

**ISD 518**

**Apr 1, 2019 thru May 3, 2019**

Base Menu Spreadsheet

Prairie Elementary 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 - 04/01/2019         |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Prairie Elementary 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                    |
| Bread & Butter           | Sandwich     | 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   |              |           | 1464        | *153        | 2523      | *16.23    | *6.72     | *2324.6    | *10673     | *24.47     | *50        | *82.29    | *148.25  | 61.26     | 23.78     | *4.44                   |
| % of Calories            |              |           |             |             |           |           |           |            |            |            | *13.7%     | *22.5%    | *40.5%   | 37.6%     | 14.6%     | *2.7%                   |
| Nutrient Guideline       |              |           | 664         |             |           |           | 3.50      | 286.00     | 1120       | 15.00      |            | 10.00     |          | <=30.0    | <10.00    |                         |

|                          |            |   |      |     |      |       |      |        |       |       |        |       |        |        |        |       |
|--------------------------|------------|---|------|-----|------|-------|------|--------|-------|-------|--------|-------|--------|--------|--------|-------|
| Tue - 04/02/2019         |            |   |      |     |      |       |      |        |       |       |        |       |        |        |        |       |
| Prairie Elementary Lunch | Total      | 1 |      |     |      |       |      |        |       |       |        |       |        |        |        |       |
| Taco, Soft Shell         | 2 oz       | 1 | 358  | 62  | 495  | 0.23  | 0.23 | 12.4   | 142   | 0.59  | *1     | 21.89 | 25.57  | 17.9   | 6.29   | *2.39 |
| Chicken Wrap             | Wraps      | 1 | 265  | 61  | 950  | 0.00  | 0.00 | 0.0    | 0     | 0.0   | 1      | 24.67 | 23.99  | 7.49   | 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  |
| 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 | 157 | 2466 | 14.56 | 4.54 | 1884.8 | 10811 | 26.07 | *36    | 79.54 | 127.31 | 34.19  | 14.21  | *2.39 |
| % of Calories            |            |   |      |     |      |       |      |        |       |       | *12.6% | 27.8% | 44.4%  | 26.8%  | 11.2%  | *1.9% |
| Nutrient Guideline       |            |   | 664  |     |      |       | 3.50 | 286.00 | 1120  | 15.00 |        | 10.00 |        | <=30.0 | <10.00 |       |

|                          |            |   |     |    |     |      |      |        |      |      |    |       |       |       |       |       |
|--------------------------|------------|---|-----|----|-----|------|------|--------|------|------|----|-------|-------|-------|-------|-------|
| Wed - 04/03/2019         |            |   |     |    |     |      |      |        |      |      |    |       |       |       |       |       |
| Prairie Elementary 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, Prairie    | Sandwich   | 1 | 370 | 35 | 614 | 4.75 | 3.60 | 240.0  | 100  | 1.2  | 10 | 20.75 | 42.51 | 14.0  | 4.25  | 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  |
| 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

\* - 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**

**Apr 1, 2019 thru May 3, 2019**

Base Menu Spreadsheet

Prairie Elementary Lunch

Weighted Values - Detailed

Generated on: 4/1/2019 6:42:40 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) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average |              |           | 1254        | 153         | 1862      | 15.15     | 8.37      | 2871.6     | 11576      | 25.54      | 49         | 76.80     | 129.54   | 45.41     | 20.92     | *0.00                   |
| % of Calories          |              |           |             |             |           |           |           |            |            |            | 15.5%      | 24.5%     | 41.3%    | 32.6%     | 15.0%     | *0.0%                   |
| Nutrient Guideline     |              |           | 664         |             |           |           | 3.50      | 286.00     | 1120       | 15.00      |            | 10.00     |          | <=30.0    | <10.00    |                         |

