

ISD 518

Oct 28, 2024 thru Nov 29, 2024

Base Menu Spreadsheet

Prairie Elementary Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/28/2024															
Prairie Elementary Breakfast	Total	1													
Pancakes	Pancake	1	140	6	270	2.00	0.00	0.0	0	0.0	4.0	26.0	4.0	0.00	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Apple	APPLE	1	95	0	2	4.40	0.18	10.9	100	8.4	0.5	25.1	0.3	0.10	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	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			679	17	768	10.73	5.45	721.5	2325	64.50	23.89	137.67	7.72	0.78	0.00
% of Calories											14.1%	81.1%	10.2%	1.0%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Tue - 10/29/2024															
Prairie Elementary Breakfast	Total	1													
Breakfast Pizza	slices	1	223	34	455	2.13	1.80	106.7	217	0.0	9.97	26.07	8.23	2.93	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Orange	Orange	1	69	0	1	3.10	0.18	460.0	350	82.8	1.3	18.0	0.2	0.00	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	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			736	45	952	9.57	7.25	1277.2	2792	138.90	30.65	130.64	11.86	3.62	0.00
% of Calories											16.7%	71.0%	14.5%	4.4%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Wed - 10/30/2024															
Prairie Elementary Breakfast	Total	1													
Breakfast Bowl	Bowls	1	240	220	435	2.00	1.44	40.0	200	0.0	14.0	23.0	10.0	3.00	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Banana	Banana	1	89	0	1	2.60	0.36	0.0	100	9.0	1.1	22.8	0.3	0.00	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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ISD 518

Oct 28, 2024 thru Nov 29, 2024

Base Menu Spreadsheet

Prairie Elementary Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			773	231	932	8.93	7.07	750.6	2525	65.10	34.49	132.37	13.72	3.68	0.00
% of Calories											17.9%	68.5%	16.0%	4.3%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Thu - 10/31/2024															
Prairie Elementary Breakfast	Total	1													
Yogurt Parfait	serving	1	398	5	154	4.28	0.53	1600.0	1000	0.6	8.62	81.36	4.64	1.49	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Grapes	1/2 CUP	1	31	0	1	0.41	0.13	6.4	46	1.84	0.29	7.89	0.16	0.05	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	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			873	16	651	9.03	5.93	2317.0	3271	58.54	28.30	175.82	8.22	2.22	0.00
% of Calories											13.0%	80.6%	8.5%	2.3%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Fri - 11/01/2024															
Prairie Elementary Breakfast	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			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Mon - 11/04/2024															
Prairie Elementary Breakfast	Total	1													
Egg Sandwich	Sandwich	1	210	120	325	4.00	2.52	320.0	0	0.0	11.0	23.0	10.0	1.50	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Apple	APPLE	1	95	0	2	4.40	0.18	10.9	100	8.4	0.5	25.1	0.3	0.10	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	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

**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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			749	131	823	12.73	7.97	1041.5	2325	64.50	30.89	134.67	13.72	2.28	0.00
% of Calories											16.5%	71.9%	16.5%	2.7%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Tue - 11/05/2024															
Prairie Elementary Breakfast	Total	1													
Breakfast Pizza	slices	1	223	34	455	2.13	1.80	106.7	217	0.0	9.97	26.07	8.23	2.93	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Orange	Orange	1	69	0	1	3.10	0.18	460.0	350	82.8	1.3	18.0	0.2	0.00	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	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			736	45	952	9.57	7.25	1277.2	2792	138.90	30.65	130.64	11.86	3.62	0.00
% of Calories											16.7%	71.0%	14.5%	4.4%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Wed - 11/06/2024															
Prairie Elementary Breakfast	Total	1													
Overnight Oats	Serving	1	255	4	80	4.03	0.61	158.7	717	0.0	7.33	50.16	3.61	0.98	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Banana	Banana	1	89	0	1	2.60	0.36	0.0	100	9.0	1.1	22.8	0.3	0.00	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	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			788	15	577	10.96	6.24	869.2	3042	65.10	27.81	159.53	7.33	1.66	0.00
% of Calories											14.1%	81.0%	8.4%	1.9%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

