

**ISD 518**

**Dec 31, 2018 thru Feb 1, 2019**

Base Menu Spreadsheet

ALC LUNCH

Weighted Values - Detailed

Generated on: 12/31/2018 7:35:03 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 <sup>1</sup> (g)
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
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	

	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 <sup>1</sup> (g)
Tue - 01/01/2019																
ALC LUNCH	Total	1														
NO SCHOOL	1	1	0	0	0	0.00	0.00	0.0	0	0.00	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	

	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 <sup>1</sup> (g)
Wed - 01/02/2019																
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 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 - 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			813	*16	1385	*14.55	*4.05	*870.0	*3021	*14.38	*55	*30.17	*115.94	26.58	6.98	*2.53
% of Calories											*27.3%	*14.8%	*57.1%	29.4%	7.7%	*2.8%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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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 <sup>1</sup> (g)
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
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														
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	

Mon - 01/07/2019																
ALC 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
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
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	45	765	10.91	3.28	583.5	2860	20.34	64	24.52	96.04	12.96	4.45	*0.00
% of Calories											43.7%	16.8%	65.8%	20.0%	6.9%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

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ALC LUNCH

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Generated on: 12/31/2018 7:35:03 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 <sup>1</sup> (g)
Tue - 01/08/2019																
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			692	68	819	14.86	2.16	348.2	2637	54.34	*39	37.92	93.32	18.72	6.71	*2.39
% of Calories											*22.7%	21.9%	53.9%	24.3%	8.7%	*3.1%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Wed - 01/09/2019																
ALC 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
Mashed Potatoes/Country Gravy	1/2 CUP/ 1/4 CUP	1	152	*0	383	*1.17	*0.44	*27.2	*0	*35.07	*1	*2.34	*24.83	5.37	1.72	0.73
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
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 - HS	2 Rolls	1	180	*N/A*	300	*N/A*	1.44	40.0	*N/A*	*N/A*	*N/A*	8.0	30.0	4.0	*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			801	*41	*1229	*8.70	*4.43	*380.2	*2376	*36.55	*30	*35.76	*116.95	23.72	*5.13	*0.73
% of Calories											*15.2%	*17.9%	*58.4%	26.7%	*5.8%	*0.8%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Thu - 01/10/2019																
ALC LUNCH	Total	1														
Corn Dog:turkey	1 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
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
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

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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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			518	*31	955	9.33	2.02	*314.6	2329	23.68	*38 *29.6%	23.14 17.9%	86.46 66.8%	*10.71 *18.6%	*2.41 *4.2%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Fri - 01/11/2019																
ALC LUNCH	Total	1														
Popcorn Chicken	12 piece	1	251	22	371	2.28	0.00	0.0	0	0.0	1	15.36	15.36	14.28	2.76	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
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
Peanut Butter Sandwich-HS	Sandwich	1	214	0	296	4.94	1.71	305.5	0	0.0	*4	9.91	25.32	9.98	1.54	*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			757	28	916	13.37	24.92	776.5	4305	32.22	*33 *17.2%	38.81 20.5%	98.45 52.0%	25.34 30.1%	4.80 5.7%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Mon - 01/14/2019																
ALC 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
Mashed Potatoes/Country Gravy	1/2 CUP/ 1/4 CUP	1	152	*0	383	*1.17	*0.44	*27.2	*0	*35.07	*1	*2.34	*24.83	5.37	1.72	0.73
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
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 - HS	2 Rolls	1	180	*N/A*	300	*N/A*	1.44	40.0	*N/A*	*N/A*	*N/A*	8.0	30.0	4.0	*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			837	*56	*1309	*8.68	*3.74	*382.7	*2640	*40.64	*32 *15.3%	*37.86 *18.1%	*125.88 *60.1%	22.27 23.9%	*4.72 *5.1%	*0.73 *0.8%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

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ALC LUNCH

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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 <sup>1</sup> (g)
Tue - 01/15/2019																
ALC LUNCH	Total	1														
Nachos with Beef	Servings	1	537	71	681	2.25	1.12	184.9	233	0.59	*1	23.22	42.42	31.77	8.87	*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
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
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*
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			1123	*78	1320	*19.89	*4.86	*820.7	*2729	*54.34	*42	*47.26	*135.16	46.23	11.82	*4.92
% of Calories											*15.1%	*16.8%	*48.2%	37.1%	9.5%	*3.9%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Wed - 01/16/2019																
ALC 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
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
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			673	106	935	9.91	2.38	483.5	2360	20.34	51	38.52	91.04	12.96	4.45	*0.00
% of Calories											30.2%	22.9%	54.1%	17.3%	5.9%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Thu - 01/17/2019																
ALC 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
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
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
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

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

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**ISD 518**

**Dec 31, 2018 thru Feb 1, 2019**

Base Menu Spreadsheet

ALC LUNCH

Weighted Values - Detailed

Generated on: 12/31/2018 7:35:04 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 <sup>1</sup> (g)
Weighted Daily Average			602	72	1122	10.40	2.92	380.8	3017	10.02	*48	25.54	88.66	17.15	5.76	*1.39
% of Calories											*31.8%	17.0%	58.9%	25.6%	8.6%	*2.1%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Fri - 01/18/2019																
ALC 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
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
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			532	26	785	7.05	2.01	561.8	5785	38.04	39	25.81	77.99	11.86	4.45	*0.00
% of Calories											29.0%	19.4%	58.6%	20.1%	7.5%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Mon - 01/21/2019																
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	

