ISD 518

Feb 25, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Prairie Elementary Breakfast

Weighted Values - Detailed

Generated on: 3/4/2019 6:47:50 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 - 02/25/2019																
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 - 02/26/2019																
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	
Wed - 02/27/2019																
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	

***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

Feb 25, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Prairie Elementary Breakfast

Weighted Values - Detailed

Generated on: 3/4/2019 6:47:51 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 - 02/28/2019																
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 - 03/01/2019																
Prairie Elementary Breakfast	Total	1														
Cinnamon Roll	2.5 oz.	1	190	15	210	3.00	1.44	20.0	100	0.0	8	5.0	33.0	5.0	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
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			424	21	376	*4.00	1.54	380.0	1050	36.00	*36	14.00	80.41	5.67	2.40	0.00
% of Calories											*33.7%	13.2%	75.8%	12.0%	5.1%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25		6.67		<=30.0	<10.00	
Mon - 03/04/2019																
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	1/2 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	

***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

Feb 25, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Prairie Elementary Breakfast

Weighted Values - Detailed

Generated on: 3/4/2019 6:47:51 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 - 03/05/2019																
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 - 03/06/2019																
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			526	*31	743	*6.00	*1.00	*550.0	*1000	*43.20	*18	19.00	101.41	*5.68	*0.90	*0.00
% of Calories											*13.5%	14.4%	77.1%	*9.7%	*1.5%	*0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25		6.67		<=30.0	<10.00	
Thu - 03/07/2019																
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	
Fri - 03/08/2019																
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

***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

Feb 25, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Prairie Elementary Breakfast

Weighted Values - Detailed

Generated on: 3/4/2019 6:47:51 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			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 - 03/11/2019																
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 - 03/12/2019																
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 - 03/13/2019																
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

***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

Feb 25, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Prairie Elementary Breakfast

Weighted Values - Detailed

Generated on: 3/4/2019 6:47:51 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			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 - 03/14/2019																
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 - 03/15/2019																
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	
Mon - 03/18/2019																
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

***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

Feb 25, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Prairie Elementary Breakfast

Weighted Values - Detailed

Generated on: 3/4/2019 6:47:51 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			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 - 03/19/2019																
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 - 03/20/2019																
Prairie Elementary Breakfast	Total	1														
Waffles	2 Waffles	1	206	10	482	1.58	4.56	202.6	878	0.0	3	4.75	32.53	6.34	1.08	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			512	*16	754	*5.58	5.56	*712.6	1878	43.20	*21	17.74	94.94	*8.02	*1.48	*0.00
% of Calories											*16.5%	13.9%	74.1%	*14.1%	*2.6%	*0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25		6.67		<=30.0	<10.00	
Thu - 03/21/2019																
Prairie Elementary Breakfast	Total	1														
Breakfast Sandwich	Sandwich	1	243	123	477	*3.00	37.89	248.0	234	*0.0	*1	10.8	27.65	11.3	4.00	*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

***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.

	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			508	129	749	*5.41	38.84	764.4	1230	*37.84	*26	23.09	78.95	13.14	4.46	*0.00
% of Calories											*20.7%	18.2%	62.1%	23.3%	7.9%	*0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25		6.67		<=30.0	<10.00	
Fri - 03/22/2019																
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
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			583	*21	*491	*8.20	2.97	568.4	1046	*36.00	*41	18.28	108.07	10.32	*3.40	*0.00
% of Calories											*28.0%	12.5%	74.1%	15.9%	*5.3%	*0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25		6.67		<=30.0	<10.00	
Mon - 03/25/2019																
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*
Weighted Daily Average			*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*
% of Calories												*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 - 03/26/2019																
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**
[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

Feb 25, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Prairie Elementary Breakfast

Weighted Values - Detailed

Generated on: 3/4/2019 6:47:51 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 - 03/27/2019																
Prairie Elementary Breakfast	Total	1														
Biscuits and Gravy	1/2	1	423	47	986	3.00	0.62	6.4	56	0.0	5	15.3	35.48	23.97	8.59	*0.06
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			729	*54	1258	*7.00	1.62	*516.4	1056	43.20	*22	28.30	97.89	*25.65	*8.99	*0.06
% of Calories											*12.3%	15.5%	53.7%	*31.6%	*11.1%	*0.1%
Nutrient Guideline			483				2.50	200.00	792	11.25		6.67		<=30.0	<10.00	
Thu - 03/28/2019																
Prairie Elementary Breakfast	Total	1														
Bagel	Bagel	1	140	0	180	4.00	1.80	40.0	0	0.0	5	6.0	29.0	1.0	0.00	0.00
Cream Cheese	1 TBSP	1	50	16	53	0.00	0.06	14.2	195	0.0	0	0.86	0.59	4.96	2.80	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, 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	22	395	*4.41	2.09	420.6	1191	37.84	*29	16.15	69.89	6.80	3.25	0.00
% of Calories											*29.1%	16.4%	70.8%	15.5%	7.4%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25		6.67		<=30.0	<10.00	
Fri - 03/29/2019																
Prairie Elementary Breakfast	Total	1														
Yogurt Parfait	serving	1	340	3	168	6.00	0.72	120.0	500	0.0	39	6.5	68.5	4.75	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
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			574	9	439	*8.00	1.54	630.0	1450	36.00	*57	18.50	111.91	6.42	1.40	0.00
% of Calories											*39.5%	12.9%	77.9%	10.1%	2.2%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25		6.67		<=30.0	<10.00	
Weighted Average			462	*23	*563	*5.42	*4.47	*534.2	*1246	*48.71	*30	*17.12	80.94	*8.61	*2.37	*N/A*
											*58.0%	*14.8%	70.1%	*16.8%	*4.6%	

***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.

	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	462		483	96%		22		Correction Required - Calories are Low
Cholesterol (mg)	23				Missing			
Sodium (mg)	563				Missing		563	
Fiber (g)	5.42				Missing			
Iron (mg)	4.47		2.50	179%	Missing			
Calcium (mg)	534.2		200.00	267%	Missing			
Vitamin A (IU)	1246		792	157%	Missing			
Sugars (g)	30	25.78%			Missing			
Vitamin C (mg)	48.71		11.25	433%	Missing			
Protein (g)	17.12	14.83%	6.67	257%	Missing			
Carbohydrate (g)	80.94	70.13%						
Total Fat (g)	8.61	16.78%	<=30.00%		Missing			
Saturated Fat (g)	2.37	4.61%	<10.00%		Missing			
Trans Fat[1] (g)	*N/A*				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.