr High Lunch          | Total        | 1         |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Hamburger on a Bun     | Sandwich     | 1         | 300         | 30          | 540       | 4.00      | 3.60      | 220.0      | 100        | 1.2        | 4          | 19.0      | 33.0     | 11.0      | 3.50      | 0.00                    |
| Hot Turkey Sandwich    | Sandwich     | 1         | 301         | 49          | 833       | 3.00      | 2.76      | 291.0      | 180        | 5.2        | 5          | 24.5      | 34.0     | 8.5       | 2.50      | 0.00                    |
| Chef Salad             | each         | 1         | 204         | 28          | 707       | 4.00      | 2.47      | 1575.0     | 8390       | 22.8       | 6          | 15.85     | 19.29    | 7.6       | 3.77      | 0.00                    |
| Veggie Sticks          | 1/4 Cup      | 1         | 5           | 0           | 9         | 0.33      | 0.04      | 4.6        | 1529       | 1.48       | 1          | 0.14      | 1.05     | 0.03      | 0.01      | *0.00                   |
| Carrots, Frozen        | 1/2 cup      | 1         | 27          | 24          | 43        | 2.00      | 0.00      | 0.0        | 0          | 0.0        | 3          | 0.0       | 6.0      | 1.0       | 0.00      | 0.00                    |
| Mixed Fruit            | 1/2 Cup      | 1         | 60          | 0           | 5         | 1.00      | 0.00      | 0.0        | 0          | 0.0        | 12         | 0.0       | 15.0     | 0.0       | 0.00      | 0.00                    |
| Apple                  | 1 APPLE      | 1         | 77          | 0           | 1         | 3.58      | 0.18      | 8.9        | 80         | 6.85       | 15         | 0.39      | 20.58    | 0.25      | 0.04      | *N/A*                   |
| Milk, ISD 518          | Half Pints   | 1         | 114         | 6           | 161       | 0.00      | 0.00      | 250.0      | 750        | 0.0        | 16         | 8.0       | 17.41    | 0.67      | 0.40      | 0.00                    |
| Weighted Daily Average |              |           | 1088        | 137         | 2300      | 17.91     | 9.06      | 2349.5     | 11029      | 37.54      | 61         | 67.88     | 146.32   | 29.05     | 10.22     | *0.00                   |
| % of Calories          |              |           |             |             |           |           |           |            |            |            | 22.5%      | 25.0%     | 53.8%    | 24.0%     | 8.5%      | *0.0%                   |
| Nutrient Guideline     |              |           | 846         |             |           |           | 4.50      | 400.00     | 1500       | 19.18      |            | 16.70     |          | <=30.0    | <10.00    |                         |

|                          | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 05/14/2019         |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Sr High Lunch            | Total        | 1         |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Walking Taco             | Servings     | 1         | 370         | 53          | 573       | 2.23      | 2.23      | 78.7       | 242        | 0.59       | *2         | 18.0      | 28.57    | 22.35     | 5.15      | *0.00                   |
| Italian Chicken Sandwich | Sandwich     | 1         | 495         | 60          | 1047      | 4.46      | 3.84      | 431.8      | 228        | 3.46       | *5         | 32.25     | 46.97    | 20.41     | 5.45      | *0.00                   |
| Chef Salad               | each         | 1         | 204         | 28          | 707       | 4.00      | 2.47      | 1575.0     | 8390       | 22.8       | 6          | 15.85     | 19.29    | 7.6       | 3.77      | 0.00                    |
| Veggie Sticks            | 1/4 Cup      | 1         | 5           | 0           | 9         | 0.33      | 0.04      | 4.6        | 1529       | 1.48       | 1          | 0.14      | 1.05     | 0.03      | 0.01      | *0.00                   |
| Refried Beans            | 1/2 Cup      | 1         | 140         | 0           | 138       | 9.00      | 1.80      | 42.8       | 0          | 1.2        | 0          | 9.0       | 25.0     | 0.5       | 0.00      | *0.00                   |
| Peaches, Diced           | 1/2 Cup      | 1         | 60          | 0           | 10        | 0.00      | 0.00      | 0.0        | 300        | 1.2        | 11         | 0.0       | 14.0     | 0.0       | 0.00      | 0.00                    |
| Orange                   | 1/2 cup      | 1         | 45          | 0           | 0         | 2.30      | 0.10      | 38.4       | 216        | 51.07      | 9          | 0.9       | 11.28    | 0.12      | 0.01      | *N/A*                   |
| Bread & Butter           | Sandwich     | 1         | 161         | *0          | 216       | *2.00     | *0.72     | *150.0     | *0         | *0.0       | *2         | *3.0      | *11.0    | 12.14     | 2.53      | 2.53                    |
| Milk, ISD 518            | Half Pints   | 1         | 114         | 6           | 161       | 0.00      | 0.00      | 250.0      | 750        | 0.0        | 16         | 8.0       | 17.41    | 0.67      | 0.40      | 0.00                    |
| Weighted Daily Average   |              |           | 1594        | *147        | 2861      | *24.33    | *11.20    | *2571.4    | *11654     | *81.80     | *51        | *87.15    | *174.57  | 63.81     | 17.32     | *2.53                   |
| % of Calories            |              |           |             |             |           |           |           |            |            |            | *12.9%     | *21.9%    | *43.8%   | 36.0%     | 9.8%      | *1.4%                   |
| Nutrient Guideline       |              |           | 846         |             |           |           | 4.50      | 400.00     | 1500       | 19.18      |            | 16.70     |          | <=30.0    | <10.00    |                         |

