

**ISD 518**

**Dec 31, 2018 thru Feb 1, 2019**

Base Menu Spreadsheet

Prairie Elementary Lunch

Weighted Values - Detailed

Generated on: 12/31/2018 7:29:38 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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 12/31/2018																
Prairie Elementary Lunch NO SCHOOL	Total 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 % 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			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 01/01/2019																
Prairie Elementary Lunch NO SCHOOL	Total 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 % 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			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 01/02/2019																
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
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 % of Calories			993	*69	1729	*14.29	*8.37	*741.2	*3604	*109.96	*39	*47.93	*119.83	36.42	10.71	*2.53
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

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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 - 01/03/2019																
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
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	

Fri - 01/04/2019																
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	Sandwich	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	

Mon - 01/07/2019																
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

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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)
Weighted Daily Average			1089	123	2030	14.93	8.10	2349.6	11169	39.88	58	59.99	138.75	35.30	10.18	*0.00
% of Calories											21.4%	22.0%	50.9%	29.2%	8.4%	*0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Tue - 01/08/2019																
Prairie Elementary Lunch	Total	1														
Taco, Soft Shell	2 oz	1	328	62	505	2.23	0.23	12.4	142	0.59	*2	19.89	23.57	17.4	6.29	*2.39
Turkey Wrap	wraps	1	296	56	858	2.00	1.00	273.0	209	5.2	1	26.0	24.0	11.0	5.50	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
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			1147	152	2384	18.56	5.54	2157.8	11020	31.27	*37	78.87	125.32	37.20	15.97	*2.39
% of Calories											*13.0%	27.5%	43.7%	29.2%	12.5%	*1.9%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Wed - 01/09/2019																
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/ 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			1010	*114	2154	*12.39	*7.30	*1987.4	*10828	*61.36	*39	*58.00	*116.68	36.92	11.92	*0.73
% of Calories											*15.6%	*23.0%	*46.2%	32.9%	10.6%	*0.6%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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Prairie Elementary Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 01/10/2019																
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
Mr. Rib on Bun	Sandwich	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
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			934	85	2391	15.33	6.30	2349.6	10791	40.48	54	54.99	124.75	26.30	8.18	*0.00
% of Calories											23.0%	23.5%	53.4%	25.3%	7.9%	*0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Fri - 01/11/2019																
Prairie Elementary 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
Roast Beef Sandwich	Sandwich	1	275	45	1048	3.00	3.42	200.0	0	0.0	5	22.46	31.99	7.47	2.98	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*
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			1083	101	2613	16.10	7.82	2216.6	11622	53.02	*30	69.55	135.81	31.39	9.97	*0.00
% of Calories											*11.2%	25.7%	50.2%	26.1%	8.3%	*0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 01/14/2019																
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/ 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
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			1077	*109	2159	*13.90	*28.16	*2346.8	*13499	*68.45	*42	*62.45	*129.99	33.39	8.44	*0.73
% of Calories											*15.6%	*23.2%	*48.3%	27.9%	7.1%	*0.6%
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)
Tue - 01/15/2019																
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
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			1491	*156	2458	*22.59	*8.32	*2267.3	*11952	*32.07	*40	*75.21	*152.17	66.71	17.58	*4.92
% of Calories											*10.8%	*20.2%	*40.8%	40.3%	10.6%	*3.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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**ISD 518**

**Dec 31, 2018 thru Feb 1, 2019**

Base Menu Spreadsheet

Prairie Elementary Lunch

Weighted Values - Detailed

Generated on: 12/31/2018 7:29:38 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)
<b>Wed - 01/16/2019</b>																
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	

<b>Thu - 01/17/2019</b>																
Prairie Elementary 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	255	56	859	2.00	1.05	8.5	16	3.36	2	21.92	23.55	8.77	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
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			1030	156	2687	15.99	6.31	1957.9	11377	34.34	*48	63.02	123.60	33.35	13.20	*1.39
% of Calories											*18.8%	24.5%	48.0%	29.1%	11.5%	*1.2%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

<b>Fri - 01/18/2019</b>																
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	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
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**

**Dec 31, 2018 thru Feb 1, 2019**

Base Menu Spreadsheet

Prairie Elementary Lunch

Weighted Values - Detailed

Generated on: 12/31/2018 7:29:38 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			1021	109	2572	13.73	8.02	2349.6	11669	31.48	40	68.29	124.25	27.75	12.78	*0.00
% of Calories											15.8%	26.7%	48.7%	24.5%	11.3%	*0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Mon - 01/21/2019																
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	

