

ISD 518

Dec 2, 2024 thru Dec 31, 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 - 12/02/2024															
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
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			819	11	718	10.73	6.53	801.5	2425	64.50	24.89	155.67	13.73	2.78	0.00
% of Calories											12.2%	76.1%	15.1%	3.1%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Tue - 12/03/2024															
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 - 12/04/2024															
Prairie Elementary Breakfast	Total	1													
French Toast Stacker	Sandwich	1	405	*130	452	*4.00	*4.32	*220.0	*1100	*0.0	*13.0	63.5	*12.5	*3.50	*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

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

Dec 2, 2024 thru Dec 31, 2024

Base Menu Spreadsheet

Prairie Elementary Breakfast

Weighted Values - Detailed

Generated on: 11/22/2024 9:43:42 AM

	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			938	*141	949	*10.93	*9.95	*930.6	*3425	*65.10	*33.49	172.87	*16.22	*4.18	*0.00
% of Calories											*14.3%	73.7%	*15.6%	*4.0%	*0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Thu - 12/05/2024															
Prairie Elementary Breakfast	Total	1													
Egg & Cheese Sandwich	Sandwich	1	245	128	470	4.00	2.52	390.5	0	0.0	13.5	25.0	12.25	2.75	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			720	139	967	8.75	7.92	1107.5	2271	57.94	33.18	119.46	15.84	3.48	0.00
% of Calories											18.4%	66.4%	19.8%	4.4%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Fri - 12/06/2024															
Prairie Elementary Breakfast	Total	1													
Cinnamon Roll	2.5 oz.	1	190	15	210	3.00	1.44	20.0	100	0.0	5.0	33.0	5.0	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
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*
Weighted Daily Average			638	26	610	9.53	7.09	710.6	2625	56.10	21.99	123.78	8.23	2.68	0.00
% of Calories											13.8%	77.6%	11.6%	3.8%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=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

Dec 2, 2024 thru Dec 31, 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 - 12/09/2024															
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 - 12/10/2024															
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 - 12/11/2024															
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
***** - 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

Dec 2, 2024 thru Dec 31, 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 - 12/12/2024															
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 - 12/13/2024															
Prairie Elementary Breakfast	Total	1													
Egg & Cheese Quesadilla	Quesadilla	1	241	179	557	2.00	1.01	1321.0	270	0.0	12.25	23.09	10.99	4.95	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			769	190	1057	10.53	7.36	2151.6	2794	56.10	33.24	129.86	15.22	5.63	0.00
% of Calories											17.3%	67.6%	17.8%	6.6%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=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

Dec 2, 2024 thru Dec 31, 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 - 12/16/2024															
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
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 - 12/17/2024															
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 - 12/18/2024															
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

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

Dec 2, 2024 thru Dec 31, 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 % of Calories			788	15	577	10.96	6.24	869.2	3042	65.10	27.81 14.1%	159.53 81.0%	7.33 8.4%	1.66 1.9%	0.00 0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Thu - 12/19/2024															
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 % of Calories			730	11	752	7.75	10.80	867.0	3396	59.74	25.68 14.1%	127.46 69.9%	15.59 19.2%	2.98 3.7%	0.00 0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Fri - 12/20/2024															
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 % of Calories			740	117	1130	9.67	7.91	3006.1	2684	56.51	37.37 20.2%	118.46 64.0%	14.93 18.2%	4.99 6.1%	*0.00 *0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Mon - 12/23/2024															
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

**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 % 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	

Tue - 12/24/2024															
Prairie Elementary Breakfast NO SCHOOL	Total 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	

Wed - 12/25/2024															
Prairie Elementary Breakfast NO SCHOOL	Total 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	

Thu - 12/26/2024															
Prairie Elementary Breakfast NO SCHOOL	Total 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	

Fri - 12/27/2024															
Prairie Elementary Breakfast NO SCHOOL	Total 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	

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)
Mon - 12/30/2024															
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%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=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 ¹ (g)
Tue - 12/31/2024															
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%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Weighted Average			761	*79	853	*9.93	*7.47	*1273.7	*2766	*76.70	*29.81 *15.7%	138.64 72.8%	*12.40 *14.7%	*3.21 *3.8%	*0.00 *0.0%
------------------	--	--	-----	-----	-----	-------	-------	---------	-------	--------	------------------	-----------------	------------------	----------------	----------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	761		483	158%				
Cholesterol (mg)	79				Missing			
Sodium (mg)	853					853		
Fiber (g)	9.93				Missing			
Iron (mg)	7.47		2.50	299%	Missing			
Calcium (mg)	1273.7		200.00	637%	Missing			
Vitamin A (IU)	2766		792	349%	Missing			
Vitamin C (mg)	76.70		11.25	682%	Missing			
Protein (g)	29.81	15.66%	6.67	447%	Missing			
Carbohydrate (g)	138.64	72.83%						
Total Fat (g)	12.40	14.66%	<=30.00%		Missing			
Saturated Fat (g)	3.21	3.80%	<10.00%		Missing			
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.