

ISD 518

Dec 3, 2018 thru Jan 4, 2019

Base Menu Spreadsheet

ALC 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 - 12/03/2018																
ALC LUNCH	Total	1														
Chili Crisпитos	Serving	1	360	45	540	3.00	1.80	40.0	1050	0.0	1	19.0	23.0	21.0	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
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
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*
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			699	75	865	10.64	2.66	483.0	3545	52.55	*42	31.04	92.74	23.82	3.42	*0.00
% of Calories											*24.2%	17.8%	53.1%	30.7%	4.4%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Tue - 12/04/2018																
ALC 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
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
Pears Diced	1/2 cup	1	2	0	0	0.08	0.01	0.0	0	0.0	0	0.0	0.64	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*
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			725	*50	1233	*13.24	*4.56	*483.5	*2510	*8.34	*46	*32.77	*93.18	26.10	5.48	*2.53
% of Calories											*25.5%	*18.1%	*51.4%	32.4%	6.8%	*3.1%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Wed - 12/05/2018																
ALC 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
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*
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
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

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ISD 518

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Base Menu Spreadsheet

ALC 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 % of Calories			690	*31	1078	*7.75	*2.34	*831.0	*3375	*24.32	*33 *19.0%	*30.42 *17.6%	*90.36 *52.4%	24.00 31.3%	7.99 10.4%	*2.53 *3.3%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Thu - 12/06/2018																
ALC LUNCH	Total	1														
COUNTRY FRIED STEAK	SERVINGS	1	192	54	380	0.36	1.73	12.3	58	0.92	*0	14.5	6.91	11.38	4.88	*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/Basic Gravy	Servings	1	228	2	346	1.23	0.76	25.1	551	30.23	1	2.87	24.58	13.58	4.97	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
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*
Dinner Roll/PB	Roll	1	267	*N/A*	274	*1.77	1.36	*20.0	*N/A*	*N/A*	*N/A*	10.2	20.32	16.17	*2.66	*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			938	*62	1176	*6.70	4.07	*311.9	*2938	*39.84	*30 *12.9%	36.71 15.6%	104.27 44.4%	*41.84 *40.1%	*12.92 *12.4%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Fri - 12/07/2018																
ALC LUNCH	Total	1														
Crunchy Chicken Wrap	Serving	1	40	7	148	0.00	0.00	0.0	0	0.0	1	2.96	0.99	2.47	1.48	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
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 % of Calories			314	14	360	4.33	0.40	274.6	2579	14.68	43 55.0%	15.10 19.2%	55.45 70.5%	3.17 9.1%	1.89 5.4%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=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)
Mon - 12/10/2018																
ALC LUNCH	Total	1														
Hamburger on a Bun	Sandwich	1	300	30	540	4.00	3.60	220.0	100	1.2	4	19.0	33.0	11.0	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
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
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
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*
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	60	760	10.91	3.82	483.5	2460	9.54	51	27.52	93.04	12.96	3.95	*0.00
% of Calories											34.8%	18.9%	63.8%	20.0%	6.1%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Tue - 12/11/2018																
ALC 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
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
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
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			734	59	891	13.86	4.17	414.6	3037	55.54	*38	36.04	97.31	23.67	5.58	*0.00
% of Calories											*20.9%	19.6%	53.0%	29.0%	6.8%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Wed - 12/12/2018																
ALC LUNCH	Total	1														
Fr. Bread Pepperoni Pizza	Slice	1	310	25	670	3.00	2.70	250.0	500	4.8	4	17.0	33.0	12.0	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
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
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*
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			604	*31	*882	10.53	3.45	563.0	3176	*27.28	*21	30.41	93.12	13.35	*5.41	*0.00
% of Calories											*14.1%	20.1%	61.7%	19.9%	*8.1%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=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)
Thu - 12/13/2018																
ALC LUNCH	Total	1														
Spaghetti/Meat Sauce	Serving	1	274	46	108	3.66	0.13	3.7	8	0.09	*4	17.05	24.37	12.64	4.05	*1.78
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
SALAD, TOSSED: no dressing	CUP	1	26	0	21	1.90	0.49	24.6	3249	14.31	3	1.23	5.71	0.23	0.03	*0.00
Pears Diced	1/2 cup	1	2	0	0	0.08	0.01	0.0	0	0.0	0	0.0	0.64	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*
Bread Stick	1 EACH	1	104	0	198	0.94	1.02	0.0	0	0.0	*N/A*	3.76	21.65	0.47	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			597	*53	498	8.91	1.88	*282.9	5587	23.08	*24	31.17	89.83	*14.04	*4.49	*1.78
% of Calories											*16.2%	20.9%	60.2%	*21.2%	*6.8%	*2.7%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Fri - 12/14/2018																
ALC LUNCH	Total	1														
Chicken Tater Bowl	servings	1	387	*37	715	*3.11	*1.88	*48.0	*0	*30.44	*2	*16.72	*37.87	19.35	5.25	*0.61
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*
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
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
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			834	*43	1113	*8.84	*3.52	*481.5	*2490	*48.65	*44	*31.25	*108.14	32.91	8.33	*3.14
% of Calories											*21.3%	*15.0%	*51.8%	35.5%	9.0%	*3.4%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Mon - 12/17/2018																
ALC LUNCH	Total	1														
Mini Corn Dogs	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
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	2	0	0	0.08	0.01	0.0	0	0.0	0	0.0	0.64	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*
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

