

**ISD 518**

**Dec 3, 2018 thru Jan 4, 2019**

Base Menu Spreadsheet

Sr High 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>Mon - 12/03/2018</b>																
Sr High Lunch	Total	1														
Chili Crispitos	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
Sub Sandwich	Sandwich	1	435	75	1523	4.00	3.78	360.0	150	1.8	7	23.96	46.99	18.47	5.73	0.00
Chef Salad	each	1	204	28	707	4.00	2.47	1575.0	8390	22.8	6	15.85	19.29	7.6	3.77	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			1337	178	3096	18.64	8.91	2418.0	12085	77.15	*55	70.85	159.01	49.88	12.93	*0.00
% of Calories											*16.5%	21.2%	47.6%	33.6%	8.7%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

<b>Tue - 12/04/2018</b>																
Sr High 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
Pizza Burger	Serving	1	210	34	554	2.10	1.35	253.9	216	1.44	*4	15.65	12.79	10.69	4.97	*0.00
Chef Salad	each	1	204	28	707	4.00	2.47	1575.0	8390	22.8	6	15.85	19.29	7.6	3.77	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			1196	*112	2499	*21.26	*8.73	*2312.4	*11115	*32.58	*68	*64.28	*140.62	44.38	14.23	*2.53
% of Calories											*22.6%	*21.5%	*47.0%	33.4%	10.7%	*1.9%
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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Base Menu Spreadsheet

Sr High 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)
Wed - 12/05/2018																
Sr High 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
Mr. Rib on Bun	Sandwich	1	285	26	730	4.00	1.98	460.0	122	1.2	10	17.0	38.0	8.0	2.00	0.00
Chef Salad	each	1	204	28	707	4.00	2.47	1575.0	8390	22.8	6	15.85	19.29	7.6	3.77	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			1179	*85	2516	*15.75	*6.79	*2866.0	*11887	*48.32	*48	*63.27	*147.64	39.60	13.76	*2.53
% of Calories											*16.4%	*21.5%	*50.1%	30.2%	10.5%	*1.9%
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)
Thu - 12/06/2018																
Sr High 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
Hot Hawaiian Sandwich	Sandwich	1	310	68	724	3.11	2.65	122.0	105	2.55	2	23.31	33.48	10.14	3.50	0.00
Chef Salad	each	1	204	28	707	4.00	2.47	1575.0	8390	22.8	6	15.85	19.29	7.6	3.77	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			1452	*157	2608	*13.81	9.20	*2008.9	*11433	*65.18	*38	75.87	157.03	*59.57	*20.19	*0.00
% of Calories											*10.5%	20.9%	43.3%	*36.9%	*12.5%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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**Dec 3, 2018 thru Jan 4, 2019**

Base Menu Spreadsheet

Sr High 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)
Fri - 12/07/2018																
Sr High 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
BBQ Chicken Pizza	SLICES	1	319	30	558	4.64	2.29	276.6	186	2.66	6	23.03	39.04	7.03	3.56	0.00
Chef Salad	each	1	204	28	707	4.00	2.47	1575.0	8390	22.8	6	15.85	19.29	7.6	3.77	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			1104	95	2092	16.30	6.37	2139.5	11155	40.14	56	67.65	142.11	29.47	12.73	*0.00
% of Calories											20.4%	24.5%	51.5%	24.0%	10.4%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Mon - 12/10/2018																
Sr High 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
Hot Turkey Sandwich	Sandwich	1	301	49	833	3.00	2.76	291.0	180	5.2	5	24.5	34.0	8.5	2.50	0.00
Chef Salad	each	1	204	28	707	4.00	2.47	1575.0	8390	22.8	6	15.85	19.29	7.6	3.77	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			1088	137	2300	17.91	9.06	2349.5	11029	37.54	61	67.88	146.32	29.05	10.22	*0.00
% of Calories											22.5%	25.0%	53.8%	24.0%	8.5%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

