

ISD 518

Dec 3, 2018 thru Jan 4, 2019

Base Menu Spreadsheet

Sr. High Breakfast

Weighted Values - Detailed

Generated on: 11/30/2018 1:32:16 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)
Mon - 12/03/2018																
Sr. High Breakfast	Total	1														
Cereal	1 Cup	1	110	0	180	2.00	4.50	100.0	500	6.0	10	2.0	23.0	1.0	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
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	453	*7.58	5.50	618.9	1530	48.85	*43	14.39	86.99	2.93	0.45	*0.00
% of Calories											*41.0%	13.6%	82.5%	6.2%	1.0%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Tue - 12/04/2018																
Sr. High 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			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Wed - 12/05/2018																
Sr. High 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			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

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Base Menu Spreadsheet

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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 - 12/06/2018																
Sr. High 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
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			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Fri - 12/07/2018																
Sr. High 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			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Mon - 12/10/2018																
Sr. High Breakfast	Total	1														
Cereal	1 Cup	1	110	0	180	2.00	4.50	100.0	500	6.0	10	2.0	23.0	1.0	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
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	453	*7.58	5.50	618.9	1530	48.85	*43	14.39	86.99	2.93	0.45	*0.00
% of Calories											*41.0%	13.6%	82.5%	6.2%	1.0%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=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)
Tue - 12/11/2018																
Sr. High 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			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Wed - 12/12/2018																
Sr. High 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			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Thu - 12/13/2018																
Sr. High 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			635				3.40	300.00	1125	14.38		12.60		<=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)
Fri - 12/14/2018																
Sr. High Breakfast	Total	1														
Yogurt Parfait	1 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			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Mon - 12/17/2018																
Sr. High Breakfast	Total	1														
Cereal	1 Cup	1	110	0	180	2.00	4.50	100.0	500	6.0	10	2.0	23.0	1.0	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
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	453	*7.58	5.50	618.9	1530	48.85	*43	14.39	86.99	2.93	0.45	*0.00
% of Calories											*41.0%	13.6%	82.5%	6.2%	1.0%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Tue - 12/18/2018																
Sr. High 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			635				3.40	300.00	1125	14.38		12.60		<=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 - 12/19/2018																
Sr. High 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*
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	382	*4.00	1.72	*510.0	1000	43.20	*26	14.00	78.41	*8.67	*1.40	*0.00
% of Calories											*19.6%	10.6%	59.6%	*14.8%	*2.4%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Thu - 12/20/2018																
Sr. High 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			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Fri - 12/21/2018																
Sr. High 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			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

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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.

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Mon - 12/24/2018																
Sr. High Breakfast NO SCHOOL	Total 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			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Tue - 12/25/2018																
Sr. High Breakfast NO SCHOOL	Total 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 % 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			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Wed - 12/26/2018																
Sr. High Breakfast NO SCHOOL	Total 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 % 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			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Thu - 12/27/2018																
Sr. High Breakfast NO SCHOOL	Total 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 % 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			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Fri - 12/28/2018																
Sr. High Breakfast NO SCHOOL	Total 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

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ISD 518

Dec 3, 2018 thru Jan 4, 2019

Base Menu Spreadsheet

Sr. High Breakfast

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)
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			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Mon - 12/31/2018																
Sr. High Breakfast NO SCHOOL	Total	1														
	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			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Tue - 01/01/2019																
Sr. High Breakfast NO SCHOOL	Total	1														
	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			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Wed - 01/02/2019																
Sr. High Breakfast	Total	1														
Breakfast Burrito	Burrito	1	130	105	430	2.00	1.08	40.0	200	1.2	1	6.0	17.0	5.0	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
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 % of Calories			436	*111	702	*6.00	2.08	*550.0	1200	44.40	*19	19.00	79.41	*6.68	*1.90	*0.00
											*17.2%	17.4%	72.8%	*13.8%	*3.9%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

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ISD 518

Dec 3, 2018 thru Jan 4, 2019

Base Menu Spreadsheet

Sr. High Breakfast

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)
Thu - 01/03/2019																
Sr. High 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			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Fri - 01/04/2019																
Sr. High 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			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Weighted Average			482	*46	*572	*5.57	*4.73	*633.7	*1297	*48.73	*33	18.30	81.48	*9.41	*2.81	*0.00
											*60.8%	15.2%	67.7%	*17.6%	*5.2%	*0.0%

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ISD 518

Dec 3, 2018 thru Jan 4, 2019

Base Menu Spreadsheet

Sr. High Breakfast

Weighted Values - Detailed

Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	482		635	76%		153				Correction Required - Calories are Low							
Cholesterol (mg)	46				Missing												
Sodium (mg)	572				Missing		572										
Fiber (g)	5.57				Missing												
Iron (mg)	4.73		3.40	139%	Missing												
Calcium (mg)	633.7		300.00	211%	Missing												
Vitamin A (IU)	1297		1125	115%	Missing												
Sugars (g)	33	27.02%			Missing												
Vitamin C (mg)	48.73		14.38	339%	Missing												
Protein (g)	18.30	15.20%	12.60	145%													
Carbohydrate (g)	81.48	67.67%															
Total Fat (g)	9.41	17.59%	<=30.00%		Missing												
Saturated Fat (g)	2.81	5.24%	<10.00%		Missing												
Trans Fat ¹ (g)	0.00	0.01%			Missing												

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