

ISD 518

Apr 29, 2019 thru May 31, 2019

Base Menu Spreadsheet

Middle School 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 ¹ (g)
Mon - 04/29/2019																
Middle School 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, MS	1 Serving	1	258	43	656	3.97	2.35	31.0	8187	3.76	1	16.16	24.09	11.28	5.03	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
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			1144	138	1979	14.91	7.97	805.6	10967	20.84	53	60.29	143.55	38.99	11.44	*0.00
% of Calories											18.7%	21.1%	50.2%	30.7%	9.0%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Tue - 04/30/2019																
Middle School 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, MS	1 Serving	1	258	43	656	3.97	2.35	31.0	8187	3.76	1	16.16	24.09	11.28	5.03	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
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			1390	164	2438	16.56	6.27	529.3	10730	12.23	*31	80.51	150.97	52.26	17.31	*2.39
% of Calories											*9.0%	23.2%	43.4%	33.8%	11.2%	*1.5%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Wed - 05/01/2019																
Middle School 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, MS	1 Serving	1	258	43	656	3.97	2.35	31.0	8187	3.76	1	16.16	24.09	11.28	5.03	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/ 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
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

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

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Middle School 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 ¹ (g)
Weighted Daily Average % of Calories			1065	*129	2103	*12.36	*7.17	*443.4	*10626	*42.32	*35 *13.0%	*58.30 *21.9%	*121.49 *45.6%	40.60 34.3%	13.18 11.1%	*0.73 *0.6%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Thu - 05/02/2019																
Middle School 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, MS	1 Serving	1	258	43	656	3.97	2.35	31.0	8187	3.76	1	16.16	24.09	11.28	5.03	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
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			931	118	2127	12.42	5.65	357.2	10467	20.30	*40 *17.4%	54.48 23.4%	120.52 51.8%	26.61 25.7%	9.17 8.9%	*0.00 *0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Fri - 05/03/2019																
Middle School 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, MS	1 Serving	1	258	43	656	3.97	2.35	31.0	8187	3.76	1	16.16	24.09	11.28	5.03	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*
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 % of Calories			1258	528	1988	16.50	29.47	739.8	13280	34.14	*31 *9.8%	66.23 21.1%	141.31 44.9%	48.24 34.5%	16.34 11.7%	*0.00 *0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=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)
Mon - 05/06/2019																
Middle School Lunch	Total	1														
Chili Crispitos	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
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			1292	178	3096	16.33	8.82	2379.6	11869	26.08	*46	69.95	147.73	49.77	12.91	*0.00
% of Calories											*14.3%	21.7%	45.8%	34.7%	9.0%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Tue - 05/07/2019																
Middle School 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
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			1118	*112	2498	*17.68	*8.55	*2303.5	*11035	*25.73	*52	*63.89	*120.04	44.12	14.19	*2.53
% of Calories											*18.6%	*22.9%	*42.9%	35.5%	11.4%	*2.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Wed - 05/08/2019																
Middle School 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
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			1089	95	2070	15.82	7.13	2180.2	13015	101.93	43	71.36	131.95	30.19	12.74	*0.00
% of Calories											15.8%	26.2%	48.5%	24.9%	10.5%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Thu - 05/09/2019																
Middle School 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/ 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
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			1146	*156	2505	*11.97	*8.42	*2071.1	*10832	*62.82	*41	*68.14	*137.97	36.68	14.29	*0.73
% of Calories											*14.2%	*23.8%	*48.1%	28.8%	11.2%	*0.6%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Fri - 05/10/2019																
Middle School 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	Sandwich	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*
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			1184	*70	2720	*17.98	*7.97	*2766.0	*11452	*51.32	*42	*60.63	*147.66	40.92	12.71	*2.53
% of Calories											*14.3%	*20.5%	*49.9%	31.1%	9.7%	*1.9%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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Mon - 05/13/2019																
Middle School 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
FRUIT COCKTAIL:canned,lt syrup	CUP	1	276	0	29	4.84	1.40	29.0	1007	9.2	67	1.94	72.26	0.34	0.05	*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			1226	137	2323	18.17	10.28	2369.6	11956	39.88	101	69.43	183.01	29.14	10.23	*0.00
% of Calories											33.0%	22.6%	59.7%	21.4%	7.5%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Tue - 05/14/2019																
Middle School 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
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			1387	147	2644	20.02	10.39	2383.0	11438	30.73	*40	83.24	152.29	51.56	14.78	*0.00
% of Calories											*11.6%	24.0%	43.9%	33.5%	9.6%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Wed - 05/15/2019																
Middle School 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
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
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*
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 29, 2019 thru May 31, 2019

Base Menu Spreadsheet

Middle School 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 ¹ (g)
Weighted Daily Average			1011	102	2389	14.33	7.74	2299.6	11469	50.08	*33	66.50	129.25	27.04	11.17	*0.00
% of Calories											*12.9%	26.3%	51.1%	24.1%	9.9%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Thu - 05/16/2019																
Middle School 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
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			1146	149	2092	15.91	6.73	1898.1	14410	38.75	*50	65.56	146.06	34.98	14.26	*1.78
% of Calories											*17.6%	22.9%	51.0%	27.5%	11.2%	*1.4%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Fri - 05/17/2019																
Middle School 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
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			1187	*96	2070	*12.42	*6.22	*2250.0	*11883	*69.61	*43	*58.81	*135.53	47.34	12.05	*3.14
% of Calories											*14.4%	*19.8%	*45.7%	35.9%	9.1%	*2.4%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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ISD 518

