

ISD 518

Sep 2, 2019 thru Oct 4, 2019

Base Menu Spreadsheet

Sr. High Breakfast

Weighted Values - Detailed

Generated on: 8/14/2019 10:30:49 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 ¹ (g)
Mon - 09/02/2019																
Sr. High Breakfast	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
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Tue - 09/03/2019																
Sr. High Breakfast	Total	1														
Cereal	1 Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	7	1.72	23.33	1.75	0.28	0.00
Fruit Juice	1/2 Cup	1	60	0	3	0.00	0.14	6.0	10	57.6	13	0.8	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*
Toast	1 SLICE	1	60	0	110	2.00	0.72	150.0	0	0.0	2	3.0	11.0	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			421	6	430	7.91	5.49	520.5	1307	72.55	54	13.91	87.32	3.68	0.72	*0.00
% of Calories											51.3%	13.2%	82.9%	7.9%	1.5%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Wed - 09/04/2019																
Sr. High Breakfast	Total	1														
Breakfast Pizza	3.2 oz	1	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
Fruit Juice	1/2 Cup	1	60	0	3	0.00	0.14	6.0	10	57.6	13	0.8	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			429	21	644	4.30	2.04	394.4	1176	108.67	47	18.70	69.69	7.79	2.42	*0.00
% of Calories											43.9%	17.4%	64.9%	16.3%	5.1%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Thu - 09/05/2019																
Sr. High Breakfast	Total	1														
Pancakes	2 Pancake	1	160	7	260	2.00	0.72	400.0	0	0.0	7	3.3	27.3	4.0	0.66	0.00
Fruit Juice	1/2 Cup	1	60	0	3	0.00	0.14	6.0	10	57.6	13	0.8	15.0	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
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

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ISD 518

Sep 2, 2019 thru Oct 4, 2019

Base Menu Spreadsheet

Sr. High Breakfast

Weighted Values - Detailed

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	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 ¹ (g)
Weighted Daily Average % of Calories			365	13	425	2.41	1.00	662.4	806	59.44	43 47.5%	12.39 13.6%	67.60 74.1%	4.84 11.9%	1.12 2.7%	0.00 0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Fri - 09/06/2019																
Sr. High Breakfast	Total	1														
Muffin - Blueberry	Muffin	1	190	10	135	1.00	0.72	0.0	0	0.0	15	2.0	30.0	7.0	1.00	0.00
Fruit Juice	1/2 Cup	1	60	0	3	0.00	0.14	6.0	10	57.6	13	0.8	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*
Toast	1 SLICE	1	60	0	110	2.00	0.72	150.0	0	0.0	2	3.0	11.0	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 % of Calories			493	*16	*409	6.20	1.93	444.4	856	*57.60	*46 *37.4%	15.08 12.2%	90.07 73.0%	9.32 17.0%	*1.40 *2.6%	*0.00 *0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Mon - 09/09/2019																
Sr. High Breakfast	Total	1														
Cereal	1 Cup	1	109	0	154	2.33	4.45	105.6	467	8.1	7	1.72	23.33	1.75	0.28	0.00
Fruit Juice	1/2 Cup	1	60	0	3	0.00	0.14	6.0	10	57.6	13	0.8	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*
Toast	1 SLICE	1	60	0	110	2.00	0.72	150.0	0	0.0	2	3.0	11.0	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 % of Calories			421	6	430	7.91	5.49	520.5	1307	72.55	54 51.3%	13.91 13.2%	87.32 82.9%	3.68 7.9%	0.72 1.5%	*0.00 *0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Tue - 09/10/2019																
Sr. High Breakfast	Total	1														
Breakfast Pizza	3.2 oz	1	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
Fruit Juice	1/2 Cup	1	60	0	3	0.00	0.14	6.0	10	57.6	13	0.8	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

