

ISD 518

Oct 28, 2024 thru Nov 29, 2024

Base Menu Spreadsheet

ALC 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/28/2024															
ALC 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
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			1366	300	2740	16.53	16.50	2387.8	15361	28.51	73.35	155.36	49.56	14.72	*0.00
% of Calories											21.5%	45.5%	32.6%	9.7%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Tue - 10/29/2024															
ALC 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
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			1243	321	2478	14.93	12.23	2290.7	15450	34.38	63.63	143.85	45.01	16.02	0.00
% of Calories											20.5%	46.3%	32.6%	11.6%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
***** - denotes combined nutrient totals with either missing or incomplete nutrient data
1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.

ISD 518

Oct 28, 2024 thru Nov 29, 2024

Base Menu Spreadsheet

ALC 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/30/2024															
ALC 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
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			1321	278	2167	13.64	10.24	2173.1	14797	27.69	69.01	151.98	47.94	15.35	0.00
% of Calories											20.9%	46.0%	32.7%	10.5%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Thu - 10/31/2024															
ALC 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
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			1310	289	2353	13.92	14.10	2199.2	15240	35.92	68.67	162.80	41.82	15.55	*0.00
% of Calories											21.0%	49.7%	28.7%	10.7%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Fri - 11/01/2024															
ALC 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			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
***** - denotes combined nutrient totals with either missing or incomplete nutrient data
1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.

ISD 518

Oct 28, 2024 thru Nov 29, 2024

Base Menu Spreadsheet

ALC 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/04/2024															
ALC LUNCH	Total	1													
Cheeseburger on Bun	1 EACH	1	340	37	688	4.00	3.60	220.0	100	1.2	21.96	33.99	13.47	4.98	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 Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	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			1175	317	2230	12.38	12.46	2353.9	13856	28.89	63.74	127.84	44.78	17.20	0.00
% of Calories											21.7%	43.5%	34.3%	13.2%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Tue - 11/05/2024															
ALC LUNCH	Total	1													
Nachos with Beef	Servings	1	472	76	560	3.23	0.59	32.4	143	0.59	23.73	32.67	26.34	8.48	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 Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	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			1299	332	2060	11.61	9.44	2166.3	13900	28.27	66.51	124.53	56.65	20.70	0.00
% of Calories											20.5%	38.3%	39.2%	14.3%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Wed - 11/06/2024															
ALC LUNCH	Total	1													
Chicken Strips	3 Strips	1	220	35	370	2.00	1.80	20.0	0	0.0	16.0	11.0	13.0	3.00	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 Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	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

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.

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.

	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			1298	291	2509	17.37	15.86	2340.3	14211	28.51	68.35	144.11	49.14	15.22	*0.00
% of Calories											21.1%	44.4%	34.1%	10.6%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Thu - 11/07/2024															
ALC LUNCH	Total	1													
Pizza (Smart) Cheese	4x6	1	290	15	540	4.00	2.70	300.0	500	0.0	15.0	34.0	11.0	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 Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	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
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			1263	271	2234	16.78	34.94	2763.9	15969	35.59	64.90	149.26	45.03	16.26	0.00
% of Calories											20.6%	47.3%	32.1%	11.6%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Fri - 11/08/2024															
ALC LUNCH	Total	1													
Chicken and Waffles	Servings	1	599	30	950	8.00	3.30	80.0	0	0.0	20.0	79.77	22.0	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 Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	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			1433	286	2471	17.38	12.16	2213.9	13756	27.69	64.78	172.63	52.31	16.22	0.00
% of Calories											18.1%	48.2%	32.8%	10.2%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.

ISD 518

Oct 28, 2024 thru Nov 29, 2024

Base Menu Spreadsheet

ALC 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/11/2024															
ALC 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
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 Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	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			1155	300	2312	12.38	11.56	2333.9	14056	27.69	59.78	131.85	42.31	14.72	0.00
% of Calories											20.7%	45.7%	33.0%	11.5%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Tue - 11/12/2024															
ALC 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
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 Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	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			1257	316	2503	12.39	9.68	2367.9	13756	27.69	67.15	124.89	51.81	18.00	0.00
% of Calories											21.4%	39.7%	37.1%	12.9%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Wed - 11/13/2024															
ALC 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
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 Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	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

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.

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.