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ISD 518

Base Menu Spreadsheet

Weighted Values - Detailed

Oct 28, 2024 thru Nov 29, 2024

Prairie Elementary Breakfast

Generated on: 10/22/2024 1:38:21 PM

	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 ¹ (g)
Thu - 11/07/2024															
Prairie Elementary Breakfast	Total	1													
French Toast Sticks	3 Sticks	1	255	0	255	3.00	5.40	150.0	1125	1.8	6.0	33.0	12.0	2.25	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Grapes	1/2 CUP	1	31	0	1	0.41	0.13	6.4	46	1.84	0.29	7.89	0.16	0.05	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	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			730	11	752	7.75	10.80	867.0	3396	59.74	25.68	127.46	15.59	2.98	0.00
% of Calories											14.1%	69.9%	19.2%	3.7%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Fri - 11/08/2024															
Prairie Elementary Breakfast	Total	1													
Cheesy Breakfast Bake	Servings	1	212	106	630	1.14	1.56	2175.6	159	0.41	16.38	11.69	10.71	4.31	*0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Kiwi	Serving	1	84	0	4	4.20	1.08	120.0	300	0.0	1.6	20.2	0.8	0.00	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	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			740	117	1130	9.67	7.91	3006.1	2684	56.51	37.37	118.46	14.93	4.99	*0.00
% of Calories											20.2%	64.0%	18.2%	6.1%	*0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Mon - 11/11/2024															
Prairie Elementary Breakfast	Total	1													
Egg, Sausage & Hashbrown	Servings	1	230	130	237	1.00	1.08	20.0	100	0.0	10.0	16.0	13.5	3.00	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Apple	APPLE	1	95	0	2	4.40	0.18	10.9	100	8.4	0.5	25.1	0.3	0.10	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	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

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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 ¹ (g)
Weighted Daily Average			769	141	735	9.73	6.53	741.5	2425	64.50	29.89	127.67	17.23	3.78	0.00
% of Calories											15.6%	66.4%	20.2%	4.4%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Tue - 11/12/2024															
Prairie Elementary Breakfast	Total	1													
Breakfast Pizza	slices	1	223	34	455	2.13	1.80	106.7	217	0.0	9.97	26.07	8.23	2.93	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Orange	Orange	1	69	0	1	3.10	0.18	460.0	350	82.8	1.3	18.0	0.2	0.00	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	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			736	45	952	9.57	7.25	1277.2	2792	138.90	30.65	130.64	11.86	3.62	0.00
% of Calories											16.7%	71.0%	14.5%	4.4%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Wed - 11/13/2024															
Prairie Elementary Breakfast	Total	1													
Breakfast Bites	3 Pieces	1	190	25	480	1.00	1.44	40.0	0	0.0	8.0	19.0	10.0	3.00	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Banana	Banana	1	89	0	1	2.60	0.36	0.0	100	9.0	1.1	22.8	0.3	0.00	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	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			723	36	977	7.93	7.07	750.6	2325	65.10	28.49	128.38	13.72	3.68	0.00
% of Calories											15.8%	71.0%	17.1%	4.6%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

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Prairie Elementary Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/14/2024															
Prairie Elementary Breakfast	Total	1													
Breakfast Nachos	Servings	1	339	175	619	3.48	1.35	1340.2	266	0.0	12.61	35.45	14.87	4.40	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Grapes	1/2 CUP	1	31	0	1	0.41	0.13	6.4	46	1.84	0.29	7.89	0.16	0.05	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	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			873	187	1121	8.23	6.88	2062.2	2545	105.94	32.96	144.74	18.46	5.14	0.00
% of Calories											15.1%	66.3%	19.0%	5.3%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Fri - 11/15/2024															
Prairie Elementary Breakfast	Total	1													
Banana Bread	Slice	1	280	0	220	2.00	1.08	80.0	100	0.0	5.0	44.0	10.0	2.00	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Kiwi	Serving	1	84	0	4	4.20	1.08	120.0	300	0.0	1.6	20.2	0.8	0.00	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	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			808	11	720	10.53	7.43	910.6	2625	56.10	25.99	150.78	14.23	2.68	0.00
% of Calories											12.9%	74.7%	15.9%	3.0%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Mon - 11/18/2024															
Prairie Elementary Breakfast	Total	1													
French Toast Sticks	3 Sticks	1	255	0	255	3.00	5.40	150.0	1125	1.8	6.0	33.0	12.0	2.25	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Apple	APPLE	1	95	0	2	4.40	0.18	10.9	100	8.4	0.5	25.1	0.3	0.10	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	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