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	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 ¹ (g)
Weighted Daily Average			429	21	644	4.30	2.04	394.4	1176	108.67	47	18.70	69.69	7.79	2.42	*0.00
% of Calories											43.9%	17.4%	64.9%	16.3%	5.1%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Wed - 09/11/2019																
Sr. High Breakfast	Total	1														
Waffle Sticks	Serving 4 each	1	220	25	110	0.00	0.72	0.0	0	0.0	8	1.0	16.0	7.0	1.00	0.00
Fruit Juice	1/2 Cup	1	60	0	3	0.00	0.14	6.0	10	57.6	13	0.8	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*
Toast	1 SLICE	1	60	0	110	2.00	0.72	150.0	0	0.0	2	3.0	11.0	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			526	*31	385	4.00	1.76	*406.0	810	64.80	*39	13.80	78.41	*8.67	*1.40	*0.00
% of Calories											*29.8%	10.5%	59.6%	*14.8%	*2.4%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Thu - 09/12/2019																
Sr. High Breakfast	Total	1														
Egg Pattie	1.5 OZ.	1	73	106	55	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	4.64	1.48	5.41	*N/A*	*N/A*
Sausage Pattie	2 oz	1	91	33	184	0.00	0.39	3.1	17	0.0	*N/A*	6.72	0.0	6.89	1.88	*N/A*
Fruit Juice	1/2 Cup	1	60	0	3	0.00	0.14	6.0	10	57.6	13	0.8	15.0	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
Toast	1 SLICE	1	60	0	110	2.00	0.72	150.0	0	0.0	2	3.0	11.0	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			429	146	514	*2.41	*1.39	*415.5	*823	*59.44	*39	23.45	52.78	14.14	*2.34	*0.00
% of Calories											*36.0%	21.9%	49.2%	29.6%	*4.9%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Fri - 09/13/2019																
Sr. High Breakfast	Total	1														
Donut	Donut	1	280	0	300	2.82	1.26	1390.0	10	0.0	7	5.0	30.0	15.0	7.00	0.00
Fruit Juice	1/2 Cup	1	60	0	3	0.00	0.14	6.0	10	57.6	13	0.8	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*
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

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Base Menu Spreadsheet

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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 ¹ (g)
Weighted Daily Average % of Calories			523	*6	*464	6.02	1.75	1684.4	866	*57.60	*36 *27.6%	15.08 11.5%	79.07 60.4%	16.32 28.1%	*7.41 *12.7%	*0.00 *0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Mon - 09/16/2019																
Sr. High Breakfast	Total	1														
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	7	1.72	23.33	1.75	0.28	0.00
Fruit Juice	1/2 Cup	1	60	0	3	0.00	0.14	6.0	10	57.6	13	0.8	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*
Toast	1 SLICE	1	60	0	110	2.00	0.72	150.0	0	0.0	2	3.0	11.0	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 % of Calories			421	6	430	7.91	5.49	520.5	1307	72.55	54 51.3%	13.91 13.2%	87.32 82.9%	3.68 7.9%	0.72 1.5%	*0.00 *0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Tue - 09/17/2019																
Sr. High Breakfast	Total	1														
Breakfast Pizza	3.2 oz	1	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
Fruit Juice	1/2 Cup	1	60	0	3	0.00	0.14	6.0	10	57.6	13	0.8	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 % of Calories			429	21	644	4.30	2.04	394.4	1176	108.67	47 43.9%	18.70 17.4%	69.69 64.9%	7.79 16.3%	2.42 5.1%	*0.00 *0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Wed - 09/18/2019																
Sr. High Breakfast	Total	1														
Breakfast Burrito	Burrito	1	130	105	430	2.00	1.08	40.0	200	1.2	1	6.0	17.0	5.0	1.50	0.00
Fruit Juice	1/2 Cup	1	60	0	3	0.00	0.14	6.0	10	57.6	13	0.8	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*
Toast	1 SLICE	1	60	0	110	2.00	0.72	150.0	0	0.0	2	3.0	11.0	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

