

ISD 518

Sep 2, 2019 thru Oct 4, 2019

Base Menu Spreadsheet

Middle School Lunch

Weighted Values - Detailed

Generated on: 8/14/2019 10:28:18 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																
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 - 09/03/2019																
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
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*
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
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			531	36	711	8.62	4.13	515.4	2760	56.64	32	30.14	78.66	12.37	4.01	*0.00
											24.0%	22.7%	59.3%	21.0%	6.8%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Wed - 09/04/2019																
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
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
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
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
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			592	21	852	9.33	3.46	704.6	3079	2.68	*45	29.13	91.46	12.71	4.41	*0.00
											*30.6%	19.7%	61.8%	19.3%	6.7%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=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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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)
Thu - 09/05/2019																
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
Baked Beans	1/2 CUP	1	168	0	503	6.99	4.50	46.4	423	0.82	*6	6.57	29.26	2.34	0.00	*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
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			686	41	1286	11.32	7.06	501.0	2702	2.31	*39	26.67	94.71	21.95	7.38	*0.00
% of Calories											*22.8%	15.6%	55.3%	28.8%	9.7%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Fri - 09/06/2019																
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
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
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
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			602	*74	915	*6.58	*2.92	*454.6	*2429	*13.48	*35	*28.38	*64.96	26.34	5.44	*2.53
% of Calories											*23.4%	*18.9%	*43.2%	39.4%	8.1%	*3.8%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Mon - 09/09/2019																
Middle School Lunch	Total	1														
Mini State Fair Corn Dogs	6 PIECES	1	29	0	257	0.09	0.10	4.3	149	1.16	*6	0.29	7.77	0.03	0.00	*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
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			1238	*131	2120	*14.81	*5.74	*2328.8	*10822	*25.63	*50	*73.59	*129.02	49.29	21.50	*4.44
% of Calories											*16.3%	*23.8%	*41.7%	35.8%	15.6%	*3.2%
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)
Tue - 09/10/2019																
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	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
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	157	2466	14.56	4.54	1884.8	10811	26.07	*36	79.54	127.31	34.19	14.21	*2.39
% of Calories											*12.6%	27.8%	44.4%	26.8%	11.2%	*1.9%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Wed - 09/11/2019																
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 MS	Sandwiche	1	415	35	933	5.00	4.50	340.0	187	2.24	14	23.0	55.68	11.5	4.00	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
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			1298	153	2180	15.40	9.26	2971.6	11663	26.58	53	79.05	142.71	42.91	20.67	*0.00
% of Calories											16.4%	24.4%	44.0%	29.7%	14.3%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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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)
Thu - 09/12/2019																
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	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*
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
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			1030	112	1779	9.53	5.30	2138.7	12531	58.61	*40	60.30	126.80	30.99	8.80	*0.00
% of Calories											*15.4%	23.4%	49.2%	27.1%	7.7%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Fri - 09/13/2019																
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
String Cheese	1 oz.	1	68	10	244	0.00	0.00	0.0	147	0.0	*N/A*	3.91	6.84	2.93	0.49	*N/A*
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
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			1069	*121	2670	*15.33	*7.01	*2103.7	*10934	*42.27	*44	*52.29	*125.08	40.45	11.05	*2.53
% of Calories											*16.6%	*19.6%	*46.8%	34.0%	9.3%	*2.1%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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Mon - 09/16/2019																
Middle School Lunch	Total	1														
Hot Pork Sandwich	Serving	1	424	110	1059	2.81	1.01	170.9	146	24.35	4	29.72	28.73	15.98	5.70	*0.00
Chicken Salad Sandwich	3 oz	1	430	96	771	3.07	2.50	50.3	451	0.14	*9	23.35	40.52	19.34	7.19	*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
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
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			1236	240	2713	12.21	6.38	2050.8	11265	48.77	*47	77.06	123.00	43.62	17.07	*0.00
% of Calories											*15.3%	24.9%	39.8%	31.8%	12.4%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Tue - 09/17/2019																
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
Chicken Fajitas	Fajita	1	345	87	961	0.83	1.59	215.1	356	2.4	3	31.15	27.03	10.9	6.32	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
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			1239	173	2735	15.54	8.39	2340.8	11571	50.27	*46	81.63	152.63	33.72	14.49	*1.99
% of Calories											*14.9%	26.3%	49.3%	24.5%	10.5%	*1.4%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Wed - 09/18/2019																
Middle School Lunch	Total	1														
Teriyaki Chicken	Serving	1	93	61	214	0.00	0.77	0.0	0	0.0	5	10.0	6.43	3.21	0.71	0.00
Grilled Cheese Sandwich	Sandwich	1	256	*25	519	*4.00	*1.44	*451.9	*304	*0.0	*5	*11.06	*24.03	13.79	5.67	0.61
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
Rice, Cooked Brown	1/2 CUP	1	173	0	150	2.06	0.74	1.8	40	0.0	0	4.12	34.02	2.44	0.36	*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