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the NUTRIKIDS® 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.**

**ISD 518**

**Apr 29, 2019 thru May 31, 2019**

Base Menu Spreadsheet

Sr High Lunch

Weighted Values - Detailed

Generated on: 4/29/2019 11:27:12 AM

|                           | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|---------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 05/15/2019          |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Sr High Lunch             | Total        | 1         |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Fr. Bread Pepperoni Pizza | Slice        | 1         | 310         | 25          | 670       | 3.00      | 2.70      | 250.0      | 500        | 4.8        | 4          | 17.0      | 33.0     | 12.0      | 5.00      | 0.00                    |
| Club Sandwich             | Sandwich     | 1         | 273         | 43          | 799       | 3.00      | 2.16      | 200.0      | 0          | 0.0        | 5          | 21.52     | 33.49    | 6.74      | 1.99      | 0.00                    |
| Chef Salad                | each         | 1         | 204         | 28          | 707       | 4.00      | 2.47      | 1575.0     | 8390       | 22.8       | 6          | 15.85     | 19.29    | 7.6       | 3.77      | 0.00                    |
| Veggie Sticks             | 1/4 Cup      | 1         | 5           | 0           | 9         | 0.33      | 0.04      | 4.6        | 1529       | 1.48       | 1          | 0.14      | 1.05     | 0.03      | 0.01      | *0.00                   |
| CORN: frozen, yellow      | 1/2 CUP      | 1         | 67          | 0           | 1         | 1.98      | 0.39      | 2.5        | 164        | 2.89       | 3          | 2.1       | 15.92    | 0.55      | 0.08      | *N/A*                   |
| Mandarin Oranges          | 1/2 cup      | 1         | 80          | 0           | 20        | 1.00      | 0.36      | 20.0       | 300        | 21.0       | *N/A*      | 0.99      | 20.01    | 0.0       | 0.00      | *N/A*                   |
| Kiwi                      | 1/2 cup      | 1         | 69          | *N/A*       | *N/A*     | 3.20      | 0.35      | 38.4       | 96         | *N/A*      | *N/A*      | 1.28      | 16.66    | 0.64      | *N/A*     | *N/A*                   |
| Milk, ISD 518             | Half Pints   | 1         | 114         | 6           | 161       | 0.00      | 0.00      | 250.0      | 750        | 0.0        | 16         | 8.0       | 17.41    | 0.67      | 0.40      | 0.00                    |
| Weighted Daily Average    |              |           | 1121        | *102        | *2368     | 16.51     | 8.48      | 2340.5     | 11729      | *52.97     | *34        | 66.89     | 156.83   | 28.23     | *11.25    | *0.00                   |
| % of Calories             |              |           |             |             |           |           |           |            |            |            | *12.2%     | 23.9%     | 55.9%    | 22.7%     | *9.0%     | *0.0%                   |
| Nutrient Guideline        |              |           | 846         |             |           |           | 4.50      | 400.00     | 1500       | 19.18      |            | 16.70     |          | <=30.0    | <10.00    |                         |

|                           | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|---------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 05/16/2019          |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Sr High Lunch             | Total        | 1         |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Spaghetti/Meat Sauce      | Serving      | 1         | 274         | 46          | 108       | 3.66      | 0.13      | 3.7        | 8          | 0.09       | *4         | 17.05     | 24.37    | 12.64     | 4.05      | *1.78                   |
| Tuna Salad Sandwich - MS  | Sandwich     | 1         | 360         | 68          | 883       | 3.08      | 2.21      | 40.2       | 484        | 0.07       | *9         | 19.53     | 40.59    | 13.34     | 6.00      | *0.00                   |
| Chef Salad                | each         | 1         | 204         | 28          | 707       | 4.00      | 2.47      | 1575.0     | 8390       | 22.8       | 6          | 15.85     | 19.29    | 7.6       | 3.77      | 0.00                    |
| Veggie Sticks             | 1/4 Cup      | 1         | 5           | 0           | 9         | 0.33      | 0.04      | 4.6        | 1529       | 1.48       | 1          | 0.14      | 1.05     | 0.03      | 0.01      | *0.00                   |
| SALAD,TOSSED: no dressing | CUP          | 1         | 26          | 0           | 21        | 1.90      | 0.49      | 24.6       | 3249       | 14.31      | 3          | 1.23      | 5.71     | 0.23      | 0.03      | *0.00                   |
| Pears Diced               | 1/2 cup      | 1         | 60          | 0           | 5         | 2.00      | 0.36      | 0.0        | 0          | 0.0        | 12         | 0.0       | 16.0     | 0.0       | 0.00      | 0.00                    |
| Banana                    | 1/2 cup      | 1         | 72          | *N/A*       | 1         | 2.00      | 0.18      | *N/A*      | 50         | 7.2        | *N/A*      | 1.0       | 19.0     | *N/A*     | *N/A*     | *N/A*                   |
| Bread Stick               | 1 EACH       | 1         | 104         | 0           | 198       | 0.94      | 1.02      | 0.0        | 0          | 0.0        | *N/A*      | 3.76      | 21.65    | 0.47      | 0.00      | *N/A*                   |
| Milk, ISD 518             | Half Pints   | 1         | 114         | 6           | 161       | 0.00      | 0.00      | 250.0      | 750        | 0.0        | 16         | 8.0       | 17.41    | 0.67      | 0.40      | 0.00                    |
| Weighted Daily Average    |              |           | 1218        | *149        | 2093      | 17.91     | 6.91      | *1898.1    | 14460      | 45.95      | *50        | 66.56     | 165.06   | *34.98    | *14.26    | *1.78                   |
| % of Calories             |              |           |             |             |           |           |           |            |            |            | *16.6%     | 21.9%     | 54.2%    | *25.9%    | *10.5%    | *1.3%                   |
| Nutrient Guideline        |              |           | 846         |             |           |           | 4.50      | 400.00     | 1500       | 19.18      |            | 16.70     |          | <=30.0    | <10.00    |                         |

