

ISD 518

Dec 2, 2024 thru Dec 31, 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 - 12/02/2024															
ALC 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
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese	6 oz/1oz/1 slice	1	250	25	390	1.00	0.70	240.0	1300	0.0	15.0	30.0	8.0	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Green Beans, Frozen	1/2 Cup	1	19	0	1	2.00	0.00	0.0	0	0.0	1.0	4.0	0.0	0.00	0.00
Milk, ISD 518	Half Pint	1	114	6	161	0.00	0.00	250.0	750	0.0	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1320	281	2295	14.30	13.10	2391.4	14756	27.69	69.53	148.61	48.23	14.72	0.00
% of Calories											21.1%	45.0%	32.9%	10.0%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Tue - 12/03/2024															
ALC 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
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese	6 oz/1oz/1 slice	1	250	25	390	1.00	0.70	240.0	1300	0.0	15.0	30.0	8.0	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Refried Beans	1/2 Cup	1	140	0	138	9.00	1.80	42.8	0	1.2	9.0	25.0	0.5	0.00	0.00
Milk, ISD 518	Half Pint	1	114	6	161	0.00	0.00	250.0	750	0.0	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1484	324	2552	17.74	13.63	2464.7	15380	29.98	82.69	155.72	58.60	20.38	0.00
% of Calories											22.3%	42.0%	35.5%	12.4%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Wed - 12/04/2024															
ALC 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
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese	6 oz/1oz/1 slice	1	250	25	390	1.00	0.70	240.0	1300	0.0	15.0	30.0	8.0	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Broccoli, Frozen	1/2 Cup	1	26	0	22	3.00	0.00	0.0	0	0.0	3.0	5.0	0.0	0.00	0.00
Bread & Butter	1 SLICE	1	102	0	138	2.00	0.70	140.0	33	0.0	4.0	16.0	3.5	0.00	0.00
Milk, ISD 518	Half Pint	1	114	6	161	0.00	0.00	250.0	750	0.0	8.0	17.41	0.67	0.40	0.00

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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)
Weighted Daily Average % of Calories			1250	281	2544	14.30	12.00	2371.4	14789	42.69	64.52 20.7%	148.60 47.6%	44.72 32.2%	14.22 10.2%	0.00 0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Thu - 12/05/2024															
ALC 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
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese	6 oz/1oz/1 slice	1	250	25	390	1.00	0.70	240.0	1300	0.0	15.0	30.0	8.0	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Mashed Potatoes	1/2 cup	1	110	0	146	1.01	0.36	23.7	146	30.2	2.01	17.11	4.21	1.31	0.00
Dinner Roll	Roll	1	110	0	135	2.00	1.08	80.0	0	0.0	4.0	20.0	1.5	0.00	0.00
Milk, ISD 518	Half Pint	1	114	6	161	0.00	0.00	250.0	750	0.0	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average % of Calories			1297	308	2071	10.36	12.22	2280.0	15064	57.91	72.12 22.2%	151.75 46.8%	43.91 30.5%	15.65 10.9%	0.00 0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Fri - 12/06/2024															
ALC 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
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese	6 oz/1oz/1 slice	1	250	25	390	1.00	0.70	240.0	1300	0.0	15.0	30.0	8.0	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Carrots, Frozen	1/2 cup	1	27	24	43	2.00	0.00	0.0	0	0.0	0.0	6.0	1.0	0.00	0.00
Bread & Butter	1 SLICE	1	102	0	138	2.00	0.70	140.0	33	0.0	4.0	16.0	3.5	0.00	0.00
Milk, ISD 518	Half Pint	1	114	6	161	0.00	0.00	250.0	750	0.0	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average % of Calories			1331	290	2635	14.29	12.90	2511.4	15089	27.69	66.52 20.0%	159.60 48.0%	47.72 32.3%	15.72 10.6%	0.00 0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

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Mon - 12/09/2024															
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 - 12/10/2024															
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	

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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 - 12/11/2024															
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	

