

**ISD 518**

**Feb 25, 2019 thru Mar 29, 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 - 02/25/2019																
Sr High Lunch	Total	1														
Chicken Sandwich, Breaded	Sandwich	1	420	50	800	4.00	3.60	220.0	0	0.0	4	24.0	44.0	17.0	3.50	0.00
Beef & Bean Burrito	Burrito	1	366	39	865	2.57	3.18	2654.9	434	1.51	*3	22.46	37.36	12.69	6.35	*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
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
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			1248	123	2556	14.91	9.65	4724.5	11103	37.79	*55	72.45	154.10	38.00	14.03	*0.00
% of Calories											*17.8%	23.2%	49.4%	27.4%	10.1%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Tue - 02/26/2019																
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
Hot Ham & Cheese Prairie	Sandwiche	1	298	63	847	3.00	2.70	200.0	0	1.0	5	21.02	32.83	10.26	3.75	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
Pears Diced	1/2 cup	1	143	0	13	4.02	0.70	12.6	0	1.76	30	0.48	38.08	0.08	0.01	*N/A*
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			1319	150	2448	24.88	10.05	2202.1	11127	79.90	*68	73.39	173.51	41.60	13.11	*0.00
% of Calories											*20.6%	22.3%	52.6%	28.4%	8.9%	*0.0%
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

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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 - 02/27/2019																
Sr High Lunch	Total	1														
Cheeseburger on Bun	EACH	1	340	37	688	4.00	3.60	220.0	100	1.2	5	21.96	33.99	13.47	4.98	0.00
Baked Potato	Potato	1	321	32	429	3.81	3.31	5166.0	375	16.61	2	19.74	37.73	10.6	6.64	*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
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
BANANAS	EACH	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	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			1320	*104	2239	*20.76	*10.41	*7370.6	*11209	*50.88	*57	*72.80	*163.53	44.85	18.44	*2.53
% of Calories											*17.1%	*22.1%	*49.6%	30.6%	12.6%	*1.7%
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 - 02/28/2019																
Sr High Lunch	Total	1														
Chicken & Noodles ISD 518	1 Cup	1	186	55	128	0.84	0.84	5.3	81	0.02	2	19.6	16.77	4.99	0.99	*0.49
Meatloaf	3 OZ.	1	170	40	160	1.00	1.80	20.0	100	4.8	2	15.0	4.0	10.0	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
Mashed Potatoes	1/2 cup	1	110	0	146	1.01	0.36	23.7	146	30.2	1	2.01	17.11	4.21	1.31	*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*
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
Dinner Roll	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
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			1076	129	1469	12.57	7.48	1987.4	11506	85.03	*40	67.99	139.45	29.72	10.61	*0.49
% of Calories											*14.9%	25.3%	51.9%	24.9%	8.9%	*0.4%
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

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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 - 03/01/2019																
Sr High Lunch	Total	1														
Cheese Quesadilla	slice	1	330	10	830	4.00	2.70	200.0	300	0.0	3	16.0	40.0	12.0	3.50	0.00
Tater Tot Hot Dish	4 oz	1	367	79	654	*2.82	2.49	33.5	214	*12.52	*0	22.21	26.16	18.76	7.81	*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
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 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			1345	*147	2632	*18.73	*8.60	*2222.0	*11564	*44.85	*57	*65.59	*155.49	52.45	18.06	*2.53
% of Calories											*16.8%	*19.5%	*46.2%	35.1%	12.1%	*1.7%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Mon - 03/04/2019																
Sr High Lunch	Total	1														
Crispy Chicken Leg	Piece	1	190	50	450	1.00	1.08	20.0	100	1.2	0	16.0	5.0	11.0	2.50	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
Mashed Potatoes/Country Gravy	1/2 CUP/ 1/4 CUP	1	152	*0	383	*1.17	*0.44	*27.2	*0	*35.07	*1	*2.34	*24.83	5.37	1.72	0.73
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
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
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
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			1146	*109	*2159	*17.10	*28.50	*2385.2	*13595	*68.45	*42	*63.73	*146.65	34.03	*8.44	*0.73
% of Calories											*14.7%	*22.2%	*51.2%	26.7%	*6.6%	*0.6%
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 - 03/05/2019																
Sr High Lunch	Total	1														
Taco, Hard Shell	2 oz	1	350	62	285	1.11	1.18	30.1	142	0.59	*1	18.65	20.27	20.59	7.44	*2.39
Egg Roll/String Cheese	1 Roll/1 S tick	1	270	50	540	3.00	1.80	60.0	1050	6.0	3	16.0	20.0	14.0	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
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
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
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*
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			1349	*146	2062	*23.75	*8.47	*2150.9	*12077	*83.14	*49	*71.55	*141.30	55.65	16.17	*4.92
% of Calories											*14.6%	*21.2%	*41.9%	37.1%	10.8%	*3.3%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Wed - 03/06/2019																
Sr High Lunch	Total	1														
Fish Sandwich	Sandwich	1	380	50	560	3.60	2.52	200.0	0	3.6	4	20.0	44.0	15.0	2.00	0.00
Grilled Chicken Sandwich	Sandwich	1	300	60	950	3.00	1.80	200.0	0	0.0	6	24.0	35.0	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
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			1169	144	2400	17.51	7.38	2258.5	10749	46.74	63	70.38	158.32	31.55	8.22	*0.00
% of Calories											21.4%	24.1%	54.2%	24.3%	6.3%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=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)
Thu - 03/07/2019																
Sr High Lunch	Total	1														
Chili	3/4 Cup	1	245	36	705	4.66	2.02	99.8	592	6.7	*5	14.11	24.31	10.29	2.80	*1.39
Club Wrap	Wrap	1	285	56	849	0.00	1.05	8.5	16	3.36	1	23.92	25.55	9.27	3.73	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
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
Cinnamon Roll 1.4 oz	1.4 oz	1	130	5	200	2.00	0.72	20.0	100	0.0	5	3.0	18.0	5.0	2.50	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			1091	156	2678	14.40	6.44	1964.3	11423	36.18	*55	65.31	133.49	34.01	13.26	*1.39
% of Calories											*20.1%	23.9%	48.9%	28.1%	10.9%	*1.1%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Fri - 03/08/2019																
Sr High Lunch	Total	1														
French Bread Cheese Pizza	Piece	1	300	20	570	3.00	1.80	300.0	500	6.0	4	14.0	34.0	11.0	4.00	0.00
Philly Cheese Steak	Sandwich	1	313	55	1093	3.40	3.71	220.0	200	0.0	2	27.3	33.5	8.45	4.60	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
Fresh Fruit	1/2 Cup	1	27	0	13	0.72	0.17	7.2	2706	29.36	6	0.67	6.53	0.15	0.04	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			1049	109	2585	14.45	8.19	2356.8	14375	60.84	47	68.96	130.78	27.90	12.82	*0.00
% of Calories											17.8%	26.3%	49.9%	23.9%	11.0%	*0.0%
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

