

ISD 518

Apr 1, 2019 thru May 3, 2019

Base Menu Spreadsheet

Middle School 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)
Mon - 04/01/2019																
Middle School 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	0	*N/A*	0.10	110.0	200	36.0	*N/A*	1.0	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*
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	427	*7.91	5.45	624.5	1497	50.95	*41	14.11	87.32	3.68	0.72	*0.00
% of Calories											*38.6%	13.4%	82.9%	7.9%	1.5%	*0.0%
Nutrient Guideline			588				3.40	300.00	1125	12.50		11.40		<=30.0	<10.00	

Tue - 04/02/2019																
Middle School 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	0	*N/A*	0.10	110.0	200	36.0	*N/A*	1.0	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			429	21	641	*4.30	2.00	498.4	1366	87.07	*34	18.90	69.69	7.79	2.42	*0.00
% of Calories											*31.4%	17.6%	64.9%	16.3%	5.1%	*0.0%
Nutrient Guideline			588				3.40	300.00	1125	12.50		11.40		<=30.0	<10.00	

Wed - 04/03/2019																
Middle School 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	0	*N/A*	0.10	110.0	200	36.0	*N/A*	1.0	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*
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	382	*4.00	1.72	*510.0	1000	43.20	*26	14.00	78.41	*8.67	*1.40	*0.00
% of Calories											*19.6%	10.6%	59.6%	*14.8%	*2.4%	*0.0%
Nutrient Guideline			588				3.40	300.00	1125	12.50		11.40		<=30.0	<10.00	

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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)
Thu - 04/04/2019																
Middle School 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	0	*N/A*	0.10	110.0	200	36.0	*N/A*	1.0	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	512	*2.41	*1.34	*519.5	*1013	*37.84	*25	23.65	52.78	14.14	*2.34	*0.00
% of Calories											*23.5%	22.0%	49.2%	29.6%	*4.9%	*0.0%
Nutrient Guideline			588				3.40	300.00	1125	12.50		11.40		<=30.0	<10.00	

Fri - 04/05/2019																
Middle School 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	0	*N/A*	0.10	110.0	200	36.0	*N/A*	1.0	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*
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	*461	*6.02	1.71	1788.4	1056	*36.00	*23	15.28	79.07	16.32	*7.41	*0.00
% of Calories											*17.4%	11.7%	60.4%	28.1%	*12.7%	*0.0%
Nutrient Guideline			588				3.40	300.00	1125	12.50		11.40		<=30.0	<10.00	

Mon - 04/08/2019																
Middle School 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	0	*N/A*	0.10	110.0	200	36.0	*N/A*	1.0	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*
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	427	*7.91	5.45	624.5	1497	50.95	*41	14.11	87.32	3.68	0.72	*0.00
% of Calories											*38.6%	13.4%	82.9%	7.9%	1.5%	*0.0%
Nutrient Guideline			588				3.40	300.00	1125	12.50		11.40		<=30.0	<10.00	

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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)
Tue - 04/09/2019																
Middle School 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	0	*N/A*	0.10	110.0	200	36.0	*N/A*	1.0	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			429	21	641	*4.30	2.00	498.4	1366	87.07	*34	18.90	69.69	7.79	2.42	*0.00
% of Calories											*31.4%	17.6%	64.9%	16.3%	5.1%	*0.0%
Nutrient Guideline			588				3.40	300.00	1125	12.50		11.40		<=30.0	<10.00	

Wed - 04/10/2019																
Middle School 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	0	*N/A*	0.10	110.0	200	36.0	*N/A*	1.0	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*
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			436	*111	702	*6.00	2.08	*550.0	1200	44.40	*19	19.00	79.41	*6.68	*1.90	*0.00
% of Calories											*17.2%	17.4%	72.8%	*13.8%	*3.9%	*0.0%
Nutrient Guideline			588				3.40	300.00	1125	12.50		11.40		<=30.0	<10.00	

Thu - 04/11/2019																
Middle School 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	0	*N/A*	0.10	110.0	200	36.0	*N/A*	1.0	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	482	*2.41	1.67	596.4	1396	37.84	*25	20.29	52.30	9.84	3.46	0.00
% of Calories											*26.9%	21.6%	55.8%	23.6%	8.3%	0.0%
Nutrient Guideline			588				3.40	300.00	1125	12.50		11.40		<=30.0	<10.00	

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ISD 518

Apr 1, 2019 thru May 3, 2019

Base Menu Spreadsheet

Middle School 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)
Fri - 04/12/2019																
Middle School 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	0	*N/A*	0.10	110.0	200	36.0	*N/A*	1.0	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*
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	*381	*5.20	1.53	478.4	1146	*36.00	*41	15.28	93.07	11.32	*2.40	*0.00
% of Calories											*31.2%	11.7%	71.1%	19.5%	*4.1%	*0.0%
Nutrient Guideline			588				3.40	300.00	1125	12.50		11.40		<=30.0	<10.00	