Apr 29, 2019 thru May 31, 2019

Base Menu Spreadsheet

Middle School 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 ¹ (g)
Mon - 05/20/2019																
Middle School Lunch	Total	1														
Mini Corn Dogs	1 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, MS	1 Serving	1	258	43	656	3.97	2.35	31.0	8187	3.76	1	16.16	24.09	11.28	5.03	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
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			1519	*168	2471	*16.20	*6.60	*780.6	*10470	*5.43	*46	*82.60	*153.06	64.95	25.03	*4.44
% of Calories											*12.0%	*21.8%	*40.3%	38.5%	14.8%	*2.6%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Tue - 05/21/2019																
Middle School 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, MS	1 Serving	1	258	43	656	3.97	2.35	31.0	8187	3.76	1	16.16	24.09	11.28	5.03	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
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			1201	172	2415	14.53	4.42	340.9	10609	7.03	*31	79.85	132.12	37.87	15.47	*2.39
% of Calories											*10.5%	26.6%	44.0%	28.4%	11.6%	*1.8%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Wed - 05/22/2019																
Middle School 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, MS	1 Serving	1	258	43	656	3.97	2.35	31.0	8187	3.76	1	16.16	24.09	11.28	5.03	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
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 29, 2019 thru May 31, 2019

Base Menu Spreadsheet

Middle School 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 ¹ (g)
Weighted Daily Average			1308	168	1810	15.12	8.24	1327.6	11374	6.50	44	77.10	134.35	49.10	22.18	*0.00
% of Calories											13.4%	23.6%	41.1%	33.8%	15.3%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Thu - 05/23/2019																
Middle School 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, MS	1 Serving	1	258	43	656	3.97	2.35	31.0	8187	3.76	1	16.16	24.09	11.28	5.03	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
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			1080	127	1785	13.92	27.11	782.2	12795	43.38	*52	60.62	131.10	34.35	10.01	*0.00
% of Calories											*19.3%	22.5%	48.6%	28.6%	8.3%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Fri - 05/24/2019																
Middle School 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, MS	1 Serving	1	258	43	656	3.97	2.35	31.0	8187	3.76	1	16.16	24.09	11.28	5.03	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
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			1055	*127	2374	*15.30	*6.89	*559.7	*10585	*23.23	*40	*48.69	*123.05	41.21	11.82	*2.53
% of Calories											*15.0%	*18.5%	*46.6%	35.1%	10.1%	*2.2%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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ISD 518

Apr 29, 2019 thru May 31, 2019

Base Menu Spreadsheet

Middle School 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 ¹ (g)
Mon - 05/27/2019																
Middle School 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
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			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Tue - 05/28/2019																
Middle School 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*
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			690	58	1067	10.72	4.33	550.7	2825	25.07	*37	34.62	106.32	15.23	4.40	*1.99
											*21.7%	20.1%	61.6%	19.9%	5.7%	*2.6%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Wed - 05/29/2019																
Middle School 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
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			635	56	1002	8.33	4.00	494.6	2279	13.48	35	36.14	84.46	17.71	3.91	*0.00
											22.2%	22.8%	53.2%	25.1%	5.5%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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ISD 518

Base Menu Spreadsheet

Weighted Values - Detailed

Apr 29, 2019 thru May 31, 2019

Middle School Lunch

Generated on: 4/29/2019 11:24:56 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)
Thu - 05/30/2019																
Middle School 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
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			586	31	1036	7.31	4.03	507.0	2944	4.37	40	26.24	87.38	15.26	6.50	*0.00
% of Calories											27.2%	17.9%	59.7%	23.4%	10.0%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Fri - 05/31/2019																
Middle School 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
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			537	41	789	5.33	2.56	454.6	2579	2.68	33	21.10	68.46	19.62	7.37	*0.00
% of Calories											24.8%	15.7%	51.0%	32.9%	12.4%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Weighted Average			1091	*136	2075	*14.17	*8.62	*1315.6	*10079	*31.58	*43	*61.01	*130.40	37.24	12.64	*1.05
											*35.8%	*22.4%	*47.8%	30.7%	10.4%	*0.9%

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

Base Menu Spreadsheet

Weighted Values - Detailed

Apr 29, 2019 thru May 31, 2019

Middle School Lunch

Generated on: 4/29/2019 11:24:56 AM

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 ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	1091		783	139%													
Cholesterol (mg)	136				Missing				2075								
Sodium (mg)	2075																
Fiber (g)	14.17				Missing												
Iron (mg)	8.62		4.50	192%	Missing												
Calcium (mg)	1315.6		400.00	329%	Missing												
Vitamin A (IU)	10079		1500	672%	Missing												
Sugars (g)	43	15.90%			Missing												
Vitamin C (mg)	31.58		16.70	189%	Missing												
Protein (g)	61.01	22.37%	15.00	407%	Missing												
Carbohydrate (g)	130.40	47.81%			Missing												
Total Fat (g)	37.24	30.72%	<=30.00%														
Saturated Fat (g)	12.64	10.43%	<10.00%														
Trans Fat ¹ (g)	1.05	0.87%			Missing												

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

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