

ISD 518

Dec 2, 2024 thru Dec 31, 2024

Base Menu Spreadsheet

Prairie Elementary Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/02/2024															
Prairie Elementary 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 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			1620	319	3034	16.75	14.41	4974.8	14024	27.99	87.02	175.97	59.94	21.06	0.00
% of Calories											21.5%	43.4%	33.3%	11.7%	0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

Tue - 12/03/2024															
Prairie Elementary 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 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			1719	386	3274	20.83	15.69	2627.2	14380	30.98	98.96	178.80	67.94	24.13	0.00
% of Calories											23.0%	41.6%	35.6%	12.6%	0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

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

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

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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)
Wed - 12/04/2024															
Prairie Elementary 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 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
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			1498	349	2893	18.79	11.59	2473.8	13798	42.74	84.56	159.05	58.33	20.51	0.00
% of Calories											22.6%	42.5%	35.1%	12.3%	0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/05/2024															
Prairie Elementary 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 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
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			1404	348	2105	11.45	13.38	2262.5	14164	62.71	82.37	146.00	52.99	19.65	0.00
% of Calories											23.5%	41.6%	34.0%	12.6%	0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 12/06/2024															
Prairie Elementary 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	6 oz	1	287	69	357	1.34	1.85	13.2	0	0.15	20.07	15.12	15.28	4.90	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
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			1554	358	2866	15.72	14.11	2487.0	14089	27.84	81.85	164.98	62.08	20.63	0.00
% of Calories											21.1%	42.5%	36.0%	11.9%	0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

Mon - 12/09/2024															
Prairie Elementary 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
Macaroni and Cheese	3/4 cup	1	280	25	670	2.00	1.08	400.0	750	0.0	17.0	29.0	11.0	5.00	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
Weighted Daily Average			1583	325	3284	18.62	16.94	2750.3	15111	28.51	85.60	174.61	59.64	19.72	*0.00
% of Calories											21.6%	44.1%	33.9%	11.2%	*0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

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Tue - 12/10/2024															
Prairie Elementary 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 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
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			1454	373	3188	18.01	14.29	2523.7	14450	35.38	79.02	168.76	51.66	18.93	0.00
% of Calories											21.7%	46.4%	32.0%	11.7%	0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/11/2024															
Prairie Elementary 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			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

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Thu - 12/12/2024															
Prairie Elementary 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 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	702 cup	1	50178	0	8196	902.41	224.55	9105.7	386691	7743.1	394.09	12824.	45.99	9.70	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			51577	354	10898	915.81	239.41	11451.	400242	7765.2	482.31	12981.	91.31	25.23	*0.00
% of Calories											3.7%	100.7%	1.6%	0.4%	*0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

Fri - 12/13/2024															
Prairie Elementary Lunch	Total	1													
Crispy Chicken Leg	Piece	1	190	50	450	1.00	1.08	20.0	100	1.2	16.0	5.0	11.0	2.50	0.00
Turkey Sub	Sandwich	1	276	45	703	3.49	1.58	226.0	280	3.4	21.76	34.75	6.96	2.58	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	17 cup	1	1215	0	198	21.85	5.44	220.5	9364	187.51	9.54	310.56	1.11	0.23	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
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			2728	350	3357	36.28	18.45	2694.7	23121	243.98	96.80	475.99	56.72	19.91	0.00
% of Calories											14.2%	69.8%	18.7%	6.6%	0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

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Mon - 12/16/2024															
Prairie Elementary 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
Chili Dog	sandwich	1	361	12	945	4.21	2.23	233.2	198	2.24	15.38	36.76	17.93	0.94	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 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	735 cup	1	39690	35280	63210	2940.2	0.00	0.0	0	0.0	0.0	8819.8	1470.1	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			41199	35586	66342	2954.8	14.69	2587.0	14055	31.12	79.11	8978.4	1531.8	18.14	0.00
% of Calories											0.8%	87.2%	33.5%	0.4%	0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

Tue - 12/17/2024															
Prairie Elementary 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
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
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
SUGAR COOKIES	1 EACH	1	165	39	178	0.37	0.78	35.1	256	0.0	2.15	21.42	8.0	4.85	*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			1507	343	2720	11.99	13.34	2282.3	14710	60.80	72.23	171.34	58.45	23.70	*0.00
% of Calories											19.2%	45.5%	34.9%	14.2%	*0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/18/2024															
Prairie Elementary 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
Hot Hawaiian Sandwich	Sandwich	1	310	68	724	3.11	2.65	122.0	105	2.55	23.31	33.48	10.14	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 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
Weighted Daily Average			1608	358	3233	20.48	18.51	2462.3	14317	31.06	91.66	177.59	59.28	18.72	*0.00
% of Calories											22.8%	44.2%	33.2%	10.5%	*0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/19/2024															
Prairie Elementary 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
Chicken Alfredo With a Twist	1 cup	1	252	59	545	1.36	0.01	170.5	0	0.04	21.71	23.57	7.36	1.97	*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			1515	330	2779	18.14	34.95	2934.4	15969	35.62	86.60	172.83	52.39	18.23	*0.00
% of Calories											22.9%	45.6%	31.1%	10.8%	*0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

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ISD 518

Dec 2, 2024 thru Dec 31, 2024

Base Menu Spreadsheet

Prairie Elementary Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 12/20/2024															
Prairie Elementary 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
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			1173	291	2129	12.38	11.38	2333.9	13756	27.69	56.74	124.85	49.22	19.18	0.00
% of Calories											19.3%	42.6%	37.8%	14.7%	0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

Mon - 12/23/2024															
Prairie Elementary Lunch	Total	1													
NO SCHOOL	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	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			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

Tue - 12/24/2024															
Prairie Elementary Lunch	Total	1													
NO SCHOOL	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	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			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

Wed - 12/25/2024															
Prairie Elementary Lunch	Total	1													
NO SCHOOL	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	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			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/26/2024															
Prairie Elementary Lunch	Total	1													
NO SCHOOL	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	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			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	
Fri - 12/27/2024															
Prairie Elementary Lunch	Total	1													
NO SCHOOL	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	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			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	
Mon - 12/30/2024															
Prairie Elementary Lunch	Total	1													
NO SCHOOL	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	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			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	
Tue - 12/31/2024															
Prairie Elementary Lunch	Total	1													
NO SCHOOL	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	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			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	
Weighted Average			7587	2694	7685	273.60	30.88	3440.0	40751	565.55	110.94 5.8%	1628.5 85.9%	158.23 18.8%	20.62 2.4%	*0.00 *0.0%

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ISD 518

Dec 2, 2024 thru Dec 31, 2024

Base Menu Spreadsheet

Prairie Elementary 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	7587		664		1143%												
Cholesterol (mg)	2694																
Sodium (mg)	7685								7685								
Fiber (g)	273.60																
Iron (mg)	30.88		3.50		882%												
Calcium (mg)	3440.0		286.00		1203%												
Vitamin A (IU)	40751		1120		3638%												
Vitamin C (mg)	565.55		15.00		3770%												
Protein (g)	110.94	5.85%	10.00		1109%												
Carbohydrate (g)	1628.59	85.86%															
Total Fat (g)	158.23	18.77%	<=30.00%														
Saturated Fat (g)	20.62	2.45%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%				Missing											

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