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			940	*120	1793	*14.39	*5.83	*2303.2	*11013	*36.28	*47 *20.1%	*53.17 *22.6%	*124.22 *52.9%	27.74 26.6%	10.93 10.5%	*0.61 *0.6%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Thu - 09/19/2019																
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
Ham Stacker	Sandwiche	1	283	58	862	3.00	2.70	200.0	0	1.0	5	21.51	32.82	8.23	2.74	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
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 % of Calories			1072	117	2605	14.31	9.21	2282.1	11333	28.17	51 18.9%	63.61 23.7%	139.49 52.0%	31.09 26.1%	13.00 10.9%	*0.00 *0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Fri - 09/20/2019																
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
Goulash	1 cup	1	318	*53	456	5.31	5.21	30.1	663	102.44	*1	21.15	35.46	11.09	3.77	*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
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
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 % of Calories			1197	*97	2437	*18.29	*10.84	*2316.2	*11994	*132.76	*45 *15.1%	*63.79 *21.3%	*139.11 *46.5%	44.01 33.1%	14.48 10.9%	*2.53 *1.9%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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ISD 518

Sep 2, 2019 thru Oct 4, 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 - 09/23/2019																
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
Beef & Bean Burrito	Burrito	1	366	39	865	2.57	3.18	2654.9	434	1.51	*3	22.46	37.36	12.69	6.35	*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
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
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			1178	123	2546	13.91	9.30	4704.5	11103	25.79	*41	71.46	137.10	38.00	14.03	*0.00
% of Calories											*14.1%	24.3%	46.5%	29.0%	10.7%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Tue - 09/24/2019																
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
Hot Ham & Cheese Sandwich, MS	Sandwich	1	298	63	847	3.00	2.70	200.0	0	1.0	5	21.0	32.83	10.25	3.75	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
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
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			1190	150	2440	20.56	9.61	2151.2	10911	27.07	*41	71.99	140.15	41.40	13.08	*0.00
% of Calories											*13.7%	24.2%	47.1%	31.3%	9.9%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Wed - 09/25/2019																
Middle School Lunch	Total	1														
Cheeseburger on Bun	EACH	1	340	37	688	4.00	3.60	220.0	100	1.2	5	21.96	33.99	13.47	4.98	0.00
Baked Potato	Potato	1	321	32	429	3.81	3.31	5166.0	375	16.61	2	19.74	37.73	10.6	6.64	*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
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
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

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ISD 518

Sep 2, 2019 thru Oct 4, 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 % of Calories			1230	*104	2238	*18.14	*10.15	*7365.5	*11144	*42.09	*44 *14.4%	*71.70 *23.3%	*140.47 *45.7%	44.51 32.6%	18.33 13.4%	*2.53 *1.9%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Thu - 09/26/2019																
Middle School Lunch	Total	1														
Chicken & Noodles ISD 518	1 Cup	1	186	55	128	0.84	0.84	5.3	81	0.02	2	19.6	16.77	4.99	0.99	*0.49
Meatloaf	3 OZ.	1	170	40	160	1.00	1.80	20.0	100	4.8	2	15.0	4.0	10.0	4.00	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
Mashed Potatoes	1/2 cup	1	110	0	146	1.01	0.36	23.7	146	30.2	1	2.01	17.11	4.21	1.31	*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*
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 % of Calories			978	129	1467	10.18	6.96	1978.5	11296	80.31	*30 *12.3%	65.59 26.8%	115.64 47.3%	29.01 26.7%	10.48 9.6%	*0.49 *0.4%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Fri - 09/27/2019																
Middle School Lunch	Total	1														
Cheese Quesadilla	slice	1	330	10	830	4.00	2.70	200.0	300	0.0	3	16.0	40.0	12.0	3.50	0.00
Tater Tot Hot Dish	4 oz	1	367	79	654	*2.82	2.49	33.5	214	*12.52	*0	22.21	26.16	18.76	7.81	*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
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
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 % of Calories			1268	*147	2630	*15.15	*8.42	*2213.0	*11483	*38.00	*41 *13.0%	*65.20 *20.6%	*134.91 *42.6%	52.20 37.1%	18.02 12.8%	*2.53 *1.8%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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ISD 518