Mon - 04/15/2019																
Middle School 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	0	*N/A*	0.10	110.0	200	36.0	*N/A*	1.0	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
Weighted Daily Average			395	6	428	*5.33	5.27	615.6	1417	44.10	*36	13.72	80.74	3.42	0.68	0.00
% of Calories											*36.7%	13.9%	81.8%	7.8%	1.6%	0.0%
Nutrient Guideline			588				3.40	300.00	1125	12.50		11.40		<=30.0	<10.00	

Tue - 04/16/2019																
Middle School 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	0	*N/A*	0.10	110.0	200	36.0	*N/A*	1.0	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*
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	642	*4.00	2.08	*460.0	1200	43.20	*25	19.00	77.41	*7.67	*2.41	*0.00
% of Calories											*21.7%	16.7%	67.9%	*15.1%	*4.7%	*0.0%
Nutrient Guideline			588				3.40	300.00	1125	12.50		11.40		<=30.0	<10.00	

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Base Menu Spreadsheet

Middle School Breakfast

Weighted Values - Detailed

Generated on: 4/1/2019 6:45:49 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)
Wed - 04/17/2019																
Middle School 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	0	*N/A*	0.10	110.0	200	36.0	*N/A*	1.0	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*
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	526	*7.30	6.32	698.4	2291	88.87	*34	18.90	87.69	13.79	2.67	*0.00
% of Calories											*25.6%	14.1%	65.6%	23.2%	4.5%	*0.0%
Nutrient Guideline			588				3.40	300.00	1125	12.50		11.40		<=30.0	<10.00	

Thu - 04/18/2019																
Middle School 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	0	*N/A*	0.10	110.0	200	36.0	*N/A*	1.0	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*
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			513	*26	*661	*5.20	2.61	568.4	1046	*36.00	*26	20.28	80.07	14.32	*3.40	*0.00
% of Calories											*20.1%	15.8%	62.4%	25.1%	*6.0%	*0.0%
Nutrient Guideline			588				3.40	300.00	1125	12.50		11.40		<=30.0	<10.00	

Fri - 04/19/2019																
Middle School 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			588				3.40	300.00	1125	12.50		11.40		<=30.0	<10.00	

Mon - 04/22/2019																
Middle School Breakfast	Total	1														
Digital Learning Day	Day	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

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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			*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A%*	*N/A%*	*N/A%*	*N/A%*	*N/A%*
Nutrient Guideline			588				3.40	300.00	1125	12.50		11.40		<=30.0	<10.00	

Tue - 04/23/2019																
Middle School 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	0	*N/A*	0.10	110.0	200	36.0	*N/A*	1.0	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 % of Calories			429	21	641	*4.30	2.00	498.4	1366	87.07	*34 *31.4%	18.90 17.6%	69.69 64.9%	7.79 16.3%	2.42 5.1%	*0.00 *0.0%
Nutrient Guideline			588				3.40	300.00	1125	12.50		11.40		<=30.0	<10.00	

Wed - 04/24/2019																
Middle School 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	0	*N/A*	0.10	110.0	200	36.0	*N/A*	1.0	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*
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			526	*31	743	*6.00	*1.00	*550.0	*1000	*43.20	*18 *13.5%	19.00 14.4%	101.41 77.1%	*5.68 *9.7%	*0.90 *1.5%	*0.00 *0.0%
Nutrient Guideline			588				3.40	300.00	1125	12.50		11.40		<=30.0	<10.00	

Thu - 04/25/2019																
Middle School 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	0	*N/A*	0.10	110.0	200	36.0	*N/A*	1.0	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

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ISD 518

Apr 1, 2019 thru May 3, 2019

Base Menu Spreadsheet

Middle School Breakfast

Weighted Values - Detailed

Generated on: 4/1/2019 6:45:49 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			425	36	562	*4.41	2.39	596.4	1096	37.84	*32	20.29	73.30	6.34	1.96	0.00
% of Calories											*30.3%	19.1%	69.0%	13.4%	4.1%	0.0%
Nutrient Guideline			588				3.40	300.00	1125	12.50		11.40		<=30.0	<10.00	

Fri - 04/26/2019																
Middle School 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	0	*N/A*	0.10	110.0	200	36.0	*N/A*	1.0	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*
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	*512	*6.20	2.25	438.4	1046	*36.00	*28	14.28	92.07	14.32	*3.40	*0.00
% of Calories											*20.4%	10.5%	67.8%	23.7%	*5.6%	*0.0%
Nutrient Guideline			588				3.40	300.00	1125	12.50		11.40		<=30.0	<10.00	