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Base Menu Spreadsheet

Sr High 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)
Tue - 12/11/2018																
Sr High 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
Italian Chicken Sandwich	Sandwich	1	475	55	1006	4.46	3.84	431.8	328	3.46	*5	31.25	46.96	18.41	4.94	*0.00
Chef Salad	each	1	204	28	707	4.00	2.47	1575.0	8390	22.8	6	15.85	19.29	7.6	3.77	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			1412	142	2604	22.33	10.48	2421.4	11754	81.80	*49	83.14	163.56	49.67	14.29	*0.00
% of Calories											*14.0%	23.5%	46.3%	31.7%	9.1%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Wed - 12/12/2018																
Sr High 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
Club Sandwich - MS, HS	Sandwich	1	363	55	997	4.00	3.24	300.0	0	0.6	7	27.46	45.49	8.22	2.73	0.00
Chef Salad	each	1	204	28	707	4.00	2.47	1575.0	8390	22.8	6	15.85	19.29	7.6	3.77	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			1170	*115	*2587	18.53	9.16	2438.0	11565	*50.68	*34	73.73	157.90	29.16	*11.91	*0.00
% of Calories											*11.7%	25.2%	54.0%	22.4%	*9.2%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

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Thu - 12/13/2018																
Sr High 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
Tuna Salad Sandwich - MS	Sandwich	1	360	68	883	3.08	2.21	40.2	484	0.07	*9	19.53	40.59	13.34	6.00	*0.00
Chef Salad	each	1	204	28	707	4.00	2.47	1575.0	8390	22.8	6	15.85	19.29	7.6	3.77	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
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	60	0	5	2.00	0.36	0.0	0	0.0	12	0.0	16.0	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 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			1218	*149	2093	17.91	6.91	*1898.1	14460	45.95	*50	66.56	165.06	*34.98	*14.26	*1.78
% of Calories											*16.6%	21.9%	54.2%	*25.9%	*10.5%	*1.3%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Fri - 12/14/2018																
Sr High 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
Yogurt/String Cheese	6 oz	1	180	25	250	0.00	0.36	200.0	1050	0.0	*0	12.0	16.0	7.0	0.00	0.00
Chef Salad	each	1	204	28	707	4.00	2.47	1575.0	8390	22.8	6	15.85	19.29	7.6	3.77	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*
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			1218	*96	2071	*12.84	*6.36	*2256.5	*11929	*71.45	*50	*59.10	*143.42	47.51	12.10	*3.14
% of Calories											*16.5%	*19.4%	*47.1%	35.1%	8.9%	*2.3%
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**

**Dec 3, 2018 thru Jan 4, 2019**

Base Menu Spreadsheet

Sr High 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)
Mon - 12/17/2018																
Sr High 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
Lasagna	4 oz	1	647	96	763	4.39	2.04	345.0	4	0.18	7	45.3	52.51	28.82	14.78	*1.91
Chef Salad	each	1	204	28	707	4.00	2.47	1575.0	8390	22.8	6	15.85	19.29	7.6	3.77	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	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			1542	*153	2525	*19.80	*6.90	*2333.5	*10753	*31.32	*66	*82.68	*168.83	61.51	23.82	*4.44
% of Calories											*17.1%	*21.4%	*43.8%	35.9%	13.9%	*2.6%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Tue - 12/18/2018																
Sr High 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
Chicken Wrap	Wraps	1	235	61	960	2.00	0.00	0.0	0	0.0	2	22.67	21.99	6.99	3.74	0.00
Chef Salad	each	1	204	28	707	4.00	2.47	1575.0	8390	22.8	6	15.85	19.29	7.6	3.77	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
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			1131	157	2486	20.86	4.64	1923.2	11027	77.14	*47	76.45	134.59	33.30	14.22	*2.39
% of Calories											*16.7%	27.0%	47.6%	26.5%	11.3%	*1.9%
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