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**ISD 518**

**Feb 25, 2019 thru Mar 29, 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 - 03/11/2019																
Sr High Lunch	Total	1														
Popcorn Chicken	12 pc	1	251	22	371	2.28	0.00	0.0	0	0.0	1	15.36	15.36	14.28	2.76	0.00
Egg Salad Sandwich	1/2 cup	1	391	457	603	2.51	3.32	94.2	833	0.0	*7	18.46	31.98	20.75	8.10	*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	1/2 Cup	1	59	0	186	3.49	0.81	17.0	653	7.74	*N/A*	3.74	10.71	0.34	0.05	*N/A*
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
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			1231	513	2169	16.02	7.86	2117.2	12501	54.86	*39	65.83	143.69	44.83	15.14	*0.00
% of Calories											*12.8%	21.4%	46.7%	32.8%	11.1%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Tue - 03/12/2019																
Sr High Lunch	Total	1														
Nachos with Beef	Servings	1	537	71	681	2.25	1.12	184.9	233	0.59	*1	23.22	42.42	31.77	8.87	*2.39
Turkey Wrap	wraps	1	276	44	788	0.00	0.96	16.0	30	5.2	1	24.0	26.0	8.0	3.00	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
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			1381	149	2489	18.89	6.49	2111.7	11148	82.34	*45	81.11	157.45	48.69	16.06	*2.39
% of Calories											*13.1%	23.5%	45.6%	31.7%	10.5%	*1.6%
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

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**ISD 518**

**Feb 25, 2019 thru Mar 29, 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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 03/13/2019																
Sr High Lunch	Total	1														
Chicken Strips	3 Strips	1	220	35	370	2.00	1.80	20.0	0	0.0	1	16.0	11.0	13.0	3.00	0.00
Pork Pattie	Pattie	1	145	45	384	0.89	1.10	30.6	159	2.01	0	11.67	7.1	8.75	3.02	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/Country Gravy	1/2 CUP/ 1/4 CUP	1	152	*0	383	*1.17	*0.44	*27.2	*0	*35.07	*1	*2.34	*24.83	5.37	1.72	0.73
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
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
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			1079	*114	*2154	*15.59	*7.64	*2025.8	*10924	*61.36	*39	*59.28	*133.34	37.56	*11.92	*0.73
% of Calories											*14.6%	*22.0%	*49.4%	31.3%	*9.9%	*0.6%
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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 03/14/2019																
Sr High Lunch	Total	1														
Corn Dog:turkey	each	1	250	25	760	3.00	1.80	60.0	0	15.0	10	11.0	30.0	10.0	2.00	0.00
Chicken Alfredo	1 cup	1	227	43	518	1.11	1.46	11.6	0	0.06	*1	16.19	28.97	4.63	1.73	*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
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			948	*103	2180	14.45	5.95	*1901.2	10719	46.54	*45	55.18	134.71	*22.93	*7.91	*0.00
% of Calories											*19.1%	23.3%	56.8%	*21.8%	*7.5%	*0.0%
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  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**ISD 518**