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**ISD 518**

**Apr 29, 2019 thru May 31, 2019**

Base Menu Spreadsheet

Sr High Lunch

Weighted Values - Detailed

|                        | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 05/17/2019       |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Sr High Lunch          | Total        | 1         |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Chicken Tater Bowl     | servings     | 1         | 387         | *37         | 715       | *3.11     | *1.88     | *48.0      | *0         | *30.44     | *2         | *16.72    | *37.87   | 19.35     | 5.25      | *0.61                   |
| Yogurt/String Cheese   | 6 oz         | 1         | 180         | 25          | 250       | 0.00      | 0.36      | 200.0      | 1050       | 0.0        | *0         | 12.0      | 16.0     | 7.0       | 0.00      | 0.00                    |
| Chef Salad             | each         | 1         | 204         | 28          | 707       | 4.00      | 2.47      | 1575.0     | 8390       | 22.8       | 6          | 15.85     | 19.29    | 7.6       | 3.77      | 0.00                    |
| Veggie Sticks          | 1/4 Cup      | 1         | 5           | 0           | 9         | 0.33      | 0.04      | 4.6        | 1529       | 1.48       | 1          | 0.14      | 1.05     | 0.03      | 0.01      | *0.00                   |
| CORN: frozen, yellow   | 1/2 CUP      | 1         | 67          | 0           | 1         | 1.98      | 0.39      | 2.5        | 164        | 2.89       | 3          | 2.1       | 15.92    | 0.55      | 0.08      | *N/A*                   |
| Pineapple              | 1/2 cup      | 1         | 70          | 0           | 10        | 1.00      | 0.36      | 20.0       | 0          | 12.0       | 14         | 1.0       | 17.0     | 0.0       | 0.00      | 0.00                    |
| Grapes                 | 1/2 CUP      | 1         | 31          | 0           | 1         | 0.41      | 0.13      | 6.4        | 46         | 1.84       | 7          | 0.29      | 7.89     | 0.16      | 0.05      | 0.00                    |
| Bread & Butter         | Sandwiche    | 1         | 161         | *0          | 216       | *2.00     | *0.72     | *150.0     | *0         | *0.0       | *2         | *3.0      | *11.0    | 12.14     | 2.53      | 2.53                    |
| Milk, ISD 518          | Half Pints   | 1         | 114         | 6           | 161       | 0.00      | 0.00      | 250.0      | 750        | 0.0        | 16         | 8.0       | 17.41    | 0.67      | 0.40      | 0.00                    |
| Weighted Daily Average |              |           | 1218        | *96         | 2071      | *12.84    | *6.36     | *2256.5    | *11929     | *71.45     | *50        | *59.10    | *143.42  | 47.51     | 12.10     | *3.14                   |
| % of Calories          |              |           |             |             |           |           |           |            |            |            | *16.5%     | *19.4%    | *47.1%   | 35.1%     | 8.9%      | *2.3%                   |
| Nutrient Guideline     |              |           | 846         |             |           |           | 4.50      | 400.00     | 1500       | 19.18      |            | 16.70     |          | <=30.0    | <10.00    |                         |

|                        |            |   |      |      |      |        |       |         |        |        |        |        |         |        |        |       |
|------------------------|------------|---|------|------|------|--------|-------|---------|--------|--------|--------|--------|---------|--------|--------|-------|
| Mon - 05/20/2019       |            |   |      |      |      |        |       |         |        |        |        |        |         |        |        |       |
| Sr High Lunch          | Total      | 1 |      |      |      |        |       |         |        |        |        |        |         |        |        |       |
| Mini Corn Dogs         | serving    | 1 | 255  | 23   | 660  | 1.50   | 1.08  | 0.0     | 0      | 0.0    | 6      | 9.0    | 27.0    | 12.0   | 2.28   | 0.00  |
| Lasagna                | 4 oz       | 1 | 647  | 96   | 763  | 4.39   | 2.04  | 345.0   | 4      | 0.18   | 7      | 45.3   | 52.51   | 28.82  | 14.78  | *1.91 |
| Chef Salad             | each       | 1 | 204  | 28   | 707  | 4.00   | 2.47  | 1575.0  | 8390   | 22.8   | 6      | 15.85  | 19.29   | 7.6    | 3.77   | 0.00  |
| Veggie Sticks          | 1/4 Cup    | 1 | 5    | 0    | 9    | 0.33   | 0.04  | 4.6     | 1529   | 1.48   | 1      | 0.14   | 1.05    | 0.03   | 0.01   | *0.00 |
| Green Beans, Frozen    | 1/2 Cup    | 1 | 19   | 0    | 1    | 2.00   | 0.00  | 0.0     | 0      | 0.0    | 1      | 1.0    | 4.0     | 0.0    | 0.00   | 0.00  |
| Pears Diced            | 1/2 cup    | 1 | 60   | 0    | 5    | 2.00   | 0.36  | 0.0     | 0      | 0.0    | 12     | 0.0    | 16.0    | 0.0    | 0.00   | 0.00  |
| Apple                  | 1 APPLE    | 1 | 77   | 0    | 1    | 3.58   | 0.18  | 8.9     | 80     | 6.85   | 15     | 0.39   | 20.58   | 0.25   | 0.04   | *N/A* |
| Bread & Butter         | Sandwiche  | 1 | 161  | *0   | 216  | *2.00  | *0.72 | *150.0  | *0     | *0.0   | *2     | *3.0   | *11.0   | 12.14  | 2.53   | 2.53  |
| Milk, ISD 518          | Half Pints | 1 | 114  | 6    | 161  | 0.00   | 0.00  | 250.0   | 750    | 0.0    | 16     | 8.0    | 17.41   | 0.67   | 0.40   | 0.00  |
| Weighted Daily Average |            |   | 1542 | *153 | 2525 | *19.80 | *6.90 | *2333.5 | *10753 | *31.32 | *66    | *82.68 | *168.83 | 61.51  | 23.82  | *4.44 |
| % of Calories          |            |   |      |      |      |        |       |         |        |        | *17.1% | *21.4% | *43.8%  | 35.9%  | 13.9%  | *2.6% |
| Nutrient Guideline     |            |   | 846  |      |      |        | 4.50  | 400.00  | 1500   | 19.18  |        | 16.70  |         | <=30.0 | <10.00 |       |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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**ISD 518**

