

ISD 518

Jun 10, 2019 thru Jun 28, 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 ¹ (g)
Mon - 06/10/2019																
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	1/2 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	427	*7.05	5.43	624.6	1462	49.54	*25	*13.72	82.16	*3.42	*0.68	*0.00
% of Calories											*25.0%	*13.6%	81.6%	*7.7%	*1.5%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Tue - 06/11/2019																
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
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			379	36	451	*4.30	1.64	478.4	1266	87.07	*32	17.90	65.69	5.29	1.92	*0.00
% of Calories											*33.5%	18.9%	69.3%	12.5%	4.6%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Wed - 06/12/2019																
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
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			415	*14	299	*2.00	1.61	*381.1	1000	43.20	*16	13.16	75.62	*8.04	*2.51	*0.00
% of Calories											*15.2%	12.7%	72.9%	*17.5%	*5.4%	*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
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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)
Thu - 06/13/2019																
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 - 06/14/2019																
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 - 06/17/2019																
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	1/2 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	427	*7.05	5.43	624.6	1462	49.54	*25	*13.72	82.16	*3.42	*0.68	*0.00
% of Calories											*25.0%	*13.6%	81.6%	*7.7%	*1.5%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

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	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 - 06/18/2019																
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
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			409	31	642	*3.30	1.64	438.4	1166	87.07	*32	17.90	62.69	10.79	3.42	*0.00
% of Calories											*31.0%	17.5%	61.2%	23.7%	7.5%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Wed - 06/19/2019																
Sr. High Breakfast	Total	1														
Pancakes	Pancake	1	140	6	270	2.00	0.00	0.0	0	0.0	6	4.0	26.0	4.0	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
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			386	*12	432	*4.00	0.28	*360.0	1000	43.20	*22	14.00	77.41	*4.67	*0.40	*0.00
% of Calories											*22.6%	14.5%	80.2%	*10.9%	*0.9%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Thu - 06/20/2019																
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	

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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)
Fri - 06/21/2019																
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 - 06/24/2019																
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	1/2 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	427	*7.05	5.43	624.6	1462	49.54	*25	*13.72	82.16	*3.42	*0.68	*0.00
% of Calories											*25.0%	*13.6%	81.6%	*7.7%	*1.5%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Tue - 06/25/2019																
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 - 06/26/2019																
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*
Milk	HALF PINT	1	114	10	135	*N/A*	*N/A*	312.2	520	2.5	*N/A*	8.32	13.53	2.6	1.56	*N/A*
Weighted Daily Average			452	*20	618	*3.58	*4.84	*624.8	1649	45.70	*3	15.07	80.06	*8.94	*2.64	*0.00
% of Calories											*2.9%	13.3%	70.8%	*17.8%	*5.2%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Thu - 06/27/2019																
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
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, St. Mary's	1/2 Pint	1	113	6	160	0.00	0.00	270.0	650	0.96	16	8.0	17.2	0.62	0.37	0.00
Weighted Daily Average			484	21	381	*3.41	2.03	406.4	896	38.80	*46	14.29	88.09	8.79	3.43	0.00
% of Calories											*38.1%	11.8%	72.8%	16.3%	6.4%	0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Fri - 06/28/2019																
Sr. High Breakfast	Total	1														
Muffin - Chocolate	Muffin	1	180	0	105	0.00	0.00	0.0	0	0.0	14	3.0	28.0	6.0	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
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			483	*6	*376	*5.20	1.17	548.4	1046	*36.00	*32	16.28	88.07	8.32	*1.91	*0.00
% of Calories											*26.3%	13.5%	72.9%	15.5%	*3.5%	*0.0%
Nutrient Guideline			635				3.40	300.00	1125	14.38		12.60		<=30.0	<10.00	

Weighted Average			435	*37	*467	*4.50	*2.55	*509.5	*1225	*50.96	*27	*16.14	76.27	*8.17	*2.15	*0.00
											*56.7%	*14.9%	70.2%	*16.9%	*4.5%	*0.0%

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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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	435		635	68%		200		Correction Required - Calories are Low								
Cholesterol (mg)	37				Missing											
Sodium (mg)	467				Missing		467									
Fiber (g)	4.50				Missing											
Iron (mg)	2.55		3.40	75%	Missing	0.85		Correction Required - Iron is Low								
Calcium (mg)	509.5		300.00	170%	Missing											
Vitamin A (IU)	1225		1125	109%	Missing											
Sugars (g)	27	25.19%			Missing											
Vitamin C (mg)	50.96		14.38	355%	Missing											
Protein (g)	16.14	14.86%	12.60	128%	Missing											
Carbohydrate (g)	76.27	70.20%														
Total Fat (g)	8.17	16.91%	<=30.00%		Missing											
Saturated Fat (g)	2.15	4.46%	<10.00%		Missing											
Trans Fat ¹ (g)	0.00	0.00%			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

¹ - 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.