

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 09/30/2024															
Middle School Lunch	Total	1													
Chicken Quesadilla	Serving	1	320	20	770	4.00	2.70	200.0	300	0.0	18.0	38.0	11.0	2.50	0.00
Taco Burger	Servings	1	441	75	801	3.45	2.46	1500.7	324	1.09	30.4	34.9	20.52	7.43	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese	6 oz/1oz/1 slice	1	250	25	390	1.00	0.70	240.0	1300	0.0	15.0	30.0	8.0	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Carrots, Frozen	1/2 cup	1	27	24	43	2.00	0.00	0.0	0	0.0	0.0	6.0	1.0	0.00	0.00
Milk, ISD 518	Half Pint	1	114	6	161	0.00	0.00	250.0	750	0.0	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1659	375	3239	15.74	14.66	3872.1	15380	28.78	94.93	176.50	63.74	22.15	0.00
% of Calories											22.9%	42.6%	34.6%	12.0%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70	15.00		<=30.0	<10.00	

Tue - 10/01/2024															
Middle School Lunch	Total	1													
Chicken Bacon Ranch Pizza	SLICES	1	423	60	982	3.01	0.82	234.1	0	0.0	22.37	32.03	21.5	5.78	0.00
Club Sandwich	Sandwich	1	313	61	934	3.00	1.98	220.5	0	0.6	27.0	33.5	9.5	2.50	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese	6 oz/1oz/1 slice	1	250	25	390	1.00	0.70	240.0	1300	0.0	15.0	30.0	8.0	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Broccoli, Frozen	1/2 Cup	1	26	0	22	3.00	0.00	0.0	0	0.0	3.0	5.0	0.0	0.00	0.00
Milk, ISD 518	Half Pint	1	114	6	161	0.00	0.00	250.0	750	0.0	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1633	377	3563	15.31	12.30	2625.9	14756	28.29	98.90	168.14	62.23	20.50	0.00
% of Calories											24.2%	41.2%	34.3%	11.3%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70	15.00		<=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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 10/02/2024															
Middle School Lunch	Total	1													
BBQ Pork Sandwich	Servings	1	429	100	998	4.17	1.80	200.0	0	0.0	28.0	40.37	12.0	4.00	0.00
Grilled Cheese Sandwich	1 SERV.	1	482	30	1053	2.00	1.40	562.0	1012	0.0	16.0	34.0	33.27	14.11	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese	6 oz/1oz/1 slice	1	250	25	390	1.00	0.70	240.0	1300	0.0	15.0	30.0	8.0	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Baked Beans	1/2 CUP	1	168	0	503	6.99	4.50	46.4	423	0.82	6.57	29.26	2.34	0.00	*0.00
Milk, ISD 518	Half Pint	1	114	6	161	0.00	0.00	250.0	750	0.0	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1950	386	4178	19.45	17.21	2979.8	16191	28.51	97.10	201.23	78.83	30.34	*0.00
% of Calories											19.9%	41.3%	36.4%	14.0%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70	15.00		<=30.0	<10.00	