**Apr 29, 2019 thru May 31, 2019**

Base Menu Spreadsheet

Sr High Lunch

Weighted Values - Detailed

|                        | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 05/21/2019       |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Sr High Lunch          | Total        | 1         |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Taco, Soft Shell       | 2 oz         | 1         | 358         | 62          | 495       | 0.23      | 0.23      | 12.4       | 142        | 0.59       | *1         | 21.89     | 25.57    | 17.9      | 6.29      | *2.39                   |
| Chicken Wrap           | Wraps        | 1         | 265         | 61          | 950       | 0.00      | 0.00      | 0.0        | 0          | 0.0        | 1          | 24.67     | 23.99    | 7.49      | 3.74      | 0.00                    |
| Chef Salad             | each         | 1         | 204         | 28          | 707       | 4.00      | 2.47      | 1575.0     | 8390       | 22.8       | 6          | 15.85     | 19.29    | 7.6       | 3.77      | 0.00                    |
| Veggie Sticks          | 1/4 Cup      | 1         | 5           | 0           | 9         | 0.33      | 0.04      | 4.6        | 1529       | 1.48       | 1          | 0.14      | 1.05     | 0.03      | 0.01      | *0.00                   |
| Refried Beans          | 1/2 Cup      | 1         | 140         | 0           | 138       | 9.00      | 1.80      | 42.8       | 0          | 1.2        | 0          | 9.0       | 25.0     | 0.5       | 0.00      | *0.00                   |
| Mixed Fruit            | 1/2 Cup      | 1         | 60          | 0           | 5         | 1.00      | 0.00      | 0.0        | 0          | 0.0        | 12         | 0.0       | 15.0     | 0.0       | 0.00      | 0.00                    |
| Orange                 | 1/2 cup      | 1         | 45          | 0           | 0         | 2.30      | 0.10      | 38.4       | 216        | 51.07      | 9          | 0.9       | 11.28    | 0.12      | 0.01      | *N/A*                   |
| Milk, ISD 518          | Half Pints   | 1         | 114         | 6           | 161       | 0.00      | 0.00      | 250.0      | 750        | 0.0        | 16         | 8.0       | 17.41    | 0.67      | 0.40      | 0.00                    |
| Weighted Daily Average |              |           | 1191        | 157         | 2466      | 16.87     | 4.64      | 1923.2     | 11027      | 77.14      | *45        | 80.45     | 138.59   | 34.30     | 14.22     | *2.39                   |
| % of Calories          |              |           |             |             |           |           |           |            |            |            | *15.2%     | 27.0%     | 46.5%    | 25.9%     | 10.7%     | *1.8%                   |
| Nutrient Guideline     |              |           | 846         |             |           |           | 4.50      | 400.00     | 1500       | 19.18      |            | 16.70     |          | <=30.0    | <10.00    |                         |