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Base Menu Spreadsheet

Sr. High Breakfast

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	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 ¹ (g)
Weighted Daily Average			436	*111	705	6.00	2.12	*446.0	1010	66.00	*32	18.80	79.41	*6.68	*1.90	*0.00
% of Calories											*29.5%	17.2%	72.8%	*13.8%	*3.9%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Thu - 09/19/2019																
Sr. High Breakfast	Total	1														
Omelet	Omelet	1	110	195	210	0.00	0.72	80.0	400	0.0	0	8.0	1.0	8.0	3.00	0.00
Fruit Juice	1/2 Cup	1	60	0	3	0.00	0.14	6.0	10	57.6	13	0.8	15.0	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
Toast	1 SLICE	1	60	0	110	2.00	0.72	150.0	0	0.0	2	3.0	11.0	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			375	201	485	2.41	1.72	492.4	1206	59.44	39	20.09	52.30	9.84	3.46	0.00
% of Calories											41.2%	21.4%	55.8%	23.6%	8.3%	0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Fri - 09/20/2019																
Sr. High Breakfast	Total	1														
Banana Bread	Slice	1	280	0	220	2.00	1.08	80.0	100	0.0	25	5.0	44.0	10.0	2.00	0.00
Fruit Juice	1/2 Cup	1	60	0	3	0.00	0.14	6.0	10	57.6	13	0.8	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*
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			523	*6	*384	5.20	1.57	374.4	956	*57.60	*54	15.08	93.07	11.32	*2.40	*0.00
% of Calories											*41.4%	11.5%	71.1%	19.5%	*4.1%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Mon - 09/23/2019																
Sr. High Breakfast	Total	1														
Cereal	1 Cup	1	109	0	154	2.33	4.45	105.6	467	8.1	7	1.72	23.33	1.75	0.28	0.00
Fruit Juice	1/2 Cup	1	60	0	3	0.00	0.14	6.0	10	57.6	13	0.8	15.0	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
Toast	1 SLICE	1	60	0	110	2.00	0.72	150.0	0	0.0	2	3.0	11.0	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

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Weighted Daily Average			395	6	431	5.33	5.31	511.6	1227	65.70	50	13.52	80.74	3.42	0.68	0.00
% of Calories											50.2%	13.7%	81.8%	7.8%	1.6%	0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Tue - 09/24/2019																
Sr. High Breakfast	Total	1														
Breakfast Pizza	3.2 oz	1	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
Fruit Juice	1/2 Cup	1	60	0	3	0.00	0.14	6.0	10	57.6	13	0.8	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*
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			456	*21	645	4.00	2.12	*356.0	1010	64.80	*38	18.80	77.41	*7.67	*2.41	*0.00
% of Calories											*33.5%	16.5%	67.9%	*15.1%	*4.7%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Wed - 09/25/2019																
Sr. High Breakfast	Total	1														
French Toast Sticks	3 Sticks	1	255	0	255	3.00	5.40	150.0	1125	1.8	7	6.0	33.0	12.0	2.25	0.00
Fruit Juice	1/2 Cup	1	60	0	3	0.00	0.14	6.0	10	57.6	13	0.8	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*
Toast	1 SLICE	1	60	0	110	2.00	0.72	150.0	0	0.0	2	3.0	11.0	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			534	6	529	7.30	6.36	594.4	2101	110.47	48	18.70	87.69	13.79	2.67	*0.00
% of Calories											35.7%	14.0%	65.6%	23.2%	4.5%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Thu - 09/26/2019																
Sr. High Breakfast	Total	1														
Pancake on Stick	1 SERV.	1	210	20	390	0.00	1.44	20.0	0	0.0	8	7.0	20.0	12.0	3.00	0.00
Fruit Juice	1/2 Cup	1	60	0	3	0.00	0.14	6.0	10	57.6	13	0.8	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*
Toast	1 SLICE	1	60	0	110	2.00	0.72	150.0	0	0.0	2	3.0	11.0	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

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ISD 518

Sep 2, 2019 thru Oct 4, 2019

Base Menu Spreadsheet

Sr. High Breakfast

Weighted Values - Detailed

Generated on: 8/14/2019 10:30:49 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 ¹ (g)
Weighted Daily Average			513	*26	*664	5.20	2.65	464.4	856	*57.60	*39	20.08	80.07	14.32	*3.40	*0.00
% of Calories											*30.5%	15.6%	62.4%	25.1%	*6.0%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Fri - 09/27/2019																
Sr. High Breakfast	Total	1														
Cinnamon Roll	2.5 oz.	1	190	15	210	3.00	1.44	20.0	100	0.0	8	5.0	33.0	5.0	2.00	0.00
Fruit Juice	1/2 Cup	1	60	0	3	0.00	0.14	6.0	10	57.6	13	0.8	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*
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			433	*21	*374	6.20	1.93	314.4	956	*57.60	*37	15.08	82.07	6.32	*2.40	*0.00
% of Calories											*34.3%	13.9%	75.7%	13.1%	*5.0%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Mon - 09/30/2019																
Sr. High Breakfast	Total	1														
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	7	1.72	23.33	1.75	0.28	0.00
Fruit Juice	1/2 Cup	1	60	0	3	0.00	0.14	6.0	10	57.6	13	0.8	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*
Toast	1 SLICE	1	60	0	110	2.00	0.72	150.0	0	0.0	2	3.0	11.0	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			421	6	430	7.91	5.49	520.5	1307	72.55	54	13.91	87.32	3.68	0.72	*0.00
% of Calories											51.3%	13.2%	82.9%	7.9%	1.5%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Tue - 10/01/2019																
Sr. High Breakfast	Total	1														
Breakfast Pizza	3.2 oz	1	210	15	480	2.00	1.80	100.0	200	0.0	9	9.0	26.0	7.0	2.00	0.00
Fruit Juice	1/2 Cup	1	60	0	3	0.00	0.14	6.0	10	57.6	13	0.8	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			429	21	644	4.30	2.04	394.4	1176	108.67	47	18.70	69.69	7.79	2.42	*0.00
% of Calories											43.9%	17.4%	64.9%	16.3%	5.1%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