Sr High 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)
Wed - 12/19/2018																
Sr High 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
Meatball Sub MS	Sandwiche	1	415	35	933	5.00	4.50	340.0	187	2.24	14	23.0	55.68	11.5	4.00	0.00
Chef Salad	each	1	204	28	707	4.00	2.47	1575.0	8390	22.8	6	15.85	19.29	7.6	3.77	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			1370	*153	2181	17.40	9.44	*2971.6	11713	33.78	*53	80.05	161.72	*42.91	*20.67	*0.00
% of Calories											*15.5%	23.4%	47.2%	*28.2%	*13.6%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Thu - 12/20/2018																
Sr High 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
Yogurt/String Cheese	6 oz	1	180	25	250	0.00	0.36	200.0	1050	0.0	*0	12.0	16.0	7.0	0.00	0.00
Chef Salad	each	1	204	28	707	4.00	2.47	1575.0	8390	22.8	6	15.85	19.29	7.6	3.77	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			1186	*122	*2140	14.56	29.05	2349.4	14302	*33.39	*40	67.00	140.38	38.94	*12.12	*0.00
% of Calories											*13.5%	22.6%	47.3%	29.5%	*9.2%	*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

Sr High 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)
Fri - 12/21/2018																
Sr High 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																
Sr High 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 - 12/25/2018																
Sr High 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 - 12/26/2018																
Sr High 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

Sr High 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 - 12/27/2018																
Sr High Lunch 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			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

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

Mon - 12/31/2018																
Sr High Lunch 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			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Tue - 01/01/2019																
Sr High Lunch 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			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

Sr High 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)
Wed - 01/02/2019																
Sr High 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
Ham Stacker	Sandwiche	1	283	58	862	3.00	2.70	200.0	0	1.0	5	21.51	32.82	8.23	2.74	0.00
Chef Salad	each	1	204	28	707	4.00	2.47	1575.0	8390	22.8	6	15.85	19.29	7.6	3.77	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			1118	117	2605	16.62	9.30	2320.4	11549	79.25	60	64.51	150.77	31.20	13.02	*0.00
% of Calories											21.4%	23.1%	54.0%	25.1%	10.5%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Thu - 01/03/2019																
Sr High 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
Grilled Cheese Sandwich	Sandwich	1	256	*25	519	*4.00	*1.44	*451.9	*304	*0.0	*5	*11.06	*24.03	13.79	5.67	0.61
Chef Salad	each	1	204	28	707	4.00	2.47	1575.0	8390	22.8	6	15.85	19.29	7.6	3.77	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			1038	*120	1792	*18.91	*7.13	*2364.0	*12923	*117.27	*49	*56.88	*148.06	*27.96	*10.95	*0.61
% of Calories											*18.8%	*21.9%	*57.1%	*24.3%	*9.5%	*0.5%
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

Sr High 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)
Fri - 01/04/2019																
Sr High 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
Goulash	1 cup	1	318	*53	456	5.31	5.21	30.1	663	102.44	*1	21.15	35.46	11.09	3.77	*0.00
Chef Salad	each	1	204	28	707	4.00	2.47	1575.0	8390	22.8	6	15.85	19.29	7.6	3.77	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			1316	*97	2547	*23.01	*11.72	*2475.2	*12039	*138.21	*47	*66.79	*165.53	*45.01	*14.48	*2.53
% of Calories											*14.3%	*20.3%	*50.3%	*30.8%	*9.9%	*1.7%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Weighted Average			1206	*124	*2308	*17.63	*9.07	*2240.5	*11393	*60.08	*51	*67.29	*149.20	*39.67	*14.07	*1.11
											*38.3%	*22.3%	*49.5%	*29.6%	*10.5%	*0.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1206		846	143%				
Cholesterol (mg)	124				Missing			
Sodium (mg)	2308				Missing		2308	
Fiber (g)	17.63				Missing			
Iron (mg)	9.07		4.50	202%	Missing			
Calcium (mg)	2240.5		400.00	560%	Missing			
Vitamin A (IU)	11393		1500	760%	Missing			
Sugars (g)	51	17.03%			Missing			
Vitamin C (mg)	60.08		19.18	313%	Missing			
Protein (g)	67.29	22.32%	16.70	403%	Missing			
Carbohydrate (g)	149.20	49.50%			Missing			
Total Fat (g)	39.67	29.61%	<=30.00%		Missing			
Saturated Fat (g)	14.07	10.50%	<10.00%		Missing			Correction Required - Sat. Fat too High
Trans Fat <sup>1</sup> (g)	1.11	0.83%			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.