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Weighted Daily Average % of Calories			634	*29	1049	*9.49	*2.04	*413.5	*2360	*8.34	*41 *26.0%	*21.52 *13.6%	*81.67 *51.5%	25.10 35.6%	5.26 7.5%	*2.53 *3.6%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Tue - 12/18/2018																
ALC LUNCH	Total	1														
Taco, Soft Shell	2 oz	1	328	62	505	2.23	0.23	12.4	142	0.59	*2	19.89	23.57	17.4	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
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
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			692	68	819	14.86	2.16	348.2	2637	54.34	*39 *22.7%	37.92 21.9%	93.32 53.9%	18.72 24.3%	6.71 8.7%	*2.39 *3.1%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Wed - 12/19/2018																
ALC 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
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
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 % of Calories			752	*90	542	8.40	2.47	*1056.6	3136	8.74	*33 *17.7%	41.19 21.9%	86.75 46.1%	*23.82 *28.5%	*12.90 *15.4%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

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ISD 518

Dec 3, 2018 thru Jan 4, 2019

Base Menu Spreadsheet

ALC LUNCH

Weighted Values - Detailed

Generated on: 11/30/2018 1:33:47 PM

	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 - 12/20/2018																
ALC LUNCH	Total	1														
Turkey Gravy	1/2 cup	1	249	48	760	0.23	1.86	7.6	389	0.01	*0	20.2	9.12	13.88	5.24	*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
Peas, Frozen, Green	1/2 cup	1	62	0	58	4.40	22.68	190.0	1680	7.9	4	4.12	11.41	0.22	0.04	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
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*
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
Cookie	1 COOKIE	1	134	14	49	0.39	0.20	3.7	118	0.0	*N/A*	1.41	15.44	7.4	2.66	*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			803	*69	*1182	10.56	26.21	574.4	4862	*10.59	*34	39.15	105.09	24.35	*8.35	*0.00
% of Calories											*17.0%	19.5%	52.4%	27.3%	*9.4%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Fri - 12/21/2018																
ALC 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
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
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*
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			631	41	812	10.91	3.10	483.5	2360	20.34	52	24.49	93.03	19.87	7.42	*0.00
% of Calories											32.8%	15.5%	58.9%	28.3%	10.6%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Mon - 12/24/2018																
ALC 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			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			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

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ISD 518

Dec 3, 2018 thru Jan 4, 2019

Base Menu Spreadsheet

ALC LUNCH

Weighted Values - Detailed

Generated on: 11/30/2018 1:33:47 PM

	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 - 12/25/2018																
ALC 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			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Wed - 12/26/2018																
ALC 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			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Thu - 12/27/2018																
ALC 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			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Fri - 12/28/2018																
ALC 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			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Mon - 12/31/2018																
ALC 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

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ISD 518

Dec 3, 2018 thru Jan 4, 2019

Base Menu Spreadsheet

ALC 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			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			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Tue - 01/01/2019																
ALC 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			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			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Wed - 01/02/2019																
ALC 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
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
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			631	31	1036	9.62	4.13	545.4	3160	55.44	49	27.14	98.66	15.37	6.51	*0.00
% of Calories											30.9%	17.2%	62.6%	21.9%	9.3%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Thu - 01/03/2019																
ALC 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
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, boiled	CUP	1	52	0	20	5.52	1.12	60.7	1860	73.78	3	5.7	9.84	0.22	0.02	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
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*
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

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ISD 518

Dec 3, 2018 thru Jan 4, 2019

Base Menu Spreadsheet

ALC 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			578	*67	566	10.91	3.22	*337.1	4230	94.47	*38	29.96	104.75	*6.58	*1.51	*0.00
% of Calories											*26.3%	20.7%	72.4%	*10.2%	*2.3%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Fri - 01/04/2019																
ALC 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
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
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*
Bread & Butter - HS	2 Slices	1	221	*0	326	*4.00	*1.44	*300.0	*0	*0.0	*4	*6.0	*22.0	13.14	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			794	*16	1384	*13.70	*4.04	*870.1	*2986	*12.97	*40	*29.78	*110.79	*26.33	*6.94	*2.53
% of Calories											*20.1%	*15.0%	*55.8%	*29.8%	*7.9%	*2.9%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Weighted Average			680	*50	*903	*10.23	*4.35	*513.2	*3191	*31.61	*39	*30.75	*93.97	*20.89	*6.39	*0.97
											*51.5%	*18.1%	*55.3%	*27.7%	*8.5%	*1.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	680		846	80%		166		Correction Required - Calories are Low
Cholesterol (mg)	50				Missing			
Sodium (mg)	903				Missing		903	
Fiber (g)	10.23				Missing			
Iron (mg)	4.35		4.50	97%	Missing	0.15		
Calcium (mg)	513.2		400.00	128%	Missing			
Vitamin A (IU)	3191		1500	213%	Missing			
Sugars (g)	39	22.88%			Missing			
Vitamin C (mg)	31.61		19.18	165%	Missing			
Protein (g)	30.75	18.10%	16.70	184%	Missing			
Carbohydrate (g)	93.97	55.30%			Missing			
Total Fat (g)	20.89	27.66%	<=30.00%		Missing			
Saturated Fat (g)	6.39	8.46%	<10.00%		Missing			
Trans Fat ¹ (g)	0.97	1.28%			Missing			

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