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ISD 518

Sep 2, 2019 thru Oct 4, 2019

Base Menu Spreadsheet

Sr. High Breakfast

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 ¹ (g)
Wed - 10/02/2019																
Sr. High Breakfast	Total	1														
Pancake	102 Grams	1	220	25	470	2.00	*N/A*	40.0	*N/A*	*N/A*	*N/A*	6.0	39.0	4.0	0.50	*N/A*
Fruit Juice	1/2 Cup	1	60	0	3	0.00	0.14	6.0	10	57.6	13	0.8	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*
Toast	1 SLICE	1	60	0	110	2.00	0.72	150.0	0	0.0	2	3.0	11.0	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			526	*31	745	6.00	*1.04	*446.0	*810	*64.80	*31	18.80	101.41	*5.68	*0.90	*0.00
% of Calories											*23.7%	14.3%	77.1%	*9.7%	*1.5%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Thu - 10/03/2019																
Sr. High Breakfast	Total	1														
Breakfast Sliders	Serving(2 each)	1	160	30	290	2.00	1.44	80.0	100	0.0	7	8.0	22.0	4.5	1.50	0.00
Fruit Juice	1/2 Cup	1	60	0	3	0.00	0.14	6.0	10	57.6	13	0.8	15.0	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
Toast	1 SLICE	1	60	0	110	2.00	0.72	150.0	0	0.0	2	3.0	11.0	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			425	36	565	4.41	2.44	492.4	906	59.44	46	20.09	73.30	6.34	1.96	0.00
% of Calories											43.0%	18.9%	69.0%	13.4%	4.1%	0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Fri - 10/04/2019																
Sr. High Breakfast	Total	1														
Dutch Waffle	Serving	1	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	3.00	0.00
Fruit Juice	1/2 Cup	1	60	0	3	0.00	0.14	6.0	10	57.6	13	0.8	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*
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			543	*26	*514	6.20	2.29	334.4	856	*57.60	*41	14.08	92.07	14.32	*3.40	*0.00
% of Calories											*30.3%	10.4%	67.8%	23.7%	*5.6%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

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ISD 518

Sep 2, 2019 thru Oct 4, 2019

Base Menu Spreadsheet

Sr. High Breakfast

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 ¹ (g)
Weighted Average			454	*34	*523	*5.34	*2.81	*504.1	*1083	*72.70	*44 *87.8%	16.81 14.8%	78.98 69.5%	*8.28 *16.4%	*2.16 *4.3%	*0.00 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	454		635	72%		180		Correction Required - Calories are Low
Cholesterol (mg)	34				Missing			
Sodium (mg)	523				Missing		523	
Fiber (g)	5.34				Missing			
Iron (mg)	2.81		3.40	83%	Missing	0.59		Correction Required - Iron is Low
Calcium (mg)	504.1		300.00	168%	Missing			
Vitamin A (IU)	1083		1125	96%	Missing	42		Correction Required - Vitamin A is Low
Sugars (g)	44	39.01%			Missing			
Vitamin C (mg)	72.70		14.38	506%	Missing			
Protein (g)	16.81	14.80%	12.60	133%				
Carbohydrate (g)	78.98	69.54%						
Total Fat (g)	8.28	16.41%	<=30.00%		Missing			
Saturated Fat (g)	2.16	4.28%	<10.00%		Missing			
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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