

ISD 518

Jun 10, 2019 thru Jun 28, 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 - 06/10/2019																
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
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			528	41	781	6.33	2.56	454.6	2279	1.48	33	21.10	68.46	19.62	7.37	*0.00
% of Calories											25.2%	16.0%	51.9%	33.4%	12.6%	*0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 06/11/2019																
Prairie Elementary Lunch	Total	1														
Chicken Strips	3 Strips	1	220	35	370	2.00	1.80	20.0	0	0.0	1	16.0	11.0	13.0	3.00	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
Broccoli, Frozen	1/2 Cup	1	26	0	22	3.00	0.00	0.0	0	0.0	1	3.0	5.0	0.0	0.00	0.00
Mixed Fruit	1/2 Cup	1	60	0	5	1.00	0.00	0.0	0	0.0	12	0.0	15.0	0.0	0.00	0.00
Bread & Butter	Sandwich	1	161	*0	216	*2.00	*0.72	*150.0	*0	*0.0	*2	*3.0	*11.0	12.14	2.53	2.53
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			586	*41	784	*8.33	*2.56	*424.6	*2279	*1.48	*32	*30.14	*60.46	25.84	5.94	*2.53
% of Calories											*22.0%	*20.6%	*41.3%	39.7%	9.1%	*3.9%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 06/12/2019																
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
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
Fresh Fruit	1/2 Cup	1	27	0	13	0.72	0.17	7.2	2706	29.36	6	0.67	6.53	0.15	0.04	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			644	68	816	10.28	2.24	317.0	5127	32.63	*24	39.69	75.56	19.26	6.74	*2.39
% of Calories											*14.6%	24.6%	46.9%	26.9%	9.4%	*3.3%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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ISD 518

Jun 10, 2019 thru Jun 28, 2019

Base Menu Spreadsheet

Prairie Elementary Lunch

Weighted Values - Detailed

Generated on: 5/31/2019 7:12:15 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 - 06/13/2019																
Prairie Elementary Lunch	Total	1														
Mini Corn Dogs	1 serving	1	255	23	660	1.50	1.08	0.0	0	0.0	6	9.0	27.0	12.0	2.28	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
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			501	29	841	3.81	1.51	257.0	2744	5.57	36	19.24	75.38	13.26	2.78	*0.00
% of Calories											28.6%	15.4%	60.2%	23.8%	5.0%	*0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 06/14/2019																
Prairie Elementary Lunch	Total	1														
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
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
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			386	70	383	4.33	2.20	294.6	2379	18.28	35	24.13	45.46	11.71	4.41	*0.00
% of Calories											36.6%	25.0%	47.1%	27.3%	10.3%	*0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 06/17/2019																
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
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
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			730	56	1342	11.33	5.44	514.6	2279	1.48	43	37.14	106.46	18.21	3.91	*0.00
% of Calories											23.7%	20.4%	58.3%	22.5%	4.8%	*0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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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)
Tue - 06/18/2019																
Prairie Elementary Lunch	Total	1														
Macaroni and Cheese	3/4 cup	1	280	25	670	2.00	1.08	400.0	750	0.0	6	17.0	29.0	11.0	5.00	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
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
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			478	31	851	4.33	1.12	654.6	3329	2.68	34	26.13	65.46	11.71	5.41	*0.00
% of Calories											28.7%	21.9%	54.8%	22.0%	10.2%	*0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 06/19/2019																
Prairie Elementary Lunch	Total	1														
Ham Sandwich	Sandwich	1	205	30	780	0.00	3.61	40.0	0	0.0	*N/A*	13.33	30.65	3.67	0.65	*N/A*
Veggie Sticks	1/4 Cup	1	5	0	9	0.33	0.04	4.6	1529	1.48	1	0.14	1.05	0.03	0.01	*0.00
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
Fresh Fruit	1/2 Cup	1	27	0	13	0.72	0.17	7.2	2706	29.36	6	0.67	6.53	0.15	0.04	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			377	36	985	4.05	3.82	301.8	4985	30.84	*24	25.14	60.64	4.52	1.10	*0.00
% of Calories											*25.0%	26.7%	64.3%	10.8%	2.6%	*0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 06/20/2019																
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
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*
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	Sandwich	1	161	*0	216	*2.00	*0.72	*150.0	*0	*0.0	*2	*3.0	*11.0	12.14	2.53	2.53
Milk, ISD 518	Half Pints	1	114	6	161	0.00	0.00	250.0	750	0.0	16	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			632	*50	867	*7.56	*3.31	*437.0	*2594	*4.37	*33	*29.49	*73.88	25.90	5.53	*2.53
% of Calories											*20.8%	*18.7%	*46.8%	36.9%	7.9%	*3.6%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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ISD 518

