

ISD 518

Apr 1, 2019 thru May 3, 2019

Base Menu Spreadsheet

Prairie Elementary 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 | | | | | | | | | | | | | | | | |
| Prairie Elementary 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 | | | 483 | | | | 2.50 | 200.00 | 792 | 11.25 | | 6.67 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------------------|------------|---|-----|----|-----|-------|------|--------|------|-------|--------|-------|-------|--------|--------|-------|
| Tue - 04/02/2019 | | | | | | | | | | | | | | | | |
| Prairie Elementary 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 | | | 483 | | | | 2.50 | 200.00 | 792 | 11.25 | | 6.67 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------------------|----------------|---|-----|-------|-----|-------|------|--------|------|-------|--------|-------|-------|--------|--------|-------|
| Wed - 04/03/2019 | | | | | | | | | | | | | | | | |
| Prairie Elementary 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 | | | 483 | | | | 2.50 | 200.00 | 792 | 11.25 | | 6.67 | | <=30.0 | <10.00 | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

ISD 518

Base Menu Spreadsheet

Weighted Values - Detailed

Apr 1, 2019 thru May 3, 2019

Prairie Elementary Breakfast

Generated on: 4/1/2019 6:43:22 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 - 04/04/2019 | | | | | | | | | | | | | | | | |
| Prairie Elementary 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 | | | 483 | | | | 2.50 | 200.00 | 792 | 11.25 | | 6.67 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------------------|------------|---|-----|-------|-------|-------|------|--------|------|--------|--------|-------|-------|--------|--------|-------|
| Fri - 04/05/2019 | | | | | | | | | | | | | | | | |
| Prairie Elementary 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 | | | 483 | | | | 2.50 | 200.00 | 792 | 11.25 | | 6.67 | | <=30.0 | <10.00 | |

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|------------------------------|------------|---|-----|---|-----|-------|------|--------|------|-------|--------|-------|-------|--------|--------|-------|
| Mon - 04/08/2019 | | | | | | | | | | | | | | | | |
| Prairie Elementary 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 | | | 483 | | | | 2.50 | 200.00 | 792 | 11.25 | | 6.67 | | <=30.0 | <10.00 | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

ISD 518

Apr 1, 2019 thru May 3, 2019

Base Menu Spreadsheet

Prairie Elementary 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) |
|------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 04/09/2019 | | | | | | | | | | | | | | | | |
| Prairie Elementary 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 | | | 483 | | | | 2.50 | 200.00 | 792 | 11.25 | | 6.67 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------------------|------------|---|-----|-------|-----|-------|------|--------|------|-------|--------|-------|-------|--------|--------|-------|
| Wed - 04/10/2019 | | | | | | | | | | | | | | | | |
| Prairie Elementary 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 | | | 483 | | | | 2.50 | 200.00 | 792 | 11.25 | | 6.67 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------------------|------------|---|-----|-----|-----|-------|------|--------|------|-------|--------|-------|-------|--------|--------|------|
| Thu - 04/11/2019 | | | | | | | | | | | | | | | | |
| Prairie Elementary 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 | | | 483 | | | | 2.50 | 200.00 | 792 | 11.25 | | 6.67 | | <=30.0 | <10.00 | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

ISD 518

Apr 1, 2019 thru May 3, 2019

Base Menu Spreadsheet

Prairie Elementary 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 | | | | | | | | | | | | | | | | |
| Prairie Elementary 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 | | | 483 | | | | 2.50 | 200.00 | 792 | 11.25 | | 6.67 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------------------|------------|---|-----|---|-----|-------|------|--------|------|-------|--------|-------|-------|--------|--------|------|
| Mon - 04/15/2019 | | | | | | | | | | | | | | | | |
| Prairie Elementary 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 | | | 483 | | | | 2.50 | 200.00 | 792 | 11.25 | | 6.67 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------------------|------------|---|-----|-------|-----|-------|------|--------|------|-------|--------|-------|-------|--------|--------|-------|
| Tue - 04/16/2019 | | | | | | | | | | | | | | | | |
| Prairie Elementary 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 | | | 483 | | | | 2.50 | 200.00 | 792 | 11.25 | | 6.67 | | <=30.0 | <10.00 | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

ISD 518

Apr 1, 2019 thru May 3, 2019

Base Menu Spreadsheet

Prairie Elementary Breakfast

Weighted Values - Detailed

Generated on: 4/1/2019 6:43:22 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 | | | | | | | | | | | | | | | | |
| Prairie Elementary 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 | | | 483 | | | | 2.50 | 200.00 | 792 | 11.25 | | 6.67 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------------------|------------|---|-----|-------|-------|-------|------|--------|------|--------|--------|-------|-------|--------|--------|-------|
| Thu - 04/18/2019 | | | | | | | | | | | | | | | | |
| Prairie Elementary 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 | | | 483 | | | | 2.50 | 200.00 | 792 | 11.25 | | 6.67 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------------------|-------|---|-----|---|---|------|------|--------|-----|-------|------|------|------|--------|--------|------|
| Fri - 04/19/2019 | | | | | | | | | | | | | | | | |
| Prairie Elementary 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 | | | 483 | | | | 2.50 | 200.00 | 792 | 11.25 | | 6.67 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------------------|-------|---|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Mon - 04/22/2019 | | | | | | | | | | | | | | | | |
| Prairie Elementary 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* |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