| Thu - 04/04/2019             |                 |   |      |     |      |       |       |        |       |       |        |       |        |        |        |       |
|------------------------------|-----------------|---|------|-----|------|-------|-------|--------|-------|-------|--------|-------|--------|--------|--------|-------|
| Prairie Elementary Lunch     | Total           | 1 |      |     |      |       |       |        |       |       |        |       |        |        |        |       |
| Chicken Gravy & Potato       | 1/2 cup/1/2 cup | 1 | 291  | 52  | 506  | 1.22  | 0.96  | 26.6   | 348   | 30.24 | *1     | 18.2  | 23.13  | 13.64  | 4.53   | *0.00 |
| Yogurt/String Cheese Prairie | Servings        | 1 | 180  | 25  | 255  | 1.00  | 0.00  | 200.0  | 300   | 0.0   | 15     | 10.0  | 19.0   | 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  |
| 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  |
| 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       |                 |   | 1025 | 112 | 1836 | 13.95 | 27.23 | 2326.2 | 12997 | 62.42 | *57    | 60.31 | 126.29 | 30.66  | 8.75   | *0.00 |
| % of Calories                |                 |   |      |     |      |       |       |        |       |       | *22.2% | 23.5% | 49.3%  | 26.9%  | 7.7%   | *0.0% |
| Nutrient Guideline           |                 |   | 664  |     |      |       | 3.50  | 286.00 | 1120  | 15.00 |        | 10.00 |        | <=30.0 | <10.00 |       |

| Fri - 04/05/2019         |            |   |      |      |      |        |       |         |        |        |        |        |         |        |        |       |
|--------------------------|------------|---|------|------|------|--------|-------|---------|--------|--------|--------|--------|---------|--------|--------|-------|
| Prairie Elementary Lunch | Total      | 1 |      |      |      |        |       |         |        |        |        |        |         |        |        |       |
| Shrimp Poppers           | One Cup    | 1 | 230  | 60   | 490  | 3.00   | 1.80  | 60.0    | 0      | 0.0    | 1      | 9.0    | 22.0    | 11.0   | 1.50   | 0.00  |
| Scalloped Potato w/Ham   | 3/4 Cup    | 1 | 191  | 17   | 810  | 2.00   | 1.61  | 44.1    | 118    | 5.99   | 4      | 8.4    | 25.49   | 6.08   | 2.35   | *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 |
| 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  |
| 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   |            |   | 1001 | *112 | 2426 | *15.33 | *7.01 | *2103.7 | *10787 | *42.27 | *44    | *48.38 | *118.24 | 37.52  | 10.56  | *2.53 |
| % of Calories            |            |   |      |      |      |        |       |         |        |        | *17.7% | *19.3% | *47.3%  | 33.7%  | 9.5%   | *2.3% |
| Nutrient Guideline       |            |   | 664  |      |      |        | 3.50  | 286.00  | 1120   | 15.00  |        | 10.00  |         | <=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**

**Apr 1, 2019 thru May 3, 2019**

Base Menu Spreadsheet

Prairie Elementary 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 - 04/08/2019</b>  |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Prairie Elementary Lunch | Total        | 1         |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Hot Pork Sandwich        | Serving      | 1         | 424         | 110         | 1059      | 2.81      | 1.01      | 170.9      | 146        | 24.35      | 4          | 29.72     | 28.73    | 15.98     | 5.70      | *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                   |
| 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                    |
| 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                    |
| 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   |              |           | 1133        | 228         | 2935      | 14.14     | 5.69      | 2200.5     | 10815      | 48.64      | 47         | 77.71     | 123.48   | 33.28     | 11.88     | *0.00                   |
| % of Calories            |              |           |             |             |           |           |           |            |            |            | 16.6%      | 27.4%     | 43.6%    | 26.4%     | 9.4%      | *0.0%                   |
| Nutrient Guideline       |              |           | 664         |             |           |           | 3.50      | 286.00     | 1120       | 15.00      |            | 10.00     |          | <=30.0    | <10.00    |                         |