Tue - 01/22/2019																
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 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	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			1191	150	2440	20.56	9.61	2151.2	10911	27.07	*41	72.01	140.15	41.40	13.09	*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 - 01/23/2019																
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  
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**ISD 518**

**Dec 31, 2018 thru Feb 1, 2019**

Base Menu Spreadsheet

Prairie Elementary Lunch

Weighted Values - Detailed

Generated on: 12/31/2018 7:29:39 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)
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 - 01/24/2019																
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 - 01/25/2019																
Prairie Elementary 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
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			1268	*147	2630	*15.15	*8.42	*2213.0	*11483	*38.00	*41	*65.20	*134.91	52.20	18.02	*2.53
% of Calories											*13.0%	*20.6%	*42.6%	37.1%	12.8%	*1.8%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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**ISD 518**

**Dec 31, 2018 thru Feb 1, 2019**

Base Menu Spreadsheet

Prairie Elementary Lunch

Weighted Values - Detailed

Generated on: 12/31/2018 7:29:39 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)
<b>Mon - 01/28/2019</b>																
Prairie Elementary Lunch	Total	1														
Chili Crispitos	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
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			1292	178	3096	16.33	8.82	2379.6	11869	26.08	*46	69.95	147.73	49.77	12.91	*0.00
% of Calories											*14.3%	21.7%	45.8%	34.7%	9.0%	*0.0%
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)
<b>Tue - 01/29/2019</b>																
Prairie Elementary 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
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			1118	*112	2498	*17.68	*8.55	*2303.5	*11035	*25.73	*52	*63.89	*120.04	44.12	14.19	*2.53
% of Calories											*18.6%	*22.9%	*42.9%	35.5%	11.4%	*2.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

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**ISD 518**

**Dec 31, 2018 thru Feb 1, 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)
Wed - 01/30/2019																
Prairie Elementary 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
Meatloaf Sandwich	Sandwich	1	330	40	430	4.00	3.60	220.0	100	4.8	6	21.0	35.0	12.0	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
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*
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			1193	*99	2215	*15.33	*8.28	*2619.6	*11819	*50.08	*37	*66.98	*136.75	43.44	15.71	*2.53
% of Calories											*12.5%	*22.5%	*45.9%	32.8%	11.9%	*1.9%
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)
Thu - 01/31/2019																
Prairie Elementary 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
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			1146	*156	2505	*11.97	*8.42	*2071.1	*10832	*62.82	*41	*68.14	*137.97	36.68	14.29	*0.73
% of Calories											*14.2%	*23.8%	*48.1%	28.8%	11.2%	*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  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**ISD 518**

**Dec 31, 2018 thru Feb 1, 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)
Fri - 02/01/2019																
Prairie Elementary Lunch	Total	1														
Crunchy Chicken Wrap	Serving	1	306	31	615	3.33	1.20	13.3	0	0.0	3	16.63	29.32	14.14	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	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
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			1104	95	2092	16.30	6.37	2139.5	11155	40.14	56	67.65	142.11	29.47	12.73	*0.00
% of Calories											20.4%	24.5%	51.5%	24.0%	10.4%	*0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00		10.00		<=30.0	<10.00	

Weighted Average			1114	*126	2334	*15.52	*8.70	*2399.1	*11004	*45.24	*44	*65.64	*131.61	37.38	12.85	*1.12
											*35.3%	*23.6%	*47.3%	30.2%	10.4%	*0.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1114		664	168%				
Cholesterol (mg)	126				Missing			
Sodium (mg)	2334					2334		
Fiber (g)	15.52				Missing			
Iron (mg)	8.70		3.50	248%	Missing			
Calcium (mg)	2399.1		286.00	839%	Missing			
Vitamin A (IU)	11004		1120	983%	Missing			
Sugars (g)	44	15.71%			Missing			
Vitamin C (mg)	45.24		15.00	302%	Missing			
Protein (g)	65.64	23.57%	10.00	656%	Missing			
Carbohydrate (g)	131.61	47.26%			Missing			
Total Fat (g)	37.38	30.20%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	12.85	10.38%	<10.00%					Correction Required - Sat. Fat too High
Trans Fat <sup>1</sup> (g)	1.12	0.90%			Missing			

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

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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**