Sep 2, 2019 thru Oct 4, 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 - 09/30/2019																
Middle School Lunch	Total	1														
Crispy Chicken Leg	Piece	1	190	50	450	1.00	1.08	20.0	100	1.2	0	16.0	5.0	11.0	2.50	0.00
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*
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	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			929	109	1718	10.31	5.43	2132.0	11983	28.37	*40	58.09	109.67	28.35	6.76	*0.00
% of Calories											*17.1%	25.0%	47.2%	27.5%	6.6%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Tue - 10/01/2019																
Middle School Lunch	Total	1														
Taco, Hard Shell	2 oz	1	350	62	285	1.11	1.18	30.1	142	0.59	*1	18.65	20.27	20.59	7.44	*2.39
Egg Roll/String Cheese	1 Roll/1 S tick	1	270	50	540	3.00	1.80	60.0	1050	6.0	3	16.0	20.0	14.0	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
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
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	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			1304	*146	2062	*21.45	*8.38	*2112.5	*11861	*32.07	*40	*70.64	*130.02	55.53	16.15	*4.92
% of Calories											*12.3%	*21.7%	*39.9%	38.3%	11.2%	*3.4%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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ISD 518

Sep 2, 2019 thru Oct 4, 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)
Wed - 10/02/2019																
Middle School Lunch	Total	1														
Pulled Pork Sand.	Sandwich	1	388	100	752	3.00	1.80	200.0	0	0.0	4	28.0	31.0	12.0	4.00	0.00
Grilled Chicken Sandwich	Sandwich	1	300	60	950	3.00	1.80	200.0	0	0.0	6	24.0	35.0	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
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			1099	194	2590	13.33	6.48	2249.6	10669	36.28	47	77.99	124.75	28.30	10.18	*0.00
% of Calories											17.2%	28.4%	45.4%	23.2%	8.3%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Thu - 10/03/2019																
Middle School Lunch	Total	1														
Chili	3/4 Cup	1	245	36	705	4.66	2.02	99.8	592	6.7	*5	14.11	24.31	10.29	2.80	*1.39
Club Wrap	Wrap	1	285	56	849	0.00	1.05	8.5	16	3.36	1	23.92	25.55	9.27	3.73	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
Cinnamon Roll 1.4 oz	1.4 oz	1	130	5	200	2.00	0.72	20.0	100	0.0	5	3.0	18.0	5.0	2.50	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			1060	156	2677	13.99	6.31	1957.9	11377	34.34	*47	65.02	125.60	33.85	13.21	*1.39
% of Calories											*17.8%	24.5%	47.4%	28.7%	11.2%	*1.2%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Fri - 10/04/2019																
Middle School Lunch	Total	1														
French Bread Cheese Pizza	Piece	1	300	20	570	3.00	1.80	300.0	500	6.0	4	14.0	34.0	11.0	4.00	0.00
Philly Cheese Steak	Sandwich	1	313	55	1093	3.40	3.71	220.0	200	0.0	2	27.3	33.5	8.45	4.60	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
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

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

Sep 2, 2019 thru Oct 4, 2019

Base Menu Spreadsheet

Middle School Lunch

Weighted Values - Detailed

Generated on: 8/14/2019 10:28:18 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 % of Calories			1021	109	2572	13.73	8.02	2349.6	11669	31.48	40 15.8%	68.29 26.7%	124.25 48.7%	27.75 24.5%	12.78 11.3%	*0.00 *0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Weighted Average			1047	*123	2092	*13.79	*7.05	*2254.6	*9934	*38.60	*43 *36.7%	*61.85 *23.6%	*122.57 *46.8%	34.59 29.7%	12.52 10.8%	*1.20 *1.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1047		783	134%				
Cholesterol (mg)	123				Missing			
Sodium (mg)	2092					2092		
Fiber (g)	13.79				Missing			
Iron (mg)	7.05		4.50	157%	Missing			
Calcium (mg)	2254.6		400.00	564%	Missing			
Vitamin A (IU)	9934		1500	662%	Missing			
Sugars (g)	43	16.29%			Missing			
Vitamin C (mg)	38.60		16.70	231%	Missing			
Protein (g)	61.85	23.62%	15.00	412%	Missing			
Carbohydrate (g)	122.57	46.82%			Missing			
Total Fat (g)	34.59	29.73%	<=30.00%					
Saturated Fat (g)	12.52	10.76%	<10.00%					Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	1.20	1.03%			Missing			

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