|                          |            |   |      |     |      |       |      |        |       |       |        |       |        |        |        |       |
|--------------------------|------------|---|------|-----|------|-------|------|--------|-------|-------|--------|-------|--------|--------|--------|-------|
| <b>Tue - 04/09/2019</b>  |            |   |      |     |      |       |      |        |       |       |        |       |        |        |        |       |
| Prairie Elementary Lunch | Total      | 1 |      |     |      |       |      |        |       |       |        |       |        |        |        |       |
| BBQ on Bun               | Sandwich   | 1 | 351  | 52  | 506  | 3.38  | 2.12 | 236.1  | 246   | 2.59  | *9     | 20.5  | 37.85  | 14.03  | 3.99   | *1.99 |
| Chicken Fajitas          | Fajita     | 1 | 345  | 87  | 961  | 0.83  | 1.59 | 215.1  | 356   | 2.4   | 3      | 31.15 | 27.03  | 10.9   | 6.32   | 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  |
| 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* |
| 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   |            |   | 1239 | 173 | 2735 | 15.54 | 8.39 | 2340.8 | 11571 | 50.27 | *46    | 81.63 | 152.63 | 33.72  | 14.49  | *1.99 |
| % of Calories            |            |   |      |     |      |       |      |        |       |       | *14.9% | 26.3% | 49.3%  | 24.5%  | 10.5%  | *1.4% |
| Nutrient Guideline       |            |   | 664  |     |      |       | 3.50 | 286.00 | 1120  | 15.00 |        | 10.00 |        | <=30.0 | <10.00 |       |

|                          |            |   |     |     |     |       |       |        |      |      |    |        |        |       |      |       |
|--------------------------|------------|---|-----|-----|-----|-------|-------|--------|------|------|----|--------|--------|-------|------|-------|
| <b>Wed - 04/10/2019</b>  |            |   |     |     |     |       |       |        |      |      |    |        |        |       |      |       |
| Prairie Elementary 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         | 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  |
| 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  |

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**Apr 1, 2019 thru May 3, 2019**

Base Menu Spreadsheet

Prairie Elementary 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 |              |           | 940         | *120        | 1793      | *14.39    | *5.83     | *2303.2    | *11013     | *36.28     | *47        | *53.17    | *124.22  | 27.74     | 10.93     | *0.61                   |
| % of Calories          |              |           |             |             |           |           |           |            |            |            | *20.1%     | *22.6%    | *52.9%   | 26.6%     | 10.5%     | *0.6%                   |
| Nutrient Guideline     |              |           | 664         |             |           |           | 3.50      | 286.00     | 1120       | 15.00      |            | 10.00     |          | <=30.0    | <10.00    |                         |

| Thu - 04/11/2019         |            |   |      |     |      |       |      |        |       |       |       |       |        |        |        |       |
|--------------------------|------------|---|------|-----|------|-------|------|--------|-------|-------|-------|-------|--------|--------|--------|-------|
| Prairie Elementary 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  |
| 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   |            |   | 1072 | 117 | 2605 | 14.31 | 9.21 | 2282.1 | 11333 | 28.17 | 51    | 63.61 | 139.49 | 31.09  | 13.00  | *0.00 |
| % of Calories            |            |   |      |     |      |       |      |        |       |       | 18.9% | 23.7% | 52.0%  | 26.1%  | 10.9%  | *0.0% |
| Nutrient Guideline       |            |   | 664  |     |      |       | 3.50 | 286.00 | 1120  | 15.00 |       | 10.00 |        | <=30.0 | <10.00 |       |

| Fri - 04/12/2019         |            |   |      |     |      |        |        |         |        |         |        |        |         |        |        |       |
|--------------------------|------------|---|------|-----|------|--------|--------|---------|--------|---------|--------|--------|---------|--------|--------|-------|
| Prairie Elementary 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  |
| 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   |            |   | 1197 | *97 | 2437 | *18.29 | *10.84 | *2316.2 | *11994 | *132.76 | *45    | *63.79 | *139.11 | 44.01  | 14.48  | *2.53 |
| % of Calories            |            |   |      |     |      |        |        |         |        |         | *15.1% | *21.3% | *46.5%  | 33.1%  | 10.9%  | *1.9% |
| Nutrient Guideline       |            |   | 664  |     |      |        | 3.50   | 286.00  | 1120   | 15.00   |        | 10.00  |         | <=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**