	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 - 12/12/2024															
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	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			51380	289	10533	912.73	238.25	11288.	401242	7765.2	461.06	12960.	87.72	25.23	*0.00
% of Calories											3.6%	100.9%	1.5%	0.4%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

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Fri - 12/13/2024															
ALC 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
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	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			2516	306	2779	32.71	17.52	2506.2	23841	240.58	79.80	450.99	50.67	17.33	0.00
% of Calories											12.7%	71.7%	18.1%	6.2%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=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)
Mon - 12/16/2024															
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	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	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			40901	35574	65522	2950.5	13.10	2391.4	14856	28.89	68.49	8951.4	1514.8	17.20	0.00
% of Calories											0.7%	87.5%	33.3%	0.4%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

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Tue - 12/17/2024															
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
Yogurt/String Cheese	6 oz/1oz/1 slice	1	250	25	390	1.00	0.70	240.0	1300	0.0	15.0	30.0	8.0	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
CORN: frozen, yellow	1/2 CUP	1	66	0	1	2.00	0.39	2.0	163	2.9	2.09	15.83	0.55	0.08	0.00
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			1153	119	1787	8.22	5.58	654.6	3692	46.90	54.16	153.73	36.90	16.90	*0.00
% of Calories											18.8%	53.3%	28.8%	13.2%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=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 - 12/18/2024															
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	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			1361	291	2635	17.28	16.51	2377.8	15211	28.51	73.10	153.86	50.06	15.22	*0.00
% of Calories											21.5%	45.2%	33.1%	10.1%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

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ISD 518

Dec 2, 2024 thru Dec 31, 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)
Thu - 12/19/2024															
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	6 oz/1oz/1 slice	1	250	25	390	1.00	0.70	240.0	1300	0.0	15.0	30.0	8.0	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Peas, Frozen, Green	1/2 cup	1	62	0	58	4.40	22.68	190.0	1680	7.9	4.12	11.41	0.22	0.04	0.00
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	271	2360	16.69	35.58	2801.4	16969	35.59	69.64	159.01	45.94	16.26	0.00
% of Calories											21.0%	48.0%	31.2%	11.0%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Fri - 12/20/2024															
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	6 oz/1oz/1 slice	1	250	25	390	1.00	0.70	240.0	1300	0.0	15.0	30.0	8.0	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Broccoli, Frozen	1/2 Cup	1	26	0	22	3.00	0.00	0.0	0	0.0	3.0	5.0	0.0	0.00	0.00
Milk, ISD 518	Half Pint	1	114	6	161	0.00	0.00	250.0	750	0.0	8.0	17.41	0.67	0.40	0.00
Weighted Daily Average			1236	291	2255	12.30	12.02	2371.4	14756	27.69	61.49	134.60	50.13	19.18	0.00
% of Calories											19.9%	43.5%	36.5%	14.0%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Mon - 12/23/2024															
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	

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ISD 518

Dec 2, 2024 thru Dec 31, 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)
Tue - 12/24/2024															
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	

Wed - 12/25/2024															
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	

Thu - 12/26/2024															
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 - 12/27/2024															
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	

Mon - 12/30/2024															
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

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ISD 518

Dec 2, 2024 thru Dec 31, 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)
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			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Tue - 12/31/2024															
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 % 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			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Weighted Average			7366	2635	7157	271.11	29.43	2884.1	40750	563.33	95.27	1611.9	148.13	16.94	*0.00
											5.2%	87.5%	18.1%	2.1%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	7366		846	871%				
Cholesterol (mg)	2635							
Sodium (mg)	7157						7157	
Fiber (g)	271.11							
Iron (mg)	29.43		4.50	654%				
Calcium (mg)	2884.1		400.00	721%				
Vitamin A (IU)	40750		1500	2717%				
Vitamin C (mg)	563.33		19.18	2938%				
Protein (g)	95.27	5.17%	16.70	570%				
Carbohydrate (g)	1611.96	87.54%						
Total Fat (g)	148.13	18.10%	<=30.00%					
Saturated Fat (g)	16.94	2.07%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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