Mon - 04/29/2019																
Middle School Breakfast	Total	1														
Cereal	1 cup	1	110	*N/A*	280	3.00	8.10	100.0	500	*N/A*	*N/A*	3.0	23.0	2.0	*N/A*	*N/A*
Fruit Juice	1/2 Cup	1	60	0	0	*N/A*	0.10	110.0	200	36.0	*N/A*	1.0	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*
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			422	*6	553	*8.58	9.10	618.9	1530	*42.85	*33	15.39	86.99	3.93	*0.45	*0.00
% of Calories											*31.5%	14.6%	82.5%	8.4%	*1.0%	*0.0%
Nutrient Guideline			588				3.40	300.00	1125	12.50		11.40		<=30.0	<10.00	

Tue - 04/30/2019																
Middle School 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	0	*N/A*	0.10	110.0	200	36.0	*N/A*	1.0	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			429	21	641	*4.30	2.00	498.4	1366	87.07	*34	18.90	69.69	7.79	2.42	*0.00
% of Calories											*31.4%	17.6%	64.9%	16.3%	5.1%	*0.0%
Nutrient Guideline			588				3.40	300.00	1125	12.50		11.40		<=30.0	<10.00	

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ISD 518

Apr 1, 2019 thru May 3, 2019

Base Menu Spreadsheet

Middle School 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 - 05/01/2019																
Middle School Breakfast	Total	1														
Breakfast Bites	3 Pieces	1	190	25	480	1.00	1.44	40.0	0	0.0	7	8.0	19.0	10.0	3.00	0.00
Fruit Juice	1/2 Cup	1	60	0	0	*N/A*	0.10	110.0	200	36.0	*N/A*	1.0	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*
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			496	*31	753	*5.00	2.44	*550.0	1000	43.20	*25	21.00	81.41	*11.67	*3.41	*0.00
% of Calories											*20.0%	16.9%	65.6%	*21.2%	*6.2%	*0.0%
Nutrient Guideline			588				3.40	300.00	1125	12.50		11.40		<=30.0	<10.00	

Thu - 05/02/2019																
Middle School Breakfast	Total	1														
French Toast	2 Slices	1	168	7	137	0.00	1.33	21.1	0	0.0	*N/A*	3.16	24.21	7.37	2.11	*N/A*
Fruit Juice	1/2 Cup	1	60	0	0	*N/A*	0.10	110.0	200	36.0	*N/A*	1.0	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			434	14	409	*2.41	2.28	537.5	996	37.84	*25	15.45	75.51	9.20	2.56	*0.00
% of Calories											*23.3%	14.3%	69.7%	19.1%	5.3%	*0.0%
Nutrient Guideline			588				3.40	300.00	1125	12.50		11.40		<=30.0	<10.00	

Fri - 05/03/2019																
Middle School 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	0	*N/A*	0.10	110.0	200	36.0	*N/A*	1.0	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*
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			493	*16	*406	*6.20	1.89	548.4	1046	*36.00	*33	15.28	90.07	9.32	*1.40	*0.00
% of Calories											*26.6%	12.4%	73.0%	17.0%	*2.6%	*0.0%
Nutrient Guideline			588				3.40	300.00	1125	12.50		11.40		<=30.0	<10.00	

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ISD 518

Base Menu Spreadsheet

Weighted Values - Detailed

Apr 1, 2019 thru May 3, 2019

Middle School Breakfast

Generated on: 4/1/2019 6:45:49 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 Average			442	*34	*522	*4.95	*2.73	*577.8	*1206	*48.90	*29 *58.4%	16.79 15.2%	75.59 68.4%	*8.51 *17.3%	*2.18 *4.4%	*N/A*

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	442		588	75%		146		Correction Required - Calories are Low
Cholesterol (mg)	34				Missing			
Sodium (mg)	522				Missing		522	Correction Required - Iron is Low
Fiber (g)	4.95				Missing			
Iron (mg)	2.73		3.40	80%	Missing	0.67		
Calcium (mg)	577.8		300.00	193%	Missing			
Vitamin A (IU)	1206		1125	107%	Missing			
Sugars (g)	29	25.96%			Missing			
Vitamin C (mg)	48.90		12.50	391%	Missing			
Protein (g)	16.79	15.19%	11.40	147%				
Carbohydrate (g)	75.59	68.38%						
Total Fat (g)	8.51	17.31%	<=30.00%		Missing			
Saturated Fat (g)	2.18	4.43%	<10.00%		Missing			
Trans Fat ¹ (g)	*N/A*				Missing			

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