Thu - 10/03/2024															
Middle School Lunch	Total	1													
Chicken Fried Fingers	Serving(4 each)	1	300	35	490	2.00	2.70	40.0	0	0.0	15.0	19.0	18.0	4.50	0.00
Sub Sandwich	Sandwich	1	435	75	1523	4.00	3.78	360.0	150	1.8	23.96	46.99	18.47	5.73	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese	6 oz/1oz/1 slice	1	250	25	390	1.00	0.70	240.0	1300	0.0	15.0	30.0	8.0	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Mashed Potatoes/Country Gravy	1/2 CUP/1 /4 CUP	1	152	0	385	1.17	0.43	28.6	146	35.07	2.34	24.83	5.37	2.30	0.00
Dinner Roll	Roll	1	110	0	135	2.00	1.08	80.0	0	0.0	4.0	20.0	1.5	0.00	0.00
Milk, ISD 518	Half Pint	1	114	6	161	0.00	0.00	250.0	750	0.0	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1868	366	4157	15.46	17.49	2679.9	15052	64.56	91.83	208.42	74.56	24.76	0.00
% of Calories											19.7%	44.6%	35.9%	11.9%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70	15.00		<=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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 10/04/2024															
Middle School Lunch	Total	1													
Hot Dog on Bun	Sandwich	1	339	35	608	3.00	2.52	200.0	0	0.0	11.97	31.99	18.91	6.96	0.00
Hamburger Pizza, Round	Slice	1	302	31	678	4.51	1.00	223.6	200	1.2	19.6	33.01	10.28	4.93	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese	6 oz/1oz/1 slice	1	250	25	390	1.00	0.70	240.0	1300	0.0	15.0	30.0	8.0	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Green Beans, Frozen	1/2 Cup	1	19	0	1	2.00	0.00	0.0	0	0.0	1.0	4.0	0.0	0.00	0.00
Milk, ISD 518	Half Pint	1	114	6	161	0.00	0.00	250.0	750	0.0	8.0	17.41	0.67	0.40	0.00
No School Middle School	1	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*
Weighted Daily Average			1531	322	2912	15.81	13.02	2595.0	14956	28.89	79.09	166.61	60.41	24.11	0.00
% of Calories											20.7%	43.5%	35.5%	14.2%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70	15.00		<=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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 10/07/2024															
Middle School Lunch	Total	1													
Mini Corn Dogs	serving	1	265	30	1007	3.00	1.08	0.0	0	0.0	12.0	30.67	12.0	2.25	0.00
Lasagna	4 oz	1	652	96	772	4.47	2.03	344.0	12	0.07	45.34	53.2	29.09	14.85	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese	6 oz/1oz/1 slice	1	250	25	390	1.00	0.70	240.0	1300	0.0	15.0	30.0	8.0	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Green Beans, Frozen	1/2 Cup	1	19	0	1	2.00	0.00	0.0	0	0.0	1.0	4.0	0.0	0.00	0.00
Milk, ISD 518	Half Pint	1	114	6	161	0.00	0.00	250.0	750	0.0	8.0	17.41	0.67	0.40	0.00
No School Prairie	1	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*
No School Intermediate	serving	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*
Weighted Daily Average			1808	382	3404	15.76	12.61	2515.3	14768	27.76	104.86	185.47	72.31	29.32	0.00
% of Calories											23.2%	41.0%	36.0%	14.6%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70	15.00		<=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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 10/08/2024															
Middle School Lunch	Total	1													
Taco, Soft Shell	2 oz	1	469	85	716	2.67	0.48	256.8	688	1.64	32.74	28.69	24.24	10.80	0.00
BBQ Chicken Pizza	SLICES	1	330	28	708	4.34	1.61	282.7	151	2.67	22.44	39.73	8.78	3.94	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese	6 oz/1oz/1 slice	1	250	25	390	1.00	0.70	240.0	1300	0.0	15.0	30.0	8.0	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Refried Beans	1/2 Cup	1	140	0	138	9.00	1.80	42.8	0	1.2	9.0	25.0	0.5	0.00	0.00
Milk, ISD 518	Half Pint	1	114	6	161	0.00	0.00	250.0	750	0.0	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1810	369	3186	22.31	13.39	2753.8	15596	33.20	110.71	191.02	64.75	26.96	0.00
% of Calories											24.5%	42.2%	32.2%	13.4%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70	15.00		<=30.0	<10.00	

Wed - 10/09/2024															
Middle School Lunch	Total	1													
Pizza Stick (Cheese)	servings	1	435	30	793	6.75	2.07	460.0	575	4.65	20.5	43.75	20.25	9.00	0.00
Southwest Chicken Bake	3/4 Cup	1	341	63	587	2.12	0.56	102.4	332	4.75	23.0	27.71	14.95	5.08	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese	6 oz/1oz/1 slice	1	250	25	390	1.00	0.70	240.0	1300	0.0	15.0	30.0	8.0	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Carrots, Frozen	1/2 cup	1	27	24	43	2.00	0.00	0.0	0	0.0	0.0	6.0	1.0	0.00	0.00
Bread & Butter	1 SLICE	1	102	0	138	2.00	0.70	140.0	33	0.0	4.0	16.0	3.5	0.00	0.00
Milk, ISD 518	Half Pint	1	114	6	161	0.00	0.00	250.0	750	0.0	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1777	373	3184	19.16	12.83	2873.8	15696	37.09	94.02	191.06	70.92	26.30	0.00
% of Calories											21.2%	43.0%	35.9%	13.3%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70	15.00		<=30.0	<10.00	

