

ISD 518

Dec 31, 2018 thru Feb 1, 2019

Base Menu Spreadsheet

Sr. High Breakfast

Weighted Values - Detailed

Generated on: 12/31/2018 7:34:33 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 ¹ (g)
Mon - 12/31/2018																
Sr. High Breakfast	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			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Tue - 01/01/2019																
Sr. High Breakfast	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			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			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	

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

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

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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			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	

Mon - 01/07/2019																
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	1/2 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*
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			403	*6	452	*6.72	5.48	619.1	1495	47.44	*28	*14.00	81.83	*2.67	*0.40	*0.00
% of Calories											*27.6%	*13.9%	81.2%	*6.0%	*0.9%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Tue - 01/08/2019																
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 ¹ (g)
Wed - 01/09/2019																
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 - 01/10/2019																
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
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			475	26	662	*2.41	2.39	536.4	996	37.84	*33	19.29	71.30	13.84	3.46	0.00
% of Calories											*28.0%	16.2%	60.0%	26.2%	6.5%	0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Fri - 01/11/2019																
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
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			433	*21	*371	*6.20	1.89	418.4	1146	*36.00	*24	15.28	82.07	6.32	*2.40	*0.00
% of Calories											*21.9%	14.1%	75.7%	13.1%	*5.0%	*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

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 ¹ (g)
Mon - 01/14/2019																
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	1/2 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*
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			403	*6	452	*6.72	5.48	619.1	1495	47.44	*28	*14.00	81.83	*2.67	*0.40	*0.00
% of Calories											*27.6%	*13.9%	81.2%	*6.0%	*0.9%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Tue - 01/15/2019																
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 - 01/16/2019																
Sr. High Breakfast	Total	1														
Pancake	102 Grams	1	220	25	470	2.00	*N/A*	40.0	*N/A*	*N/A*	*N/A*	6.0	39.0	4.0	0.50	*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
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	743	*6.00	*1.00	*550.0	*1000	*43.20	*18	19.00	101.41	*5.68	*0.90	*0.00
% of Calories											*13.5%	14.4%	77.1%	*9.7%	*1.5%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

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Sr. High Breakfast

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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 - 01/17/2019																
Sr. High Breakfast	Total	1														
Breakfast Sliders	Serving(2 each)	1	160	30	290	2.00	1.44	80.0	100	0.0	7	8.0	22.0	4.5	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
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			425	36	562	*4.41	2.39	596.4	1096	37.84	*32	20.29	73.30	6.34	1.96	0.00
% of Calories											*30.3%	19.1%	69.0%	13.4%	4.1%	0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Fri - 01/18/2019																
Sr. High Breakfast	Total	1														
Dutch Waffle	Serving	1	300	20	350	3.00	1.80	40.0	0	0.0	12	4.0	43.0	13.0	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			543	*26	*512	*6.20	2.25	438.4	1046	*36.00	*28	14.28	92.07	14.32	*3.40	*0.00
% of Calories											*20.4%	10.5%	67.8%	23.7%	*5.6%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Mon - 01/21/2019																
Sr. High Breakfast	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			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Tue - 01/22/2019																
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

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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			429	21	641	*4.30	2.00	498.4	1366	87.07	*34 *31.4%	18.90 17.6%	69.69 64.9%	7.79 16.3%	2.42 5.1%	*0.00 *0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Wed - 01/23/2019																
Sr. High Breakfast	Total	1														
Breakfast Bites	3 Pieces	1	190	25	480	1.00	1.44	40.0	0	0.0	7	8.0	19.0	10.0	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
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			496	*31	753	*5.00	2.44	*550.0	1000	43.20	*25 *20.0%	21.00 16.9%	81.41 65.6%	*11.67 *21.2%	*3.41 *6.2%	*0.00 *0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Thu - 01/24/2019																
Sr. High Breakfast	Total	1														
French Toast	2 Slices	1	168	7	137	0.00	1.33	21.1	0	0.0	*N/A*	3.16	24.21	7.37	2.11	*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 % of Calories			434	14	409	*2.41	2.28	537.5	996	37.84	*25 *23.3%	15.45 14.3%	75.51 69.7%	9.20 19.1%	2.56 5.3%	*0.00 *0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Fri - 01/25/2019																
Sr. High Breakfast	Total	1														
Muffin - Blueberry	Muffin	1	190	10	135	1.00	0.72	0.0	0	0.0	15	2.0	30.0	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
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

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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			493	*16	*406	*6.20	1.89	548.4	1046	*36.00	*33 *26.6%	15.28 12.4%	90.07 73.0%	9.32 17.0%	*1.40 *2.6%	*0.00 *0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Mon - 01/28/2019																
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 % of Calories			422	6	453	*7.58	5.50	618.9	1530	48.85	*43 *41.0%	14.39 13.6%	86.99 82.5%	2.93 6.2%	0.45 1.0%	*0.00 *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 % of Calories			429	21	641	*4.30	2.00	498.4	1366	87.07	*34 *31.4%	18.90 17.6%	69.69 64.9%	7.79 16.3%	2.42 5.1%	*0.00 *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

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ISD 518

Dec 31, 2018 thru Feb 1, 2019

Base Menu Spreadsheet

Sr. High Breakfast

Weighted Values - Detailed

Generated on: 12/31/2018 7:34:33 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 ¹ (g)
Weighted Daily Average % of Calories			512	*16	754	*5.58	5.56	*712.6	1878	43.20	*21 *16.5%	17.74 13.9%	94.94 74.1%	*8.02 *14.1%	*1.48 *2.6%	*0.00 *0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

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 % of Calories			508	129	749	*5.41	38.84	764.4	1230	*37.84	*26 *20.7%	23.09 18.2%	78.95 62.1%	13.14 23.3%	4.46 7.9%	*0.00 *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 % of Calories			523	*21	*381	*6.20	2.25	418.4	1046	*36.00	*39 *29.6%	15.28 11.7%	97.07 74.2%	9.32 16.0%	*3.40 *5.9%	*0.00 *0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Weighted Average			464	*36	*560	*5.22	*4.51	*554.9	*1288	*49.10	*29 *57.1%	*17.62 *15.2%	81.26 70.0%	*8.55 *16.6%	*2.28 *4.4%	*0.00 *0.0%
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ISD 518

Dec 31, 2018 thru Feb 1, 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	464		635	73%		170				Correction Required - Calories are Low							
Cholesterol (mg)	36				Missing												
Sodium (mg)	560				Missing		560										
Fiber (g)	5.22				Missing												
Iron (mg)	4.51		3.40	133%	Missing												
Calcium (mg)	554.9		300.00	185%	Missing												
Vitamin A (IU)	1288		1125	114%	Missing												
Sugars (g)	29	25.37%			Missing												
Vitamin C (mg)	49.10		14.38	342%	Missing												
Protein (g)	17.62	15.18%	12.60	140%	Missing												
Carbohydrate (g)	81.26	70.02%															
Total Fat (g)	8.55	16.57%	<=30.00%		Missing												
Saturated Fat (g)	2.28	4.42%	<10.00%		Missing												
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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