|                        |            |   |      |     |      |       |      |        |       |       |       |       |        |        |        |       |
|------------------------|------------|---|------|-----|------|-------|------|--------|-------|-------|-------|-------|--------|--------|--------|-------|
| Wed - 05/22/2019       |            |   |      |     |      |       |      |        |       |       |       |       |        |        |        |       |
| Sr High Lunch          | Total      | 1 |      |     |      |       |      |        |       |       |       |       |        |        |        |       |
| Cheezy Bread           | servings   | 1 | 483  | 60  | 325  | 3.07  | 2.25 | 802.0  | 807   | 0.05  | 3     | 32.06 | 29.29  | 22.11  | 12.49  | *0.00 |
| Meatball Sub. Prairie  | Sandwich   | 1 | 370  | 35  | 614  | 4.75  | 3.60 | 240.0  | 100   | 1.2   | 10    | 20.75 | 42.51  | 14.0   | 4.25   | 0.00  |
| Chef Salad             | each       | 1 | 204  | 28  | 707  | 4.00  | 2.47 | 1575.0 | 8390  | 22.8  | 6     | 15.85 | 19.29  | 7.6    | 3.77   | 0.00  |
| Veggie Sticks          | 1/4 Cup    | 1 | 5    | 0   | 9    | 0.33  | 0.04 | 4.6    | 1529  | 1.48  | 1     | 0.14  | 1.05   | 0.03   | 0.01   | *0.00 |
| Carrots, Frozen        | 1/2 cup    | 1 | 27   | 24  | 43   | 2.00  | 0.00 | 0.0    | 0     | 0.0   | 3     | 0.0   | 6.0    | 1.0    | 0.00   | 0.00  |
| Applesauce             | 1/2 cup    | 1 | 51   | 0   | 2    | 1.00  | 0.00 | 0.0    | 0     | 0.0   | 11    | 0.0   | 14.0   | 0.0    | 0.00   | 0.00  |
| BANANAS                | EACH       | 1 | 90   | 0   | 1    | 2.63  | 0.26 | 5.1    | 65    | 8.79  | 12    | 1.1   | 23.07  | 0.33   | 0.11   | 0.00  |
| Milk, ISD 518          | Half Pints | 1 | 114  | 6   | 161  | 0.00  | 0.00 | 250.0  | 750   | 0.0   | 16    | 8.0   | 17.41  | 0.67   | 0.40   | 0.00  |
| Weighted Daily Average |            |   | 1343 | 153 | 1863 | 17.77 | 8.63 | 2876.6 | 11641 | 34.32 | 61    | 77.90 | 152.61 | 45.75  | 21.04  | *0.00 |
| % of Calories          |            |   |      |     |      |       |      |        |       |       | 18.2% | 23.2% | 45.4%  | 30.6%  | 14.1%  | *0.0% |
| Nutrient Guideline     |            |   | 846  |     |      |       | 4.50 | 400.00 | 1500  | 19.18 |       | 16.70 |        | <=30.0 | <10.00 |       |

\*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  
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**ISD 518**

**Apr 29, 2019 thru May 31, 2019**

Base Menu Spreadsheet

Sr High Lunch

Weighted Values - Detailed

|                              | Portion Size    | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 05/23/2019             |                 |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Sr High Lunch                | Total           | 1         |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Chicken Gravy & Potato       | 1/2 cup/1/2 cup | 1         | 291         | 52          | 506       | 1.22      | 0.96      | 26.6       | 348        | 30.24      | *1         | 18.2      | 23.13    | 13.64     | 4.53      | *0.00                   |
| Yogurt/String Cheese Prairie | Servings        | 1         | 180         | 25          | 255       | 1.00      | 0.00      | 200.0      | 300        | 0.0        | 15         | 10.0      | 19.0     | 7.0       | 0.00      | 0.00                    |
| Chef Salad                   | each            | 1         | 204         | 28          | 707       | 4.00      | 2.47      | 1575.0     | 8390       | 22.8       | 6          | 15.85     | 19.29    | 7.6       | 3.77      | 0.00                    |
| Veggie Sticks                | 1/4 Cup         | 1         | 5           | 0           | 9         | 0.33      | 0.04      | 4.6        | 1529       | 1.48       | 1          | 0.14      | 1.05     | 0.03      | 0.01      | *0.00                   |
| Peas, Frozen, Green          | 1/2 cup         | 1         | 62          | 0           | 58        | 4.40      | 22.68     | 190.0      | 1680       | 7.9        | 4          | 4.12      | 11.41    | 0.22      | 0.04      | 0.00                    |
| Mixed Fruit                  | 1/2 Cup         | 1         | 60          | 0           | 5         | 1.00      | 0.00      | 0.0        | 0          | 0.0        | 12         | 0.0       | 15.0     | 0.0       | 0.00      | 0.00                    |
| Kiwi                         | 1/2 cup         | 1         | 69          | *N/A*       | *N/A*     | 3.20      | 0.35      | 38.4       | 96         | *N/A*      | *N/A*      | 1.28      | 16.66    | 0.64      | *N/A*     | *N/A*                   |
| Dinner Roll                  | Roll            | 1         | 110         | 0           | 135       | 2.00      | 1.08      | 80.0       | 0          | 0.0        | 3          | 4.0       | 20.0     | 1.5       | 0.00      | 0.00                    |
| Milk, ISD 518                | Half Pints      | 1         | 114         | 6           | 161       | 0.00      | 0.00      | 250.0      | 750        | 0.0        | 16         | 8.0       | 17.41    | 0.67      | 0.40      | 0.00                    |
| Weighted Daily Average       |                 |           | 1094        | *112        | *1836     | 17.15     | 27.58     | 2364.7     | 13093      | *62.42     | *57        | 61.60     | 142.95   | 31.30     | *8.75     | *0.00                   |
| % of Calories                |                 |           |             |             |           |           |           |            |            |            | *20.8%     | 22.5%     | 52.3%    | 25.7%     | *7.2%     | *0.0%                   |
| Nutrient Guideline           |                 |           | 846         |             |           |           | 4.50      | 400.00     | 1500       | 19.18      |            | 16.70     |          | <=30.0    | <10.00    |                         |