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Thu - 10/10/2024															
Middle School Lunch	Total	1													
Chicken Gravy & Potato	1/2 cup/1/2 cup	1	292	52	277	1.22	0.96	26.6	348	30.24	18.05	23.38	13.85	4.53	0.00
Ham Sandwich	Sandwich	1	252	56	736	2.00	1.40	60.0	0	0.0	20.0	32.0	6.0	2.00	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese	6 oz/1oz/1 slice	1	250	25	390	1.00	0.70	240.0	1300	0.0	15.0	30.0	8.0	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Peas, Frozen, Green	1/2 cup	1	62	0	58	4.40	22.68	190.0	1680	7.9	4.12	11.41	0.22	0.04	0.00
Dinner Roll	Roll	1	110	0	135	2.00	1.08	80.0	0	0.0	4.0	20.0	1.5	0.00	0.00
Milk, ISD 518	Half Pint	1	114	6	161	0.00	0.00	250.0	750	0.0	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1588	364	2831	15.91	35.62	2528.0	16785	65.83	92.69	184.40	52.79	18.79	0.00
% of Calories											23.4%	46.5%	29.9%	10.7%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70	15.00		<=30.0	<10.00	

Fri - 10/11/2024															
Middle School Lunch	Total	1													
Pizza, Stuffed Crust Pepperoni	Slice	1	336	43	539	3.00	3.00	266.0	0	0.0	20.0	29.0	16.0	9.00	0.00
Meatball Sub. Prairie	Sandwich	1	370	35	614	4.75	3.60	240.0	100	1.2	20.75	42.51	14.0	4.25	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese	6 oz/1oz/1 slice	1	250	25	390	1.00	0.70	240.0	1300	0.0	15.0	30.0	8.0	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Broccoli, Frozen	1/2 Cup	1	26	0	22	3.00	0.00	0.0	0	0.0	3.0	5.0	0.0	0.00	0.00
Milk, ISD 518	Half Pint	1	114	6	161	0.00	0.00	250.0	750	0.0	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1603	334	2799	17.05	16.10	2677.4	14856	28.89	90.27	174.11	61.23	25.47	0.00
% of Calories											22.5%	43.4%	34.4%	14.3%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70	15.00		<=30.0	<10.00	

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Mon - 10/14/2024															
Middle School Lunch	Total	1													
BBQ on Bun	Sandwich	1	395	52	1345	4.08	2.45	247.9	160	1.92	21.39	46.94	14.36	3.98	0.00
Chicken Fajitas	Fajita	1	315	87	971	2.83	1.59	215.1	356	2.4	29.15	25.03	10.4	6.32	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese	6 oz/1oz/1 slice	1	250	25	390	1.00	0.70	240.0	1300	0.0	15.0	30.0	8.0	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Baked Beans	1/2 cup	1	140	0	370	6.00	1.80	40.0	0	0.0	5.0	30.0	0.5	0.00	0.00
Milk, ISD 518	Half Pint	1	114	6	161	0.00	0.00	250.0	750	0.0	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1722	394	4311	19.20	15.34	2674.3	15272	32.01	102.07	199.57	56.48	22.53	0.00
% of Calories											23.7%	46.4%	29.5%	11.8%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70	15.00		<=30.0	<10.00	

