

**ISD 518**

**Jan 28, 2019 thru Mar 1, 2019**

Base Menu Spreadsheet

Sr. High Breakfast

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 - 01/28/2019																
Sr. High Breakfast	Total	1														
Cereal	1 Cup	1	109	0	154	2.33	4.45	105.6	467	8.1	7	1.72	23.33	1.75	0.28	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			421	6	427	*7.91	5.45	624.5	1497	50.95	*41	14.11	87.32	3.68	0.72	*0.00
% of Calories											*38.6%	13.4%	82.9%	7.9%	1.5%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Tue - 01/29/2019																
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 - 01/30/2019																
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	

\*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**

**Jan 28, 2019 thru Mar 1, 2019**

Base Menu Spreadsheet

Sr. High Breakfast

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 - 01/31/2019																
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 - 02/01/2019																
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*
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	*21	*381	*6.20	2.25	418.4	1046	*36.00	*39	15.28	97.07	9.32	*3.40	*0.00
% of Calories											*29.6%	11.7%	74.2%	16.0%	*5.9%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Mon - 02/04/2019																
Sr. High Breakfast	Total	1														
Cereal	1 Cup	1	109	0	154	2.33	4.45	105.6	467	8.1	7	1.72	23.33	1.75	0.28	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			421	6	427	*7.91	5.45	624.5	1497	50.95	*41	14.11	87.32	3.68	0.72	*0.00
% of Calories											*38.6%	13.4%	82.9%	7.9%	1.5%	*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 <sup>1</sup> (g)
Tue - 02/05/2019																
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 - 02/06/2019																
Sr. High Breakfast	Total	1														
French Toast Sticks	3 Sticks	1	255	0	255	3.00	5.40	150.0	1125	1.8	7	6.0	33.0	12.0	2.25	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			561	*6	527	*7.00	6.40	*660.0	2125	45.00	*25	19.00	95.41	*13.67	*2.65	*0.00
% of Calories											*18.0%	13.5%	68.0%	*21.9%	*4.3%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Thu - 02/07/2019																
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 <sup>1</sup> (g)
Fri - 02/08/2019																
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 - 02/11/2019																
Sr. High Breakfast	Total	1														
Cereal	1 Cup	1	109	0	154	2.33	4.45	105.6	467	8.1	7	1.72	23.33	1.75	0.28	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			421	6	427	*7.91	5.45	624.5	1497	50.95	*41	14.11	87.32	3.68	0.72	*0.00
% of Calories											*38.6%	13.4%	82.9%	7.9%	1.5%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Tue - 02/12/2019																
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 <sup>1</sup> (g)
Wed - 02/13/2019																
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 - 02/14/2019																
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 - 02/15/2019																
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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	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 - 02/18/2019																
Sr. High Breakfast	Total	1														
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	7	1.72	23.33	1.75	0.28	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			421	6	427	*7.91	5.45	624.5	1497	50.95	*41	14.11	87.32	3.68	0.72	*0.00
% of Calories											*38.6%	13.4%	82.9%	7.9%	1.5%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Tue - 02/19/2019																
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 - 02/20/2019																
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			436	*111	702	*6.00	2.08	*550.0	1200	44.40	*19	19.00	79.41	*6.68	*1.90	*0.00
% of Calories											*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**

**Jan 28, 2019 thru Mar 1, 2019**

Base Menu Spreadsheet

Sr. High Breakfast

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 - 02/21/2019																
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 - 02/22/2019																
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	

Mon - 02/25/2019																
Sr. High Breakfast	Total	1														
Cereal	1 Cup	1	109	0	154	2.33	4.45	105.6	467	8.1	7	1.72	23.33	1.75	0.28	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
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
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			395	6	428	*5.33	5.27	615.6	1417	44.10	*36	13.72	80.74	3.42	0.68	0.00
% of Calories											*36.7%	13.9%	81.8%	7.8%	1.6%	0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

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**ISD 518**

**Jan 28, 2019 thru Mar 1, 2019**

Base Menu Spreadsheet

Sr. High Breakfast

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 - 02/26/2019																
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
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			456	*21	642	*4.00	2.08	*460.0	1200	43.20	*25	19.00	77.41	*7.67	*2.41	*0.00
% of Calories											*21.7%	16.7%	67.9%	*15.1%	*4.7%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Wed - 02/27/2019																
Sr. High Breakfast	Total	1														
French Toast Sticks	3 Sticks	1	255	0	255	3.00	5.40	150.0	1125	1.8	7	6.0	33.0	12.0	2.25	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*
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			534	6	526	*7.30	6.32	698.4	2291	88.87	*34	18.90	87.69	13.79	2.67	*0.00
% of Calories											*25.6%	14.1%	65.6%	23.2%	4.5%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Thu - 02/28/2019																
Sr. High Breakfast	Total	1														
Pancake on Stick	1 SERV.	1	210	20	390	0.00	1.44	20.0	0	0.0	8	7.0	20.0	12.0	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			513	*26	*661	*5.20	2.61	568.4	1046	*36.00	*26	20.28	80.07	14.32	*3.40	*0.00
% of Calories											*20.1%	15.8%	62.4%	25.1%	*6.0%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

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**ISD 518**

**Jan 28, 2019 thru Mar 1, 2019**

Base Menu Spreadsheet

Sr. High Breakfast

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 - 03/01/2019																
Sr. High Breakfast	Total	1														
Cinnamon Roll	2.5 oz.	1	190	15	210	3.00	1.44	20.0	100	0.0	8	5.0	33.0	5.0	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
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
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			424	21	376	*4.00	1.54	380.0	1050	36.00	*36	14.00	80.41	5.67	2.40	0.00
% of Calories											*33.7%	13.2%	75.8%	12.0%	5.1%	0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Weighted Average			465	*36	*523	*5.49	*4.57	*610.5	*1368	*50.86	*32	17.41	80.70	*8.60	*2.39	*0.00
											*62.8%	15.0%	69.5%	*16.7%	*4.6%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	465		635	73%		170		Correction Required - Calories are Low
Cholesterol (mg)	36				Missing			
Sodium (mg)	523				Missing	523		
Fiber (g)	5.49				Missing			
Iron (mg)	4.57		3.40	134%	Missing			
Calcium (mg)	610.5		300.00	204%	Missing			
Vitamin A (IU)	1368		1125	122%	Missing			
Sugars (g)	32	27.90%			Missing			
Vitamin C (mg)	50.86		14.38	354%	Missing			
Protein (g)	17.41	14.99%	12.60	138%				
Carbohydrate (g)	80.70	69.49%						
Total Fat (g)	8.60	16.67%	<=30.00%		Missing			
Saturated Fat (g)	2.39	4.63%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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