**Apr 1, 2019 thru May 3, 2019**

Base Menu Spreadsheet

Prairie Elementary 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 - 04/15/2019          |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Prairie Elementary 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                    |
| 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    |              |           | 1178        | 123         | 2546      | 13.91     | 9.30      | 4704.5     | 11103      | 25.79      | *41        | 71.46     | 137.10   | 38.00     | 14.03     | *0.00                   |
| % of Calories             |              |           |             |             |           |           |           |            |            |            | *14.1%     | 24.3%     | 46.5%    | 29.0%     | 10.7%     | *0.0%                   |
| Nutrient Guideline        |              |           | 664         |             |           |           | 3.50      | 286.00     | 1120       | 15.00      |            | 10.00     |          | <=30.0    | <10.00    |                         |

|                               |            |   |      |     |      |       |      |        |       |       |        |       |        |        |        |       |
|-------------------------------|------------|---|------|-----|------|-------|------|--------|-------|-------|--------|-------|--------|--------|--------|-------|
| Tue - 04/16/2019              |            |   |      |     |      |       |      |        |       |       |        |       |        |        |        |       |
| Prairie Elementary 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 Sandwich, MS | Sandwiche  | 1 | 298  | 63  | 847  | 3.00  | 2.70 | 200.0  | 0     | 1.0   | 5      | 21.0  | 32.83  | 10.25  | 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 | 60   | 0   | 5    | 2.00  | 0.36 | 0.0    | 0     | 0.0   | 12     | 0.0   | 16.0   | 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        |            |   | 1190 | 150 | 2440 | 20.56 | 9.61 | 2151.2 | 10911 | 27.07 | *41    | 71.99 | 140.15 | 41.40  | 13.08  | *0.00 |
| % of Calories                 |            |   |      |     |      |       |      |        |       |       | *13.7% | 24.2% | 47.1%  | 31.3%  | 9.9%   | *0.0% |
| Nutrient Guideline            |            |   | 664  |     |      |       | 3.50 | 286.00 | 1120  | 15.00 |        | 10.00 |        | <=30.0 | <10.00 |       |

|                          |            |   |     |    |     |       |       |        |      |       |    |       |       |       |      |       |
|--------------------------|------------|---|-----|----|-----|-------|-------|--------|------|-------|----|-------|-------|-------|------|-------|
| Wed - 04/17/2019         |            |   |     |    |     |       |       |        |      |       |    |       |       |       |      |       |
| Prairie Elementary 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  |
| 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  |

\*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**

**Apr 1, 2019 thru May 3, 2019**

Base Menu Spreadsheet

Prairie Elementary Lunch

Weighted Values - Detailed

Generated on: 4/1/2019 6:42:41 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) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average |              |           | 1230        | *104        | 2238      | *18.14    | *10.15    | *7365.5    | *11144     | *42.09     | *44        | *71.70    | *140.47  | 44.51     | 18.33     | *2.53                   |
| % of Calories          |              |           |             |             |           |           |           |            |            |            | *14.4%     | *23.3%    | *45.7%   | 32.6%     | 13.4%     | *1.9%                   |
| Nutrient Guideline     |              |           | 664         |             |           |           | 3.50      | 286.00     | 1120       | 15.00      |            | 10.00     |          | <=30.0    | <10.00    |                         |

| Thu - 04/18/2019          |            |   |     |     |      |       |      |        |       |       |        |       |        |        |        |       |
|---------------------------|------------|---|-----|-----|------|-------|------|--------|-------|-------|--------|-------|--------|--------|--------|-------|
| Prairie Elementary 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 |
| 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* |
| 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    |            |   | 978 | 129 | 1467 | 10.18 | 6.96 | 1978.5 | 11296 | 80.31 | *30    | 65.59 | 115.64 | 29.01  | 10.48  | *0.49 |
| % of Calories             |            |   |     |     |      |       |      |        |       |       | *12.3% | 26.8% | 47.3%  | 26.7%  | 9.6%   | *0.4% |
| Nutrient Guideline        |            |   | 664 |     |      |       | 3.50 | 286.00 | 1120  | 15.00 |        | 10.00 |        | <=30.0 | <10.00 |       |

| Fri - 04/19/2019         |       |   |     |   |   |      |      |        |      |       |      |       |      |        |        |      |
|--------------------------|-------|---|-----|---|---|------|------|--------|------|-------|------|-------|------|--------|--------|------|
| Prairie Elementary 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       |       |   | 664 |   |   |      | 3.50 | 286.00 | 1120 | 15.00 |      | 10.00 |      | <=30.0 | <10.00 |      |