Tue - 10/15/2024															
Middle School Lunch	Total	1													
Pork Nachos	Serving	1	389	65	707	3.00	0.36	169.1	0	0.0	18.47	30.49	17.22	6.35	0.00
Goulash	1 cup	1	403	62	381	5.45	2.74	2.1	25	5.25	24.24	43.62	16.14	4.78	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese	6 oz/1oz/1 slice	1	250	25	390	1.00	0.70	240.0	1300	0.0	15.0	30.0	8.0	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Carrots, Frozen	1/2 cup	1	27	24	43	2.00	0.00	0.0	0	0.0	0.0	6.0	1.0	0.00	0.00
Bread & Butter	1 SLICE	1	102	0	138	2.00	0.70	140.0	33	0.0	4.0	16.0	3.5	0.00	0.00
Milk, ISD 518	Half Pint	1	114	6	161	0.00	0.00	250.0	750	0.0	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1792	407	2892	18.75	13.30	2482.5	14814	32.94	93.24	193.71	69.08	23.36	0.00
% of Calories											20.8%	43.2%	34.7%	11.7%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70	15.00		<=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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 10/16/2024															
Middle School Lunch	Total	1													
Chicken Tater Bowl	servings	1	391	22	737	3.34	0.36	26.7	0	30.0	17.77	37.65	19.31	4.42	*0.61
Mr. Rib - Hot Dog Bun	Sandwiche	1	337	30	689	4.47	2.52	190.0	100	1.2	19.0	41.78	12.0	3.50	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese	6 oz/1oz/1 slice	1	250	25	390	1.00	0.70	240.0	1300	0.0	15.0	30.0	8.0	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
CORN: frozen, yellow	1/2 CUP	1	66	0	1	2.00	0.39	2.0	163	2.9	2.09	15.83	0.55	0.08	0.00
Dinner Roll	Roll	1	110	0	135	2.00	1.08	80.0	0	0.0	4.0	20.0	1.5	0.00	0.00
Milk, ISD 518	Half Pint	1	114	6	161	0.00	0.00	250.0	750	0.0	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1775	308	3187	18.11	13.85	2470.0	15019	61.79	89.39	212.85	64.58	20.22	*0.61
% of Calories											20.1%	48.0%	32.7%	10.3%	*0.3%
Nutrient Guideline			783				4.50	400.00	1500	16.70	15.00		<=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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 10/17/2024															
Middle School Lunch	Total	1													
Hot Dog on Bun	Sandwich	1	339	35	608	3.00	2.52	200.0	0	0.0	11.97	31.99	18.91	6.96	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese	6 oz/1oz/1 slice	1	250	25	390	1.00	0.70	240.0	1300	0.0	15.0	30.0	8.0	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Broccoli, Frozen	1/2 Cup	1	26	0	22	3.00	0.00	0.0	0	0.0	3.0	5.0	0.0	0.00	0.00
Milk, ISD 518	Half Pint	1	114	6	161	0.00	0.00	250.0	750	0.0	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1236	291	2255	12.30	12.02	2371.4	14756	27.69	61.49	134.60	50.13	19.18	0.00
% of Calories											19.9%	43.5%	36.5%	14.0%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70	15.00		<=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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 10/18/2024															
Middle School 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	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70	15.00		<=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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 10/21/2024															
Middle School Lunch	Total	1													
Chicken Sandwich, Breaded	Sandwich	1	430	25	670	6.00	3.60	220.0	0	0.0	22.0	47.0	17.0	2.50	0.00
Beef & Bean Burrito	Burrito	1	363	39	864	2.37	1.96	2621.0	268	0.3	22.24	37.12	12.63	6.34	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese	6 oz/1oz/1 slice	1	250	25	390	1.00	0.70	240.0	1300	0.0	15.0	30.0	8.0	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Green Beans, Frozen	1/2 Cup	1	19	0	1	2.00	0.00	0.0	0	0.0	1.0	4.0	0.0	0.00	0.00
Milk, ISD 518	Half Pint	1	114	6	161	0.00	0.00	250.0	750	0.0	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1684	319	3159	16.67	15.06	5012.3	15024	27.99	91.77	185.72	60.86	21.06	0.00
% of Calories											21.8%	44.1%	32.5%	11.3%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70	15.00		<=30.0	<10.00	

