

ISD 518

Jun 10, 2019 thru Jun 28, 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 - 06/10/2019																
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	1/2 cup	1	59	*N/A*	1	2.72	0.16	9.1	45	5.44	*N/A*	*N/A*	15.42	*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			403	*6	427	*7.05	5.43	624.6	1462	49.54	*25	*13.72	82.16	*3.42	*0.68	*0.00
% of Calories											*25.0%	*13.6%	81.6%	*7.7%	*1.5%	*0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25		6.67		<=30.0	<10.00	

Tue - 06/11/2019																
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 - 06/12/2019																
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*
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			466	*31	272	*2.00	1.00	*360.0	1000	43.20	*24	11.00	67.41	*7.67	*1.40	*0.00
% of Calories											*20.4%	9.4%	57.8%	*14.8%	*2.7%	*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
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ISD 518

Jun 10, 2019 thru Jun 28, 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)
Thu - 06/13/2019																
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 - 06/14/2019																
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	

Mon - 06/17/2019																
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	1/2 cup	1	59	*N/A*	1	2.72	0.16	9.1	45	5.44	*N/A*	*N/A*	15.42	*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			403	*6	427	*7.05	5.43	624.6	1462	49.54	*25	*13.72	82.16	*3.42	*0.68	*0.00
% of Calories											*25.0%	*13.6%	81.6%	*7.7%	*1.5%	*0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25		6.67		<=30.0	<10.00	

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Weighted Values - Detailed

Jun 10, 2019 thru Jun 28, 2019

Prairie Elementary Breakfast

Generated on: 5/31/2019 7:12:53 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 - 06/18/2019																
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 - 06/19/2019																
Prairie Elementary Breakfast	Total	1														
Pancakes	Pancake	1	140	6	270	2.00	0.00	0.0	0	0.0	6	4.0	26.0	4.0	0.00	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			386	*12	432	*4.00	0.28	*360.0	1000	43.20	*22	14.00	77.41	*4.67	*0.40	*0.00
% of Calories											*22.6%	14.5%	80.2%	*10.9%	*0.9%	*0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25		6.67		<=30.0	<10.00	

Thu - 06/20/2019																
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	

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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 - 06/21/2019																
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 - 06/24/2019																
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	1/2 cup	1	59	*N/A*	1	2.72	0.16	9.1	45	5.44	*N/A*	*N/A*	15.42	*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			403	*6	427	*7.05	5.43	624.6	1462	49.54	*25	*13.72	82.16	*3.42	*0.68	*0.00
% of Calories											*25.0%	*13.6%	81.6%	*7.7%	*1.5%	*0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25		6.67		<=30.0	<10.00	

Tue - 06/25/2019																
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	

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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)
Wed - 06/26/2019																
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
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	HALF PINT	1	114	10	135	*N/A*	*N/A*	312.2	520	2.5	*N/A*	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			501	*10	391	*5.00	*5.68	*572.2	1895	47.50	*7	16.32	80.53	*14.60	*3.81	*0.00
% of Calories											*6.0%	13.0%	64.2%	*26.2%	*6.8%	*0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25		6.67		<=30.0	<10.00	

Thu - 06/27/2019																
Prairie Elementary Breakfast	Total	1														
Breakfast Bar - BeneFit	Bar	1	280	15	220	3.00	1.80	20.0	0	0.0	23	5.0	48.0	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
Milk, St. Mary's	1/2 Pint	1	113	6	160	0.00	0.00	270.0	650	0.96	16	8.0	17.2	0.62	0.37	0.00
Weighted Daily Average			484	21	381	*3.41	2.03	406.4	896	38.80	*46	14.29	88.09	8.79	3.43	0.00
% of Calories											*38.1%	11.8%	72.8%	16.3%	6.4%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25		6.67		<=30.0	<10.00	

Fri - 06/28/2019																
Prairie Elementary Breakfast	Total	1														
Muffin - Chocolate	Muffin	1	180	0	105	0.00	0.00	0.0	0	0.0	14	3.0	28.0	6.0	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
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			483	*6	*376	*5.20	1.17	548.4	1046	*36.00	*32	16.28	88.07	8.32	*1.91	*0.00
% of Calories											*26.3%	13.5%	72.9%	15.5%	*3.5%	*0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25		6.67		<=30.0	<10.00	

Weighted Average			445	*35	*460	*4.65	*2.58	*599.9	*1262	*51.08	*28	*16.28	75.62	*8.62	*2.39	*0.00
											*56.9%	*14.7%	68.0%	*17.4%	*4.8%	*0.0%

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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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	445		483	92%		39		Correction Required - Calories are Low								
Cholesterol (mg)	35				Missing											
Sodium (mg)	460				Missing		460									
Fiber (g)	4.65				Missing											
Iron (mg)	2.58		2.50	103%	Missing											
Calcium (mg)	599.9		200.00	300%	Missing											
Vitamin A (IU)	1262		792	159%	Missing											
Sugars (g)	28	25.30%			Missing											
Vitamin C (mg)	51.08		11.25	454%	Missing											
Protein (g)	16.28	14.65%	6.67	244%	Missing											
Carbohydrate (g)	75.62	68.03%														
Total Fat (g)	8.62	17.45%	<=30.00%		Missing											
Saturated Fat (g)	2.39	4.84%	<10.00%		Missing											
Trans Fat ¹ (g)	0.00	0.00%			Missing											

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.