| Mon - 04/22/2019         |       |   |       |       |       |       |       |        |       |       |       |        |        |        |        |        |
|--------------------------|-------|---|-------|-------|-------|-------|-------|--------|-------|-------|-------|--------|--------|--------|--------|--------|
| Prairie Elementary Lunch | Total | 1 |       |       |       |       |       |        |       |       |       |        |        |        |        |        |
| Digital Learning Day     | Day   | 1 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A*  | *N/A* | *N/A* | *N/A* | *N/A*  | *N/A*  | *N/A*  | *N/A*  | *N/A*  |
| Weighted Daily Average   |       |   | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A*  | *N/A* | *N/A* | *N/A* | *N/A*  | *N/A*  | *N/A*  | *N/A*  | *N/A*  |
| % of Calories            |       |   |       |       |       |       |       |        |       |       |       | *N/A%* | *N/A%* | *N/A%* | *N/A%* | *N/A%* |
| Nutrient Guideline       |       |   | 664   |       |       |       | 3.50  | 286.00 | 1120  | 15.00 |       | 10.00  |        | <=30.0 | <10.00 |        |

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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**ISD 518**

**Apr 1, 2019 thru May 3, 2019**

Base Menu Spreadsheet

Prairie Elementary Lunch

Weighted Values - Detailed

Generated on: 4/1/2019 6:42:41 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) |
|--------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 04/23/2019         |                 |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Prairie Elementary 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                    |
| 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   |                 |           | 1304        | *146        | 2062      | *21.45    | *8.38     | *2112.5    | *11861     | *32.07     | *40        | *70.64    | *130.02  | 55.53     | 16.15     | *4.92                   |
| % of Calories            |                 |           |             |             |           |           |           |            |            |            | *12.3%     | *21.7%    | *39.9%   | 38.3%     | 11.2%     | *3.4%                   |
| Nutrient Guideline       |                 |           | 664         |             |           |           | 3.50      | 286.00     | 1120       | 15.00      |            | 10.00     |          | <=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) |
|-------------------------------|---------------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 04/24/2019              |                     |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Prairie Elementary 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/<br>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                    |
| 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                    |
| 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        |                     |           | 1082        | *109        | 2102      | *11.48    | *5.87     | *2159.3    | *11983     | *63.44     | *41        | *60.43    | *134.50  | 33.72     | 8.49      | *0.73                   |
| % of Calories                 |                     |           |             |             |           |           |           |            |            |            | *15.1%     | *22.3%    | *49.7%   | 28.1%     | 7.1%      | *0.6%                   |
| Nutrient Guideline            |                     |           | 664         |             |           |           | 3.50      | 286.00     | 1120       | 15.00      |            | 10.00     |          | <=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**

**Apr 1, 2019 thru May 3, 2019**

Base Menu Spreadsheet

Prairie Elementary 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 - 04/25/2019         |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Prairie Elementary Lunch | Total        | 1         |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Pulled Pork Sand.        | Sandwich     | 1         | 388         | 100         | 752       | 3.00      | 1.80      | 200.0      | 0          | 0.0        | 4          | 28.0      | 31.0     | 12.0      | 4.00      | 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                    |
| 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   |              |           | 1099        | 194         | 2590      | 13.33     | 6.48      | 2249.6     | 10669      | 36.28      | 47         | 77.99     | 124.75   | 28.30     | 10.18     | *0.00                   |
| % of Calories            |              |           |             |             |           |           |           |            |            |            | 17.2%      | 28.4%     | 45.4%    | 23.2%     | 8.3%      | *0.0%                   |
| Nutrient Guideline       |              |           | 664         |             |           |           | 3.50      | 286.00     | 1120       | 15.00      |            | 10.00     |          | <=30.0    | <10.00    |                         |