Tue - 10/22/2024															
Middle School Lunch	Total	1													
Walking Taco	Servings	1	472	68	790	2.45	2.33	250.5	624	1.09	27.17	33.11	26.87	8.16	0.00
Hot Ham & Cheese	Sandwiche	1	298	63	847	3.00	2.70	200.0	0	1.0	21.02	32.83	10.26	3.75	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese	6 oz/1oz/1 slice	1	250	25	390	1.00	0.70	240.0	1300	0.0	15.0	30.0	8.0	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Refried Beans	1/2 Cup	1	140	0	138	9.00	1.80	42.8	0	1.2	9.0	25.0	0.5	0.00	0.00
Milk, ISD 518	Half Pint	1	114	6	161	0.00	0.00	250.0	750	0.0	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1782	386	3399	20.74	16.33	2664.7	15380	30.98	103.71	188.55	68.85	24.13	0.00
% of Calories											23.3%	42.3%	34.8%	12.2%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70	15.00		<=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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 10/23/2024															
Middle School Lunch	Total	1													
Corn Dog:turkey	1 each	1	250	25	760	3.00	1.80	60.0	0	15.0	11.0	30.0	10.0	2.00	0.00
Pizza Hot Dish	1 cup	1	311	68	474	4.41	0.23	139.9	9	0.05	24.78	20.2	14.52	6.29	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese	6 oz/1oz/1 slice	1	250	25	390	1.00	0.70	240.0	1300	0.0	15.0	30.0	8.0	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Broccoli, Frozen	1/2 Cup	1	26	0	22	3.00	0.00	0.0	0	0.0	3.0	5.0	0.0	0.00	0.00
Bread & Butter	1 SLICE	1	102	0	138	2.00	0.70	140.0	33	0.0	4.0	16.0	3.5	0.00	0.00
Milk, ISD 518	Half Pint	1	114	6	161	0.00	0.00	250.0	750	0.0	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1561	349	3018	18.71	12.23	2511.3	14798	42.74	89.31	168.80	59.24	20.51	0.00
% of Calories											22.9%	43.3%	34.2%	11.8%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70	15.00		<=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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 10/24/2024															
Middle School Lunch	Total	1													
Chicken & Noodles ISD 518	1 Cup	1	206	52	165	1.06	1.28	5.0	162	0.02	19.58	17.03	6.98	2.12	0.00
Meatloaf	3 OZ.	1	170	40	160	1.00	1.80	20.0	100	4.8	15.0	4.0	10.0	4.00	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese	6 oz/1oz/1 slice	1	250	25	390	1.00	0.70	240.0	1300	0.0	15.0	30.0	8.0	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Mashed Potatoes	1/2 cup	1	110	0	146	1.01	0.36	23.7	146	30.2	2.01	17.11	4.21	1.31	0.00
Dinner Roll	Roll	1	110	0	135	2.00	1.08	80.0	0	0.0	4.0	20.0	1.5	0.00	0.00
Milk, ISD 518	Half Pint	1	114	6	161	0.00	0.00	250.0	750	0.0	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1467	348	2231	11.36	14.02	2300.0	15164	62.71	87.12	155.75	53.91	19.65	0.00
% of Calories											23.7%	42.5%	33.1%	12.1%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70	15.00		<=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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 10/25/2024															
Middle School Lunch	Total	1													
Cheese Quesadilla	slice	1	330	10	830	4.00	2.70	200.0	300	0.0	16.0	40.0	12.0	3.50	0.00
Tater Tot Hot Dish	4 oz	1	191	46	238	0.89	1.23	8.8	0	0.1	13.38	10.08	10.19	3.27	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese	6 oz/1oz/1 slice	1	250	25	390	1.00	0.70	240.0	1300	0.0	15.0	30.0	8.0	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Carrots, Frozen	1/2 cup	1	27	24	43	2.00	0.00	0.0	0	0.0	0.0	6.0	1.0	0.00	0.00
Bread & Butter	1 SLICE	1	102	0	138	2.00	0.70	140.0	33	0.0	4.0	16.0	3.5	0.00	0.00
Milk, ISD 518	Half Pint	1	114	6	161	0.00	0.00	250.0	750	0.0	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1522	335	2873	15.19	14.13	2520.1	15089	27.79	79.91	169.68	57.91	18.99	0.00
% of Calories											21.0%	44.6%	34.2%	11.2%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70	15.00		<=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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 10/28/2024															
Middle School Lunch	Total	1													
Chicken Nuggets - Tyson	5 pieces	1	225	44	475	1.25	1.80	30.0	150	0.0	16.25	12.5	12.5	2.50	0.00
Pizza Burger	Serving	1	331	34	674	4.35	2.71	384.6	197	1.26	19.09	35.19	13.36	5.65	*0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese	6 oz/1oz/1 slice	1	250	25	390	1.00	0.70	240.0	1300	0.0	15.0	30.0	8.0	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Baked Beans	1/2 CUP	1	168	0	503	6.99	4.50	46.4	423	0.82	6.57	29.26	2.34	0.00	*0.00
Bread & Butter	1 SLICE	1	102	0	138	2.00	0.70	140.0	33	0.0	4.0	16.0	3.5	0.00	0.00