Jun 10, 2019 thru Jun 28, 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)
Fri - 06/21/2019																
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
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
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			555	68	911	7.33	4.00	494.6	2379	14.68	38	31.10	75.45	15.18	5.39	*0.00
% of Calories											27.6%	22.4%	54.3%	24.6%	8.7%	*0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 06/24/2019																
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
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			479	21	713	7.33	2.74	554.6	2779	1.48	43	24.13	70.46	11.71	4.41	*0.00
% of Calories											36.2%	20.2%	58.8%	22.0%	8.3%	*0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 06/25/2019																
Prairie Elementary Lunch	Total	1														
Corn Dog:turkey	each	1	250	25	760	3.00	1.80	60.0	0	15.0	10	11.0	30.0	10.0	2.00	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
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
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	55	983	5.33	1.84	314.6	2579	17.68	40	19.13	68.46	11.71	2.41	*0.00
% of Calories											35.3%	16.8%	60.1%	23.1%	4.8%	*0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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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)
Wed - 06/26/2019																
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
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*
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			456	56	641	4.31	1.87	297.0	2844	26.57	*19	27.23	59.39	12.26	3.00	*0.00
% of Calories											*16.5%	23.9%	52.1%	24.2%	5.9%	*0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Thu - 06/27/2019																
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
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
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			680	58	1057	10.72	4.33	550.7	2525	16.07	*51	34.63	103.31	15.23	4.40	*1.99
% of Calories											*30.2%	20.4%	60.8%	20.2%	5.8%	*2.6%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 06/28/2019																
Prairie Elementary Lunch	Total	1														
Club Sandwich	Sandwich	1	273	43	799	3.00	2.16	200.0	0	0.0	5	21.52	33.49	6.74	1.99	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			478	49	1001	6.33	2.21	454.6	2579	2.68	34	32.65	70.96	7.44	2.40	*0.00
% of Calories											28.3%	27.3%	59.4%	14.0%	4.5%	*0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Weighted Average			531	*49	864	*6.78	*2.78	*421.5	*2912	*11.87	*35	*28.07	*71.99	14.90	4.35	*0.63
											*58.8%	*21.1%	*54.2%	25.3%	7.4%	*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

Jun 10, 2019 thru Jun 28, 2019

Prairie Elementary Lunch

Generated on: 5/31/2019 7:12:16 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-Fat¹ (g)

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	531		664	80%		133		Correction Required - Calories are Low
Cholesterol (mg)	49				Missing			
Sodium (mg)	864						864	
Fiber (g)	6.78				Missing			
Iron (mg)	2.78		3.50	80%	Missing	0.72		Correction Required - Iron is Low
Calcium (mg)	421.5		286.00	147%	Missing			
Vitamin A (IU)	2912		1120	260%	Missing			
Sugars (g)	35	26.11%			Missing			
Vitamin C (mg)	11.87		15.00	79%	Missing	3.13		Correction Required - Vitamin C is Low
Protein (g)	28.07	21.14%	10.00	281%	Missing			
Carbohydrate (g)	71.99	54.22%			Missing			
Total Fat (g)	14.90	25.25%	<=30.00%					
Saturated Fat (g)	4.35	7.36%	<10.00%					
Trans Fat ¹ (g)	0.63	1.07%			Missing			

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

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