|                           |            |   |      |     |      |       |      |        |       |        |       |       |        |        |        |       |
|---------------------------|------------|---|------|-----|------|-------|------|--------|-------|--------|-------|-------|--------|--------|--------|-------|
| Fri - 04/26/2019          |            |   |      |     |      |       |      |        |       |        |       |       |        |        |        |       |
| Prairie Elementary 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, 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  |
| 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    |            |   | 1047 | 109 | 2570 | 16.25 | 9.15 | 2410.3 | 13529 | 105.27 | 42    | 70.99 | 129.09 | 27.97  | 12.80  | *0.00 |
| % of Calories             |            |   |      |     |      |       |      |        |       |        | 16.1% | 27.1% | 49.3%  | 24.0%  | 11.0%  | *0.0% |
| Nutrient Guideline        |            |   | 664  |     |      |       | 3.50 | 286.00 | 1120  | 15.00  |       | 10.00 |        | <=30.0 | <10.00 |       |

|                          |            |   |     |    |     |      |      |        |      |      |    |       |       |      |      |       |
|--------------------------|------------|---|-----|----|-----|------|------|--------|------|------|----|-------|-------|------|------|-------|
| Mon - 04/29/2019         |            |   |     |    |     |      |      |        |      |      |    |       |       |      |      |       |
| Prairie Elementary 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  |
| 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  |
| 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  |
| 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

\* - 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**

**Apr 1, 2019 thru May 3, 2019**

Base Menu Spreadsheet

Prairie Elementary 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 |              |           | 1089        | 123         | 2030      | 14.93     | 8.10      | 2349.6     | 11169      | 39.88      | 58<br>21.4% | 59.99<br>22.0% | 138.75<br>50.9% | 35.30<br>29.2% | 10.18<br>8.4% | *0.00<br>*0.0%          |
| Nutrient Guideline                   |              |           | 664         |             |           |           | 3.50      | 286.00     | 1120       | 15.00      |             | 10.00          |                 | <=30.0         | <10.00        |                         |

| Tue - 04/30/2019                     |            |   |      |     |      |       |      |        |       |       |               |                |                 |                |                |                |
|--------------------------------------|------------|---|------|-----|------|-------|------|--------|-------|-------|---------------|----------------|-----------------|----------------|----------------|----------------|
| Prairie Elementary 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           |
| 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 |            |   | 1336 | 149 | 2489 | 16.59 | 6.40 | 2073.3 | 10932 | 31.27 | *36<br>*10.8% | 80.21<br>24.0% | 146.17<br>43.8% | 48.57<br>32.7% | 16.05<br>10.8% | *2.39<br>*1.6% |
| Nutrient Guideline                   |            |   | 664  |     |      |       | 3.50 | 286.00 | 1120  | 15.00 |               | 10.00          |                 | <=30.0         | <10.00         |                |

| Wed - 05/01/2019                     |                     |   |      |      |      |        |       |         |        |        |               |                  |                   |                |                |                |
|--------------------------------------|---------------------|---|------|------|------|--------|-------|---------|--------|--------|---------------|------------------|-------------------|----------------|----------------|----------------|
| Prairie Elementary 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/<br>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           |
| 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 % of Calories |                     |   | 1010 | *114 | 2154 | *12.39 | *7.30 | *1987.4 | *10828 | *61.36 | *39<br>*15.6% | *58.00<br>*23.0% | *116.68<br>*46.2% | 36.92<br>32.9% | 11.92<br>10.6% | *0.73<br>*0.6% |
| Nutrient Guideline                   |                     |   | 664  |      |      |        | 3.50  | 286.00  | 1120   | 15.00  |               | 10.00            |                   | <=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**

**Apr 1, 2019 thru May 3, 2019**

Base Menu Spreadsheet

Prairie Elementary 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 - 05/02/2019         |              |           |             |             |           |           |           |            |            |            |            |           |          |           |           |                         |
| Prairie Elementary 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                    |
| 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   |              |           | 876         | 103         | 2179      | 12.45     | 5.77      | 1901.2     | 10669      | 39.34      | *45        | 54.18     | 115.71   | 22.93     | 7.91      | *0.00                   |
| % of Calories            |              |           |             |             |           |           |           |            |            |            | *20.6%     | 24.7%     | 52.8%    | 23.5%     | 8.1%      | *0.0%                   |
| Nutrient Guideline       |              |           | 664         |             |           |           | 3.50      | 286.00     | 1120       | 15.00      |            | 10.00     |          | <=30.0    | <10.00    |                         |