Milk, ISD 518	Half Pint	1	114	6	161	0.00	0.00	250.0	750	0.0	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1698	334	3414	20.88	19.22	2772.4	15558	29.77	92.43	190.55	62.92	20.37	*0.00
% of Calories											21.8%	44.9%	33.4%	10.8%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70	15.00		<=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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 10/29/2024															
Middle School Lunch	Total	1													
Chili	3/4 Cup	1	244	36	706	4.63	2.01	99.4	594	6.7	14.11	24.25	10.28	2.80	0.00
Ham Stacker	Sandwiche	1	275	52	836	3.00	2.70	270.5	0	1.0	20.14	34.66	7.57	2.91	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese	6 oz/1oz/1 slice	1	250	25	390	1.00	0.70	240.0	1300	0.0	15.0	30.0	8.0	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Carrots, Frozen	1/2 cup	1	27	24	43	2.00	0.00	0.0	0	0.0	0.0	6.0	1.0	0.00	0.00
Cinnamon Roll Lunch	1.25 oz	1	100	5	105	2.00	0.72	20.0	100	0.0	3.0	16.0	2.5	1.00	0.00
Milk, ISD 518	Half Pint	1	114	6	161	0.00	0.00	250.0	750	0.0	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1518	373	3314	17.93	14.93	2561.2	15450	35.38	83.77	178.51	52.58	18.93	0.00
% of Calories											22.1%	47.1%	31.2%	11.2%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70	15.00		<=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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 10/30/2024															
Middle School Lunch	Total	1													
Popcorn Chicken	12 piece	1	251	22	371	2.28	0.00	0.0	0	0.0	15.36	15.36	14.28	2.76	0.00
Club Wrap	Wrap	1	351	67	1005	0.21	1.83	2581.6	282	3.84	30.28	26.13	13.75	6.28	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese	6 oz/1oz/1 slice	1	250	25	390	1.00	0.70	240.0	1300	0.0	15.0	30.0	8.0	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Broccoli, Frozen	1/2 Cup	1	26	0	22	3.00	0.00	0.0	0	0.0	3.0	5.0	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	4.12	34.02	2.44	0.36	0.00
Milk, ISD 518	Half Pint	1	114	6	161	0.00	0.00	250.0	750	0.0	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1672	344	3172	13.84	12.08	4754.8	15079	31.53	99.29	178.12	61.69	21.62	0.00
% of Calories											23.8%	42.6%	33.2%	11.6%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70	15.00		<=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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 10/31/2024															
Middle School Lunch	Total	1													
Spag/Meat Sauce	4 oz	1	310	33	488	3.63	3.52	27.8	483	7.03	18.15	44.19	6.59	2.33	*0.00
Grilled Chicken Sandwich	Sandwich	1	260	65	490	3.00	1.80	200.0	0	0.0	26.0	31.0	4.5	0.00	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese	6 oz/1oz/1 slice	1	250	25	390	1.00	0.70	240.0	1300	0.0	15.0	30.0	8.0	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Green Beans, Frozen	1/2 Cup	1	19	0	1	2.00	0.00	0.0	0	0.0	1.0	4.0	0.0	0.00	0.00
Bread Stick	Bread Stick	1	110	0	240	2.00	1.08	0.0	0	1.2	3.0	17.0	4.0	1.00	0.00
Milk, ISD 518	Half Pint	1	114	6	161	0.00	0.00	250.0	750	0.0	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1570	354	2843	16.92	15.90	2399.2	15240	35.92	94.67	193.80	46.32	15.55	*0.00
% of Calories											24.1%	49.4%	26.5%	8.9%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70	15.00		<=30.0	<10.00	

Fri - 11/01/2024															
Middle School 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	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70	15.00		<=30.0	<10.00	

Weighted Average			1662	356	3196	17.07	15.38	2852.0	15247	37.00	92.28	182.49	62.01	22.38	*0.03
											22.2%	43.9%	33.6%	12.1%	*0.0%

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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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Error Messages (if any)
Calories	1662			783	212%												
Cholesterol (mg)	356																
Sodium (mg)	3196								3196								
Fiber (g)	17.07																
Iron (mg)	15.38			4.50	342%												
Calcium (mg)	2852.0			400.00	713%												
Vitamin A (IU)	15247				1016%												
Vitamin C (mg)	37.00			16.70	222%												
Protein (g)	92.28	22.21%		15.00	615%												
Carbohydrate (g)	182.49	43.92%															
Total Fat (g)	62.01	33.58%															Correction Required - Total Fat too High
Saturated Fat (g)	22.38	12.12%															Correction Required - Sat. Fat too High
Trans Fat <sup>1</sup> (g)	0.03	0.01%				Missing											

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