**Feb 25, 2019 thru Mar 29, 2019**

Base Menu Spreadsheet

Sr High Lunch

Weighted Values - Detailed

Generated on: 2/26/2019 10:47:39 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 <sup>1</sup> (g)
Fri - 03/15/2019																
Sr High Lunch	Total	1														
Pizza (Smart) Cheese	4x6	1	290	15	540	4.00	2.70	300.0	500	0.0	15	15.0	34.0	11.0	4.00	0.00
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
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
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			1087	103	2012	18.91	9.36	2378.5	11349	44.34	74	59.38	148.32	31.55	11.72	*0.00
% of Calories											27.1%	21.9%	54.6%	26.1%	9.7%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Mon - 03/18/2019																
Sr High Lunch	Total	1														
Chili Crisпитos	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	

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**ISD 518**

**Feb 25, 2019 thru Mar 29, 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)
Tue - 03/19/2019																
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	

Wed - 03/20/2019																
Sr High Lunch	Total	1														
Crunchy Chicken Wrap	Serving	1	336	31	605	1.33	1.20	13.3	0	0.0	2	18.63	31.32	14.64	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, 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
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			1159	95	2080	16.82	7.49	2200.2	13015	113.93	57	72.36	148.95	30.19	12.74	*0.00
% of Calories											19.7%	25.0%	51.4%	23.4%	9.9%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

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**ISD 518**

**Feb 25, 2019 thru Mar 29, 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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 03/21/2019																
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/Country Gravy	1/2 CUP/ 1/4 CUP	1	152	*0	383	*1.17	*0.44	*27.2	*0	*35.07	*1	*2.34	*24.83	5.37	1.72	0.73
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	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
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	*156	2506	*13.97	*8.60	*2071.1	*10882	*70.02	*41	*69.14	*156.97	*36.68	*14.29	*0.73
% of Calories											*13.4%	*22.7%	*51.5%	*27.1%	*10.6%	*0.5%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Fri - 03/22/2019																
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 - Prairie	Sandwiche	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	

Mon - 03/25/2019																
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

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**ISD 518**

**Feb 25, 2019 thru Mar 29, 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)
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 - 03/26/2019																
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	495	60	1047	4.46	3.84	431.8	228	3.46	*5	32.25	46.97	20.41	5.45	*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*
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 % of Calories			1594	*147	2861	*24.33	*11.20	*2571.4	*11654	*81.80	*51	*87.15	*174.57	63.81	17.32	*2.53
											*12.9%	*21.9%	*43.8%	36.0%	9.8%	*1.4%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Wed - 03/27/2019																
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	Sandwich	1	273	43	799	3.00	2.16	200.0	0	0.0	5	21.52	33.49	6.74	1.99	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*
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 % of Calories			1121	*102	*2368	16.51	8.48	2340.5	11729	*52.97	*34	66.89	156.83	28.23	*11.25	*0.00
											*12.2%	23.9%	55.9%	22.7%	*9.0%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

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**ISD 518**

**Feb 25, 2019 thru Mar 29, 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 - 03/28/2019																
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 - 03/29/2019																
Sr High Lunch	Total	1														
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
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
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
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
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			996	*120	1792	*17.33	*7.09	*2370.4	*12919	*111.91	*56	*56.17	*136.95	28.12	11.00	*0.61
% of Calories											*22.6%	*22.5%	*55.0%	25.4%	9.9%	*0.5%
Nutrient Guideline			846				4.50	400.00	1500	19.18		16.70		<=30.0	<10.00	

Weighted Average			1202	*144	*2335	*17.73	*9.03	*2550.2	*11880	*63.24	*51	*67.90	*150.03	*38.80	*13.24	*1.10
											*38.5%	*22.6%	*49.9%	*29.0%	*9.9%	*0.8%

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**ISD 518**

**Feb 25, 2019 thru Mar 29, 2019**

Base Menu Spreadsheet

Sr High Lunch

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 <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	1202		846	142%													
Cholesterol (mg)	144				Missing												
Sodium (mg)	2335				Missing		2335										
Fiber (g)	17.73				Missing												
Iron (mg)	9.03		4.50	201%	Missing												
Calcium (mg)	2550.2		400.00	638%	Missing												
Vitamin A (IU)	11880		1500	792%	Missing												
Sugars (g)	51	17.13%			Missing												
Vitamin C (mg)	63.24		19.18	330%	Missing												
Protein (g)	67.90	22.59%	16.70	407%	Missing												
Carbohydrate (g)	150.03	49.92%			Missing												
Total Fat (g)	38.80	29.04%	<=30.00%		Missing												
Saturated Fat (g)	13.24	9.91%	<10.00%		Missing												
Trans Fat <sup>1</sup> (g)	1.10	0.82%			Missing												

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