|                          |            |   |      |     |      |       |       |        |       |       |        |       |        |        |        |       |
|--------------------------|------------|---|------|-----|------|-------|-------|--------|-------|-------|--------|-------|--------|--------|--------|-------|
| Fri - 05/03/2019         |            |   |      |     |      |       |       |        |       |       |        |       |        |        |        |       |
| Prairie Elementary Lunch | Total      | 1 |      |     |      |       |       |        |       |       |        |       |        |        |        |       |
| Popcorn Chicken          | 12 piece   | 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, 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  |
| 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* |
| 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   |            |   | 1203 | 513 | 2040 | 16.52 | 29.60 | 2283.8 | 13482 | 53.18 | *35    | 65.92 | 136.50 | 44.55  | 15.08  | *0.00 |
| % of Calories            |            |   |      |     |      |       |       |        |       |       | *11.8% | 21.9% | 45.4%  | 33.3%  | 11.3%  | *0.0% |
| Nutrient Guideline       |            |   | 664  |     |      |       | 3.50  | 286.00 | 1120  | 15.00 |        | 10.00 |        | <=30.0 | <10.00 |       |

|                  |  |  |      |      |      |        |       |         |        |        |        |        |         |       |       |       |
|------------------|--|--|------|------|------|--------|-------|---------|--------|--------|--------|--------|---------|-------|-------|-------|
| Weighted Average |  |  | 1087 | *145 | 2189 | *14.54 | *8.99 | *2445.0 | *10964 | *46.39 | *42    | *65.22 | *126.38 | 36.02 | 12.78 | *1.05 |
|                  |  |  |      |      |      |        |       |         |        |        | *34.9% | *24.0% | *46.5%  | 29.8% | 10.6% | *0.9% |

\*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**

Base Menu Spreadsheet

Weighted Values - Detailed

**Apr 1, 2019 thru May 3, 2019**

Prairie Elementary Lunch

Generated on: 4/1/2019 6:42:41 AM

| 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                   | 1087     |              | 664           | 164%        |             |           |           |                         |            |            |            |            |           |          |           |           |                         |   |
| Cholesterol (mg)           | 145      |              |               |             | Missing     |           |           |                         | 2189       |            |            |            |           |          |           |           |                         |   |
| Sodium (mg)                | 2189     |              |               |             |             |           |           |                         |            |            |            |            |           |          |           |           |                         |   |
| Fiber (g)                  | 14.54    |              |               |             | Missing     |           |           |                         |            |            |            |            |           |          |           |           |                         |   |
| Iron (mg)                  | 8.99     |              | 3.50          | 257%        | Missing     |           |           |                         |            |            |            |            |           |          |           |           |                         |   |
| Calcium (mg)               | 2445.0   |              | 286.00        | 855%        | Missing     |           |           |                         |            |            |            |            |           |          |           |           |                         |   |
| Vitamin A (IU)             | 10964    |              | 1120          | 979%        | Missing     |           |           |                         |            |            |            |            |           |          |           |           |                         |   |
| Sugars (g)                 | 42       | 15.52%       |               |             | Missing     |           |           |                         |            |            |            |            |           |          |           |           |                         |   |
| Vitamin C (mg)             | 46.39    |              | 15.00         | 309%        | Missing     |           |           |                         |            |            |            |            |           |          |           |           |                         |   |
| Protein (g)                | 65.22    | 24.00%       | 10.00         | 652%        | Missing     |           |           |                         |            |            |            |            |           |          |           |           |                         |   |
| Carbohydrate (g)           | 126.38   | 46.49%       |               |             | Missing     |           |           |                         |            |            |            |            |           |          |           |           |                         |   |
| Total Fat (g)              | 36.02    | 29.82%       | <=30.00%      |             |             |           |           |                         |            |            |            |            |           |          |           |           |                         |   |
| Saturated Fat (g)          | 12.78    | 10.58%       | <10.00%       |             |             |           |           |                         |            |            |            |            |           |          |           |           |                         |   |
| Trans Fat <sup>1</sup> (g) | 1.05     | 0.87%        |               |             | Missing     |           |           |                         |            |            |            |            |           |          |           |           |                         | Correction Required - Sat. Fat too High |

\*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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