Tue - 01/22/2019																
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
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
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	886	15.86	4.53	414.6	2737	54.34	*39	36.04	99.31	23.67	5.58	*0.00
% of Calories											*21.4%	19.6%	54.1%	29.0%	6.8%	*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 31, 2018 thru Feb 1, 2019**

Base Menu Spreadsheet

ALC LUNCH

Weighted Values - Detailed

Generated on: 12/31/2018 7:35:04 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 <sup>1</sup> (g)
<b>Wed - 01/23/2019</b>																
ALC 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
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
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 & 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			838	*44	1213	*14.33	*5.26	*774.6	*2429	*9.88	*38	*40.10	*113.45	*27.31	*7.92	*2.53
% of Calories											*18.3%	*19.1%	*54.2%	*29.3%	*8.5%	*2.7%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

<b>Thu - 01/24/2019</b>																
ALC 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
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*
Grapes	CUP	1	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	0.00
Dinner Roll - HS	2 Rolls	1	180	*N/A*	300	*N/A*	1.44	40.0	*N/A*	*N/A*	*N/A*	8.0	30.0	4.0	*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			736	*61	767	*4.00	3.31	356.4	*2898	*56.39	*34	39.32	118.13	14.23	*2.81	*0.49
% of Calories											*18.5%	21.4%	64.2%	17.4%	*3.4%	*0.6%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

<b>Fri - 01/25/2019</b>																
ALC 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
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
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 - 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

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**ISD 518**

**Dec 31, 2018 thru Feb 1, 2019**

Base Menu Spreadsheet

ALC LUNCH

Weighted Values - Detailed

Generated on: 12/31/2018 7:35:04 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			835	*40	1381	*13.91	*4.36	*763.5	*2960	*9.54	*53 *25.3%	*30.52 *14.6%	*121.04 *58.0%	27.10 29.2%	6.48 7.0%	*2.53 *2.7%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Mon - 01/28/2019																
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 % of Calories			699	75	865	10.64	2.66	483.0	3545	52.55	*42 *24.2%	31.04 17.8%	92.74 53.1%	23.82 30.7%	3.42 4.4%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Tue - 01/29/2019																
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	60	0	5	2.00	0.36	0.0	0	0.0	12	0.0	16.0	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*
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			783	*50	1238	*15.16	*4.90	*483.5	*2510	*8.34	*58 *29.5%	*32.77 *16.7%	*108.54 *55.5%	26.10 30.0%	5.48 6.3%	*2.53 *2.9%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

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**ISD 518**

**Dec 31, 2018 thru Feb 1, 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 <sup>1</sup> (g)
<b>Wed - 01/30/2019</b>																
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
Weighted Daily Average			690	*31	1078	*7.75	*2.34	*831.0	*3375	*24.32	*33	*30.42	*90.36	24.00	7.99	*2.53
% of Calories											*19.0%	*17.6%	*52.4%	31.3%	10.4%	*3.3%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

<b>Thu - 01/31/2019</b>																
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			938	*62	1176	*6.70	4.07	*311.9	*2938	*39.84	*30	36.71	104.27	*41.84	*12.92	*0.00
% of Calories											*12.9%	15.6%	44.4%	*40.1%	*12.4%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

<b>Fri - 02/01/2019</b>																
ALC LUNCH	Total	1														
Crunchy Chicken Wrap	Serving	1	306	31	615	3.33	1.20	13.3	0	0.0	3	16.63	29.32	14.14	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
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

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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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			581	37	827	7.66	1.60	287.9	2579	14.68	45 30.9%	28.76 19.8%	83.78 57.7%	14.84 23.0%	5.39 8.4%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Weighted Average			726	*51	*1026	*11.10	*4.42	*522.3	*3065	*34.76	*42 *52.4%	*33.09 *18.2%	*102.77 *56.6%	*21.52 *26.7%	*5.81 *7.2%	*1.06 *1.3%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	726		846	86%		120		Correction Required - Calories are Low
Cholesterol (mg)	51				Missing			
Sodium (mg)	1026				Missing		1026	
Fiber (g)	11.10				Missing			
Iron (mg)	4.42		4.50	98%	Missing	0.08		
Calcium (mg)	522.3		400.00	131%	Missing			
Vitamin A (IU)	3065		1500	204%	Missing			
Sugars (g)	42	23.29%			Missing			
Vitamin C (mg)	34.76		19.18	181%	Missing			
Protein (g)	33.09	18.23%	16.70	198%	Missing			
Carbohydrate (g)	102.77	56.61%			Missing			
Total Fat (g)	21.52	26.67%	<=30.00%		Missing			
Saturated Fat (g)	5.81	7.20%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	1.06	1.31%			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

<sup>1</sup> - 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.