|                        |            |   |      |      |      |        |       |         |        |        |        |        |         |        |        |       |
|------------------------|------------|---|------|------|------|--------|-------|---------|--------|--------|--------|--------|---------|--------|--------|-------|
| Fri - 05/24/2019       |            |   |      |      |      |        |       |         |        |        |        |        |         |        |        |       |
| Sr High Lunch          | Total      | 1 |      |      |      |        |       |         |        |        |        |        |         |        |        |       |
| Shrimp Poppers         | One Cup    | 1 | 230  | 60   | 490  | 3.00   | 1.80  | 60.0    | 0      | 0.0    | 1      | 9.0    | 22.0    | 11.0   | 1.50   | 0.00  |
| Scalloped Potato w/Ham | 3/4 Cup    | 1 | 191  | 17   | 810  | 2.00   | 1.61  | 44.1    | 118    | 5.99   | 4      | 8.4    | 25.49   | 6.08   | 2.35   | *0.00 |
| Chef Salad             | each       | 1 | 204  | 28   | 707  | 4.00   | 2.47  | 1575.0  | 8390   | 22.8   | 6      | 15.85  | 19.29   | 7.6    | 3.77   | 0.00  |
| Veggie Sticks          | 1/4 Cup    | 1 | 5    | 0    | 9    | 0.33   | 0.04  | 4.6     | 1529   | 1.48   | 1      | 0.14   | 1.05    | 0.03   | 0.01   | *0.00 |
| Broccoli, Frozen       | 1/2 Cup    | 1 | 26   | 0    | 22   | 3.00   | 0.00  | 0.0     | 0      | 0.0    | 1      | 3.0    | 5.0     | 0.0    | 0.00   | 0.00  |
| Pineapple              | 1/2 cup    | 1 | 70   | 0    | 10   | 1.00   | 0.36  | 20.0    | 0      | 12.0   | 14     | 1.0    | 17.0    | 0.0    | 0.00   | 0.00  |
| Grapes                 | 1/2 CUP    | 1 | 31   | 0    | 1    | 0.41   | 0.13  | 6.4     | 46     | 1.84   | 7      | 0.29   | 7.89    | 0.16   | 0.05   | 0.00  |
| Bread & Butter         | Sandwiche  | 1 | 161  | *0   | 216  | *2.00  | *0.72 | *150.0  | *0     | *0.0   | *2     | *3.0   | *11.0   | 12.14  | 2.53   | 2.53  |
| Milk, ISD 518          | Half Pints | 1 | 114  | 6    | 161  | 0.00   | 0.00  | 250.0   | 750    | 0.0    | 16     | 8.0    | 17.41   | 0.67   | 0.40   | 0.00  |
| Weighted Daily Average |            |   | 1032 | *112 | 2427 | *15.74 | *7.14 | *2110.2 | *10833 | *44.11 | *52    | *48.67 | *126.13 | 37.68  | 10.61  | *2.53 |
| % of Calories          |            |   |      |      |      |        |       |         |        |        | *20.1% | *18.9% | *48.9%  | 32.9%  | 9.3%   | *2.2% |
| Nutrient Guideline     |            |   | 846  |      |      |        | 4.50  | 400.00  | 1500   | 19.18  |        | 16.70  |         | <=30.0 | <10.00 |       |

|                  |       |   |   |   |   |      |      |     |   |     |   |     |     |     |      |      |
|------------------|-------|---|---|---|---|------|------|-----|---|-----|---|-----|-----|-----|------|------|
| Mon - 05/27/2019 |       |   |   |   |   |      |      |     |   |     |   |     |     |     |      |      |
| Sr High Lunch    | Total | 1 |   |   |   |      |      |     |   |     |   |     |     |     |      |      |
| NO SCHOOL        | 1     | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |

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**ISD 518**

**Apr 29, 2019 thru May 31, 2019**

Base Menu Spreadsheet

Sr High Lunch

Weighted Values - Detailed

|                                      | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average % of Calories |              |           | 0           | 0           | 0         | 0.00      | 0.00      | 0.0        | 0          | 0.00       | 0          | 0.00      | 0.00     | 0.00      | 0.00      | 0.00                    |
| Nutrient Guideline                   |              |           | 846         |             |           |           | 4.50      | 400.00     | 1500       | 19.18      |            | 16.70     |          | <=30.0    | <10.00    |                         |

| Tue - 05/28/2019                     |            |   |     |    |      |       |      |        |      |       |        |       |        |       |      |       |
|--------------------------------------|------------|---|-----|----|------|-------|------|--------|------|-------|--------|-------|--------|-------|------|-------|
| Sr High Lunch                        | Total      | 1 |     |    |      |       |      |        |      |       |        |       |        |       |      |       |
| BBQ on Bun                           | Sandwich   | 1 | 351 | 52 | 506  | 3.38  | 2.12 | 236.1  | 246  | 2.59  | *9     | 20.5  | 37.85  | 14.03 | 3.99 | *1.99 |
| Veggie Sticks                        | 1/4 Cup    | 1 | 5   | 0  | 9    | 0.33  | 0.04 | 4.6    | 1529 | 1.48  | 1      | 0.14  | 1.05   | 0.03  | 0.01 | *0.00 |
| Baked Beans                          | 1/2 cup    | 1 | 140 | 0  | 370  | 6.00  | 1.80 | 40.0   | 0    | 0.0   | 12     | 5.0   | 30.0   | 0.5   | 0.00 | 0.00  |
| Mandarin Oranges                     | 1/2 cup    | 1 | 80  | 0  | 20   | 1.00  | 0.36 | 20.0   | 300  | 21.0  | *N/A*  | 0.99  | 20.01  | 0.0   | 0.00 | *N/A* |
| Grapes                               | 1/2 CUP    | 1 | 31  | 0  | 1    | 0.41  | 0.13 | 6.4    | 46   | 1.84  | 7      | 0.29  | 7.89   | 0.16  | 0.05 | 0.00  |
| Milk, ISD 518                        | Half Pints | 1 | 114 | 6  | 161  | 0.00  | 0.00 | 250.0  | 750  | 0.0   | 16     | 8.0   | 17.41  | 0.67  | 0.40 | 0.00  |
| Weighted Daily Average % of Calories |            |   | 721 | 58 | 1067 | 11.13 | 4.46 | 557.2  | 2871 | 26.91 | *45    | 34.91 | 114.21 | 15.39 | 4.45 | *1.99 |
| Nutrient Guideline                   |            |   | 846 |    |      |       | 4.50 | 400.00 | 1500 | 19.18 | *24.9% | 19.4% | 63.4%  | 19.2% | 5.6% | *2.5% |

