

ISD 518

Sep 2, 2019 thru Oct 4, 2019

Base Menu Spreadsheet

Prairie Elementary 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 - 09/02/2019																
Prairie Elementary 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			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 09/03/2019																
Prairie Elementary 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			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 09/04/2019																
Prairie Elementary 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 *30.6%	29.13 19.7%	91.46 61.8%	12.71 19.3%	4.41 6.7%	*0.00 *0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 09/05/2019																
Prairie Elementary 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

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

Sep 2, 2019 thru Oct 4, 2019

Base Menu Spreadsheet

Prairie Elementary Lunch

Weighted Values - Detailed

Generated on: 8/14/2019 10:26:26 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			686	41	1286	11.32	7.06	501.0	2702	2.31	*39 *22.8%	26.67 15.6%	94.71 55.3%	21.95 28.8%	7.38 9.7%	*0.00 *0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 09/06/2019																
Prairie Elementary 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 % of Calories			602	*74	915	*6.58	*2.92	*454.6	*2429	*13.48	*35 *23.4%	*28.38 *18.9%	*64.96 *43.2%	26.34 39.4%	5.44 8.1%	*2.53 *3.8%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 09/09/2019																
Prairie Elementary 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 % of Calories			1238	*131	2120	*14.81	*5.74	*2328.8	*10822	*25.63	*50 *16.3%	*73.59 *23.8%	*129.02 *41.7%	49.29 35.8%	21.50 15.6%	*4.44 *3.2%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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Prairie Elementary 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)
Tue - 09/10/2019																
Prairie Elementary 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			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 09/11/2019																
Prairie Elementary 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			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 09/12/2019																
Prairie Elementary 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

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Base Menu Spreadsheet

Prairie Elementary Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			1030	112	1779	9.53	5.30	2138.7	12531	58.61	*40 *15.4%	60.30 23.4%	126.80 49.2%	30.99 27.1%	8.80 7.7%	*0.00 *0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 09/13/2019																
Prairie Elementary 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 % of Calories			1069	*121	2670	*15.33	*7.01	*2103.7	*10934	*42.27	*44 *16.6%	*52.29 *19.6%	*125.08 *46.8%	40.45 34.0%	11.05 9.3%	*2.53 *2.1%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 09/16/2019																
Prairie Elementary 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
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
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 % of Calories			1106	204	2892	12.14	5.69	2200.5	10815	48.64	44 15.9%	77.71 28.1%	117.48 42.5%	32.28 26.3%	11.88 9.7%	*0.00 *0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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Prairie Elementary 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)
Tue - 09/17/2019																
Prairie Elementary 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			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 09/18/2019																
Prairie Elementary 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
Weighted Daily Average			940	*120	1793	*14.39	*5.83	*2303.2	*11013	*36.28	*47	*53.17	*124.22	27.74	10.93	*0.61
% of Calories											*20.1%	*22.6%	*52.9%	26.6%	10.5%	*0.6%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 09/19/2019																
Prairie Elementary 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	Sandwich	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

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ISD 518

Sep 2, 2019 thru Oct 4, 2019

Base Menu Spreadsheet

Prairie Elementary 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			1072	117	2605	14.31	9.21	2282.1	11333	28.17	51	63.61	139.49	31.09	13.00	*0.00
% of Calories											18.9%	23.7%	52.0%	26.1%	10.9%	*0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 09/20/2019																
Prairie Elementary 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			1197	*97	2437	*18.29	*10.84	*2316.2	*11994	*132.76	*45	*63.79	*139.11	44.01	14.48	*2.53
% of Calories											*15.1%	*21.3%	*46.5%	33.1%	10.9%	*1.9%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 09/23/2019																
Prairie Elementary 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			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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ISD 518

Sep 2, 2019 thru Oct 4, 2019

Base Menu Spreadsheet

Prairie Elementary Lunch

Weighted Values - Detailed

Generated on: 8/14/2019 10:26:27 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)
Tue - 09/24/2019																
Prairie Elementary 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	Sandwiche	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			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

	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 - 09/25/2019																
Prairie Elementary 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	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			1230	*104	2238	*18.14	*10.15	*7365.5	*11144	*42.09	*44	*71.70	*140.47	44.51	18.33	*2.53
% of Calories											*14.4%	*23.3%	*45.7%	32.6%	13.4%	*1.9%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

	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 - 09/26/2019																
Prairie Elementary 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

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ISD 518

Sep 2, 2019 thru Oct 4, 2019

Base Menu Spreadsheet

Prairie Elementary Lunch

Weighted Values - Detailed

Generated on: 8/14/2019 10:26:27 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			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			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 09/27/2019																
Prairie Elementary 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			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 09/30/2019																
Prairie Elementary 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 % of Calories			929	109	1718	10.31	5.43	2132.0	11983	28.37	*40 *17.1%	58.09 25.0%	109.67 47.2%	28.35 27.5%	6.76 6.6%	*0.00 *0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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ISD 518

Sep 2, 2019 thru Oct 4, 2019

Base Menu Spreadsheet

Prairie Elementary Lunch

Weighted Values - Detailed

Generated on: 8/14/2019 10:26:27 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)
Tue - 10/01/2019																
Prairie Elementary 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			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 10/02/2019																
Prairie Elementary 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			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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ISD 518

Sep 2, 2019 thru Oct 4, 2019

Base Menu Spreadsheet

Prairie Elementary 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 - 10/03/2019																
Prairie Elementary 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			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 10/04/2019																
Prairie Elementary 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
Weighted Daily Average			1021	109	2572	13.73	8.02	2349.6	11669	31.48	40	68.29	124.25	27.75	12.78	*0.00
% of Calories											15.8%	26.7%	48.7%	24.5%	11.3%	*0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Weighted Average			1064	*126	2160	*14.01	*7.14	*2336.7	*10226	*37.81	*43	*63.25	*124.24	35.07	12.66	*1.26
											*36.4%	*23.8%	*46.7%	29.7%	10.7%	*1.1%

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

Sep 2, 2019 thru Oct 4, 2019

Prairie Elementary Lunch

Generated on: 8/14/2019 10:26:27 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	1064		664	160%														
Cholesterol (mg)	126				Missing				2160									
Sodium (mg)	2160																	
Fiber (g)	14.01				Missing													
Iron (mg)	7.14		3.50	204%	Missing													
Calcium (mg)	2336.7		286.00	817%	Missing													
Vitamin A (IU)	10226		1120	913%	Missing													
Sugars (g)	43	16.16%			Missing													
Vitamin C (mg)	37.81		15.00	252%	Missing													
Protein (g)	63.25	23.78%	10.00	633%	Missing													
Carbohydrate (g)	124.24	46.70%			Missing													
Total Fat (g)	35.07	29.66%	<=30.00%															
Saturated Fat (g)	12.66	10.71%	<10.00%															
Trans Fat ¹ (g)	1.26	1.06%			Missing													Correction Required - Sat. Fat too High

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