	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			1405	356	3000	17.54	15.16	2380.3	14179	28.51	76.35	157.48	44.64	16.22	*0.00
% of Calories											21.7%	44.8%	28.6%	10.4%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Thu - 11/14/2024															
ALC 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
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 Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	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			1370	291	2509	11.55	13.06	2282.4	13902	62.76	63.11	151.69	55.17	19.03	0.00
% of Calories											18.4%	44.3%	36.2%	12.5%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Fri - 11/15/2024															
ALC 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 Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	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			1166	291	2108	11.38	11.38	2333.9	13756	27.69	54.74	123.85	49.22	19.18	0.00
% of Calories											18.8%	42.5%	38.0%	14.8%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
***** - denotes combined nutrient totals with either missing or incomplete nutrient data
1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.

ISD 518

Oct 28, 2024 thru Nov 29, 2024

Base Menu Spreadsheet

ALC 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/18/2024															
ALC 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
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 Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	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 & 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			1195	286	2644	13.38	10.64	2273.9	13789	27.69	58.78	138.52	45.81	14.47	0.00
% of Calories											19.7%	46.4%	34.5%	10.9%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Tue - 11/19/2024															
ALC 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
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 Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	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			1417	340	2352	18.05	11.14	2433.5	14444	30.53	83.52	141.54	55.05	23.03	0.00
% of Calories											23.6%	40.0%	35.0%	14.6%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Wed - 11/20/2024															
ALC 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
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 Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	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

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.

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.

	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			1373	310	2472	17.13	11.63	2733.9	14364	32.34	66.28	153.60	55.06	21.22	0.00
% of Calories											19.3%	44.8%	36.1%	13.9%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Thu - 11/21/2024															
ALC LUNCH	Total	1													
Turkey Gravy	1/2 cup	1	249	48	760	0.23	1.86	7.6	389	0.01	20.2	9.12	13.88	5.24	*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 Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	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
Pumpkin Pie	Serving	1	117	38	126	4.39	0.83	71.2	474	1.81	2.44	22.77	2.17	0.73	*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			1393	342	2666	14.01	12.99	2316.4	14765	59.70	70.43	156.86	52.07	19.50	*0.00
% of Calories											20.2%	45.0%	33.6%	12.6%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Fri - 11/22/2024															
ALC 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
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 Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	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			1170	299	2060	12.38	11.86	2399.9	13756	27.69	64.78	121.85	46.31	21.22	0.00
% of Calories											22.1%	41.7%	35.6%	16.3%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.

ISD 518

Oct 28, 2024 thru Nov 29, 2024

Base Menu Spreadsheet

ALC 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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/25/2024															
ALC 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
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 Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	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			1343	308	3214	16.45	13.11	2421.7	13916	29.61	68.16	164.80	45.17	16.21	0.00
% of Calories											20.3%	49.1%	30.3%	10.9%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Tue - 11/26/2024															
ALC 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
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 Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	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			1326	345	2386	13.38	9.92	2442.9	13789	27.69	64.25	140.34	52.02	18.58	0.00
% of Calories											19.4%	42.3%	35.3%	12.6%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Wed - 11/27/2024															
ALC 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 Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	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
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

***** - 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.

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.

	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			1213	291	2108	11.38	11.77	2335.9	13919	30.59	55.84	135.67	49.77	19.27	0.00
% of Calories											18.4%	44.7%	36.9%	14.3%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Thu - 11/28/2024															
ALC 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			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Fri - 11/29/2024															
ALC 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			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Weighted Average			1295	307	2435	14.36	13.27	2361.1	14315	32.53	66.19	144.33	48.94	17.63	*0.00
											20.4%	44.6%	34.0%	12.3%	*0.0%

**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.

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.

ISD 518

Oct 28, 2024 thru Nov 29, 2024

Base Menu Spreadsheet

ALC LUNCH

Weighted Values - Detailed

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage											
Calories	1295		846	153%														
Cholesterol (mg)	307																	
Sodium (mg)	2435								2435									
Fiber (g)	14.36																	
Iron (mg)	13.27		4.50	295%														
Calcium (mg)	2361.1		400.00	590%														
Vitamin A (IU)	14315		1500	954%														
Vitamin C (mg)	32.53		19.18	170%														
Protein (g)	66.19	20.44%	16.70	396%														
Carbohydrate (g)	144.33	44.58%																
Total Fat (g)	48.94	34.01%	<=30.00%															Correction Required - Total Fat too High
Saturated Fat (g)	17.63	12.25%	<10.00%															Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.00	0.00%				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*
1 - 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.