| Wed - 05/29/2019                     |            |   |     |    |      |       |      |        |      |       |       |       |        |       |      |       |
|--------------------------------------|------------|---|-----|----|------|-------|------|--------|------|-------|-------|-------|--------|-------|------|-------|
| Sr High Lunch                        | Total      | 1 |     |    |      |       |      |        |      |       |       |       |        |       |      |       |
| Chicken Sandwich, Breaded            | Sandwich   | 1 | 420 | 50 | 800  | 4.00  | 3.60 | 220.0  | 0    | 0.0   | 4     | 24.0  | 44.0   | 17.0  | 3.50 | 0.00  |
| Veggie Sticks                        | 1/4 Cup    | 1 | 5   | 0  | 9    | 0.33  | 0.04 | 4.6    | 1529 | 1.48  | 1     | 0.14  | 1.05   | 0.03  | 0.01 | *0.00 |
| Broccoli, Frozen                     | 1/2 Cup    | 1 | 26  | 0  | 22   | 3.00  | 0.00 | 0.0    | 0    | 0.0   | 1     | 3.0   | 5.0    | 0.0   | 0.00 | 0.00  |
| Pineapple                            | 1/2 cup    | 1 | 70  | 0  | 10   | 1.00  | 0.36 | 20.0   | 0    | 12.0  | 14    | 1.0   | 17.0   | 0.0   | 0.00 | 0.00  |
| BANANAS                              | EACH       | 1 | 90  | 0  | 1    | 2.63  | 0.26 | 5.1    | 65   | 8.79  | 12    | 1.1   | 23.07  | 0.33  | 0.11 | 0.00  |
| Milk, ISD 518                        | Half Pints | 1 | 114 | 6  | 161  | 0.00  | 0.00 | 250.0  | 750  | 0.0   | 16    | 8.0   | 17.41  | 0.67  | 0.40 | 0.00  |
| Weighted Daily Average % of Calories |            |   | 725 | 56 | 1003 | 10.96 | 4.27 | 499.6  | 2344 | 22.27 | 48    | 37.24 | 107.53 | 18.04 | 4.02 | *0.00 |
| Nutrient Guideline                   |            |   | 846 |    |      |       | 4.50 | 400.00 | 1500 | 19.18 | 26.3% | 20.5% | 59.3%  | 22.4% | 5.0% | *0.0% |

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

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**ISD 518**

**Apr 29, 2019 thru May 31, 2019**

Base Menu Spreadsheet

Sr High Lunch

Weighted Values - Detailed

|                        | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 05/30/2019       |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Sr High Lunch          | Total        | 1         |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Fiestada Pizza         | slice        | 1         | 340         | 25          | 860       | 4.00      | 3.60      | 250.0      | 500        | 0.0        | 9          | 16.0      | 38.0     | 14.0      | 6.00      | 0.00                    |
| Veggie Sticks          | 1/4 Cup      | 1         | 5           | 0           | 9         | 0.33      | 0.04      | 4.6        | 1529       | 1.48       | 1          | 0.14      | 1.05     | 0.03      | 0.01      | *0.00                   |
| CORN: frozen, yellow   | 1/2 CUP      | 1         | 67          | 0           | 1         | 1.98      | 0.39      | 2.5        | 164        | 2.89       | 3          | 2.1       | 15.92    | 0.55      | 0.08      | *N/A*                   |
| Mixed Fruit            | 1/2 Cup      | 1         | 60          | 0           | 5         | 1.00      | 0.00      | 0.0        | 0          | 0.0        | 12         | 0.0       | 15.0     | 0.0       | 0.00      | 0.00                    |
| Orange                 | 1/2 cup      | 1         | 45          | 0           | 0         | 2.30      | 0.10      | 38.4       | 216        | 51.07      | 9          | 0.9       | 11.28    | 0.12      | 0.01      | *N/A*                   |
| Milk, ISD 518          | Half Pints   | 1         | 114         | 6           | 161       | 0.00      | 0.00      | 250.0      | 750        | 0.0        | 16         | 8.0       | 17.41    | 0.67      | 0.40      | 0.00                    |
| Weighted Daily Average |              |           | 631         | 31          | 1036      | 9.62      | 4.13      | 545.4      | 3160       | 55.44      | 49         | 27.14     | 98.66    | 15.37     | 6.51      | *0.00                   |
| % of Calories          |              |           |             |             |           |           |           |            |            |            | 30.9%      | 17.2%     | 62.6%    | 21.9%     | 9.3%      | *0.0%                   |
| Nutrient Guideline     |              |           | 846         |             |           |           | 4.50      | 400.00     | 1500       | 19.18      |            | 16.70     |          | <=30.0    | <10.00    |                         |