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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 ¹ (g)
Weighted Daily Average			794	11	753	11.73	10.85	871.5	3450	66.30	25.89	144.68	15.72	3.03	0.00
% of Calories											13.0%	72.9%	17.8%	3.4%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Tue - 11/19/2024															
Prairie Elementary Breakfast	Total	1													
Breakfast Pizza	slices	1	223	34	455	2.13	1.80	106.7	217	0.0	9.97	26.07	8.23	2.93	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Orange	Orange	1	69	0	1	3.10	0.18	460.0	350	82.8	1.3	18.0	0.2	0.00	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	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			736	45	952	9.57	7.25	1277.2	2792	138.90	30.65	130.64	11.86	3.62	0.00
% of Calories											16.7%	71.0%	14.5%	4.4%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Wed - 11/20/2024															
Prairie Elementary Breakfast	Total	1													
Waffles	2 Waffles	1	250	5	470	5.00	1.50	60.0	0	0.0	6.0	36.0	9.0	1.50	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Banana	Banana	1	89	0	1	2.60	0.36	0.0	100	9.0	1.1	22.8	0.3	0.00	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	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			783	16	967	11.93	7.13	770.6	2325	65.10	26.49	145.37	12.72	2.18	0.00
% of Calories											13.5%	74.3%	14.6%	2.5%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

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ISD 518

Oct 28, 2024 thru Nov 29, 2024

Base Menu Spreadsheet

Prairie Elementary Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/21/2024															
Prairie Elementary Breakfast	Total	1													
Scrambled Eggs/Pancakes	Servings	1	160	193	395	1.00	0.72	40.0	200	0.0	8.0	15.0	8.0	2.00	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Grapes	1/2 CUP	1	31	0	1	0.41	0.13	6.4	46	1.84	0.29	7.89	0.16	0.05	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	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			635	204	892	5.75	6.12	757.0	2471	57.94	27.68	109.46	11.59	2.73	0.00
% of Calories											17.4%	69.0%	16.4%	3.9%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Fri - 11/22/2024															
Prairie Elementary Breakfast	Total	1													
Donut	Donut	1	280	0	300	2.82	1.26	1390.0	10	0.0	5.0	30.0	15.0	7.00	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Kiwi	Serving	1	84	0	4	4.20	1.08	120.0	300	0.0	1.6	20.2	0.8	0.00	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	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			808	11	800	11.35	7.61	2220.6	2535	56.10	25.99	136.78	19.23	7.68	0.00
% of Calories											12.9%	67.7%	21.4%	8.6%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Mon - 11/25/2024															
Prairie Elementary Breakfast	Total	1													
Pancake on Stick	1 SERV.	1	210	20	390	0.00	1.44	20.0	0	0.0	7.0	20.0	12.0	3.00	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Apple	APPLE	1	95	0	2	4.40	0.18	10.9	100	8.4	0.5	25.1	0.3	0.10	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	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

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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 ¹ (g)
Weighted Daily Average			749	31	888	8.73	6.89	741.5	2325	64.50	26.89	131.67	15.72	3.78	0.00
% of Calories											14.4%	70.3%	18.9%	4.5%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Tue - 11/26/2024															
Prairie Elementary Breakfast	Total	1													
Breakfast Pizza	slices	1	223	34	455	2.13	1.80	106.7	217	0.0	9.97	26.07	8.23	2.93	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Orange	Orange	1	69	0	1	3.10	0.18	460.0	350	82.8	1.3	18.0	0.2	0.00	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	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			736	45	952	9.57	7.25	1277.2	2792	138.90	30.65	130.64	11.86	3.62	0.00
% of Calories											16.7%	71.0%	14.5%	4.4%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Wed - 11/27/2024															
Prairie Elementary Breakfast	Total	1													
Breakfast Burrito	Burrito	1	244	71	311	2.70	1.08	100.0	400	3.6	9.8	28.1	10.1	3.90	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Banana	Banana	1	89	0	1	2.60	0.36	0.0	100	9.0	1.1	22.8	0.3	0.00	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	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			777	82	808	9.63	6.71	810.6	2725	68.70	30.29	137.47	13.82	4.58	0.00
% of Calories											15.6%	70.8%	16.0%	5.3%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Thu - 11/28/2024															
Prairie Elementary Breakfast	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

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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 ¹ (g)
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Fri - 11/29/2024															
Prairie Elementary Breakfast NO SCHOOL	Total	1													
	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 % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Weighted Average			760	68	866	9.69	7.31	1208.9	2694	81.76	29.19	136.19	13.32	3.45	*0.00
											15.4%	71.6%	15.8%	4.1%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	760		483	157%				
Cholesterol (mg)	68							
Sodium (mg)	866						866	
Fiber (g)	9.69							
Iron (mg)	7.31		2.50	292%				
Calcium (mg)	1208.9		200.00	604%				
Vitamin A (IU)	2694		792	340%				
Vitamin C (mg)	81.76		11.25	727%				
Protein (g)	29.19	15.36%	6.67	438%				
Carbohydrate (g)	136.19	71.65%						
Total Fat (g)	13.32	15.76%	<=30.00%					
Saturated Fat (g)	3.45	4.09%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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