ISD 518

Apr 1, 2019 thru May 3, 2019

Base Menu Spreadsheet

Prairie Elementary Breakfast

Weighted Values - Detailed

Generated on: 4/1/2019 6:43:22 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 | | | *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 | | | 483 | | | | 2.50 | 200.00 | 792 | 11.25 | | 6.67 | | <=30.0 | <10.00 | |

| Tue - 04/23/2019 | | | | | | | | | | | | | | | | |
|--------------------------------------|------------|---|-----|----|-----|-------|------|--------|------|-------|---------------|----------------|----------------|---------------|--------------|----------------|
| Prairie Elementary 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 | | | 483 | | | | 2.50 | 200.00 | 792 | 11.25 | | 6.67 | | <=30.0 | <10.00 | |

| Wed - 04/24/2019 | | | | | | | | | | | | | | | | |
|--------------------------------------|------------|---|-----|-------|-----|-------|-------|--------|-------|--------|---------------|----------------|-----------------|----------------|----------------|----------------|
| Prairie Elementary 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 | | | 483 | | | | 2.50 | 200.00 | 792 | 11.25 | | 6.67 | | <=30.0 | <10.00 | |

| Thu - 04/25/2019 | | | | | | | | | | | | | | | | |
|------------------------------|-----------------|---|-----|----|-----|-------|------|-------|-----|------|-------|------|-------|------|------|------|
| Prairie Elementary 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 |

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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| | 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 | | | 483 | | | | 2.50 | 200.00 | 792 | 11.25 | | 6.67 | | <=30.0 | <10.00 | |

| Fri - 04/26/2019 | | | | | | | | | | | | | | | | |
|------------------------------|------------|---|-----|-------|-------|-------|------|--------|------|--------|--------|-------|-------|--------|--------|-------|
| Prairie Elementary 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 | | | 483 | | | | 2.50 | 200.00 | 792 | 11.25 | | 6.67 | | <=30.0 | <10.00 | |

| Mon - 04/29/2019 | | | | | | | | | | | | | | | | |
|------------------------------|------------|---|-----|-------|-----|-------|------|--------|------|--------|--------|-------|-------|--------|--------|-------|
| Prairie Elementary 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 | | | 483 | | | | 2.50 | 200.00 | 792 | 11.25 | | 6.67 | | <=30.0 | <10.00 | |

| Tue - 04/30/2019 | | | | | | | | | | | | | | | | |
|------------------------------|------------|---|-----|----|-----|-------|------|--------|------|-------|--------|-------|-------|--------|--------|-------|
| Prairie Elementary 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 | | | 483 | | | | 2.50 | 200.00 | 792 | 11.25 | | 6.67 | | <=30.0 | <10.00 | |

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

Base Menu Spreadsheet

Weighted Values - Detailed

Page 8

Apr 1, 2019 thru May 3, 2019

Prairie Elementary Breakfast

Generated on: 4/1/2019 6:43:22 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 - 05/01/2019 | | | | | | | | | | | | | | | | |
| Prairie Elementary 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 | | | 483 | | | | 2.50 | 200.00 | 792 | 11.25 | | 6.67 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------------------|------------|---|-----|----|-----|-------|------|--------|-----|-------|--------|-------|-------|--------|--------|-------|
| Thu - 05/02/2019 | | | | | | | | | | | | | | | | |
| Prairie Elementary 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 | | | 483 | | | | 2.50 | 200.00 | 792 | 11.25 | | 6.67 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------------------|------------|---|-----|-------|-------|-------|------|--------|------|--------|--------|-------|-------|--------|--------|-------|
| Fri - 05/03/2019 | | | | | | | | | | | | | | | | |
| Prairie Elementary 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 | | | 483 | | | | 2.50 | 200.00 | 792 | 11.25 | | 6.67 | | <=30.0 | <10.00 | |

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ISD 518

Apr 1, 2019 thru May 3, 2019

Base Menu Spreadsheet

Prairie Elementary 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 | | | 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 | | 483 | 91% | | 41 | | Correction Required - Calories are Low |
| Cholesterol (mg) | 34 | | | | Missing | | | |
| Sodium (mg) | 522 | | | | Missing | 522 | | |
| Fiber (g) | 4.95 | | | | Missing | | | |
| Iron (mg) | 2.73 | | 2.50 | 109% | Missing | | | |
| Calcium (mg) | 577.8 | | 200.00 | 289% | Missing | | | |
| Vitamin A (IU) | 1206 | | 792 | 152% | Missing | | | |
| Sugars (g) | 29 | 25.96% | | | Missing | | | |
| Vitamin C (mg) | 48.90 | | 11.25 | 435% | Missing | | | |
| Protein (g) | 16.79 | 15.19% | 6.67 | 252% | | | | |
| 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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* - denotes combined nutrient totals with either missing or incomplete nutrient data

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