|                        |            |   |     |    |     |      |      |        |      |       |       |       |       |        |        |       |
|------------------------|------------|---|-----|----|-----|------|------|--------|------|-------|-------|-------|-------|--------|--------|-------|
| Fri - 05/31/2019       |            |   |     |    |     |      |      |        |      |       |       |       |       |        |        |       |
| Sr High Lunch          | Total      | 1 |     |    |     |      |      |        |      |       |       |       |       |        |        |       |
| Hot Dog on Bun         | Sandwich   | 1 | 339 | 35 | 608 | 3.00 | 2.52 | 200.0  | 0    | 0.0   | 5     | 11.97 | 31.99 | 18.91  | 6.96   | 0.00  |
| Veggie Sticks          | 1/4 Cup    | 1 | 5   | 0  | 9   | 0.33 | 0.04 | 4.6    | 1529 | 1.48  | 1     | 0.14  | 1.05  | 0.03   | 0.01   | *0.00 |
| Green Beans, Frozen    | 1/2 Cup    | 1 | 19  | 0  | 1   | 2.00 | 0.00 | 0.0    | 0    | 0.0   | 1     | 1.0   | 4.0   | 0.0    | 0.00   | 0.00  |
| Peaches, Diced         | 1/2 Cup    | 1 | 60  | 0  | 10  | 0.00 | 0.00 | 0.0    | 300  | 1.2   | 11    | 0.0   | 14.0  | 0.0    | 0.00   | 0.00  |
| Apple                  | 1 APPLE    | 1 | 77  | 0  | 1   | 3.58 | 0.18 | 8.9    | 80   | 6.85  | 15    | 0.39  | 20.58 | 0.25   | 0.04   | *N/A* |
| Milk, ISD 518          | Half Pints | 1 | 114 | 6  | 161 | 0.00 | 0.00 | 250.0  | 750  | 0.0   | 16    | 8.0   | 17.41 | 0.67   | 0.40   | 0.00  |
| Weighted Daily Average |            |   | 614 | 41 | 791 | 8.91 | 2.74 | 463.5  | 2660 | 9.54  | 49    | 21.49 | 89.03 | 19.87  | 7.42   | *0.00 |
| % of Calories          |            |   |     |    |     |      |      |        |      |       | 31.7% | 14.0% | 58.0% | 29.1%  | 10.9%  | *0.0% |
| Nutrient Guideline     |            |   | 846 |    |     |      | 4.50 | 400.00 | 1500 | 19.18 |       | 16.70 |       | <=30.0 | <10.00 |       |

|                  |  |  |      |      |       |        |       |         |        |        |        |        |         |        |        |       |
|------------------|--|--|------|------|-------|--------|-------|---------|--------|--------|--------|--------|---------|--------|--------|-------|
| Weighted Average |  |  | 1129 | *130 | *2104 | *16.31 | *8.85 | *1981.5 | *10224 | *53.90 | *52    | *61.64 | *142.46 | *36.45 | *12.26 | *1.15 |
|                  |  |  |      |      |       |        |       |         |        |        | *41.4% | *21.8% | *50.5%  | *29.1% | *9.8%  | *0.9% |

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**ISD 518**

**Apr 29, 2019 thru May 31, 2019**

Base Menu Spreadsheet

Sr High Lunch

Weighted Values - Detailed

| Nutrient                   | Menu AVG | Portion Size | Reimb Qty     | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg)               | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|----------------------------|----------|--------------|---------------|-------------|-------------|-----------|-----------|-------------------------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
|                            |          | % of Cals    | Weekly Target | % of Target | Miss Data   | Shortfall | Overage   | Error Messages (if any) |            |            |            |            |           |          |           |           |                         |
| Calories                   | 1129     |              | 846           | 133%        |             |           |           |                         |            |            |            |            |           |          |           |           |                         |
| Cholesterol (mg)           | 130      |              |               |             | Missing     |           |           |                         |            |            |            |            |           |          |           |           |                         |
| Sodium (mg)                | 2104     |              |               |             | Missing     |           | 2104      |                         |            |            |            |            |           |          |           |           |                         |
| Fiber (g)                  | 16.31    |              |               |             | Missing     |           |           |                         |            |            |            |            |           |          |           |           |                         |
| Iron (mg)                  | 8.85     |              | 4.50          | 197%        | Missing     |           |           |                         |            |            |            |            |           |          |           |           |                         |
| Calcium (mg)               | 1981.5   |              | 400.00        | 495%        | Missing     |           |           |                         |            |            |            |            |           |          |           |           |                         |
| Vitamin A (IU)             | 10224    |              | 1500          | 682%        | Missing     |           |           |                         |            |            |            |            |           |          |           |           |                         |
| Sugars (g)                 | 52       | 18.42%       |               |             | Missing     |           |           |                         |            |            |            |            |           |          |           |           |                         |
| Vitamin C (mg)             | 53.90    |              | 19.18         | 281%        | Missing     |           |           |                         |            |            |            |            |           |          |           |           |                         |
| Protein (g)                | 61.64    | 21.85%       | 16.70         | 369%        | Missing     |           |           |                         |            |            |            |            |           |          |           |           |                         |
| Carbohydrate (g)           | 142.46   | 50.50%       |               |             | Missing     |           |           |                         |            |            |            |            |           |          |           |           |                         |
| Total Fat (g)              | 36.45    | 29.07%       | <=30.00%      |             | Missing     |           |           |                         |            |            |            |            |           |          |           |           |                         |
| Saturated Fat (g)          | 12.26    | 9.78%        | <10.00%       |             | Missing     |           |           |                         |            |            |            |            |           |          |           |           |                         |
| Trans Fat <sup>1</sup> (g) | 1.15     | 0.92%        |               |             | Missing     |           |           |                         |            |            |            |            |           |          |           |           |                         |

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