

	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 - 01/02/2025															
Middle School Lunch	Total	1													
Chicken Fried Fingers	Serving(4 each)	1	150	18	245	1.00	1.35	20.0	0	0.0	7.5	9.5	9.0	2.25	0.00
Sub Sandwich	Sandwich	1	217	37	762	2.00	1.89	180.0	75	0.9	11.98	23.49	9.23	2.87	0.00
Chef Salad (Students)	Serving	1	209	112	529	1.84	4.20	832.6	6009	6.95	11.41	13.68	11.23	3.40	0.00
Yogurt/String Cheese	6 oz/1oz/1 slice	1	125	12	195	0.50	0.35	120.0	650	0.0	7.5	15.0	4.0	2.50	0.00
Fruit & Veggie Bar	1.25 cup	1	45	0	7	0.80	0.20	8.1	344	6.89	0.35	11.42	0.04	0.01	0.00
Mashed Potatoes/Country Gravy	1/2 CUP/1 /4 CUP	1	76	0	192	0.58	0.21	14.3	73	17.54	1.17	12.42	2.68	1.15	0.00
Dinner Roll	Roll	1	55	0	68	1.00	0.54	40.0	0	0.0	2.0	10.0	0.75	0.00	0.00
Milk, ISD 518	Half Pint	1	57	3	81	0.00	0.00	125.0	375	0.0	4.0	8.7	0.34	0.20	0.00
Prairie Elementary Breakfast															
Banana Bread	Slice	1	140	0	110	1.00	0.54	40.0	50	0.0	2.5	22.0	5.0	1.00	0.00
Cereal	Servings	1	55	0	77	1.17	2.22	52.8	233	4.05	0.86	11.67	0.87	0.14	0.00
Yogurt Light 6 oz	6 oz	1	40	2	37	0.00	0.00	105.0	500	0.0	2.5	7.5	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	30	0	2	0.00	0.06	2.5	4	24.0	0.33	7.42	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	30	0	2	0.00	0.06	2.5	4	24.0	0.33	7.42	0.0	0.00	0.00
Toast	Slice	1	40	0	50	1.00	0.35	70.0	0	0.0	2.0	8.0	0.5	0.00	0.00
Milk, ISD 518	Half Pint	1	57	3	81	0.00	0.00	125.0	375	0.0	4.0	8.7	0.34	0.20	0.00
Weighted Daily Average			1326	189	2439	10.90	11.98	1737.7	8693	84.33	58.44	176.92	43.99	13.72	0.00
% of Calories											17.6%	53.4%	29.9%	9.3%	0.0%
Nutrient Guideline			633				3.50	300.00	1146	13.98	10.83		<=30.0	<10.00	

Weighted Average			1326	189	2439	10.90	11.98	1737.7	8693	84.33	58.44	176.92	43.99	13.72	0.00
											17.6%	53.4%	29.9%	9.3%	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

Jan 2, 2025 thru Jan 2, 2025

Base Menu Spreadsheet

Combined: Middle School Lunch/Prairie Elementary Breakfast

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)*
Calories	1326			633													
Cholesterol (mg)	189																
Sodium (mg)	2439																
Fiber (g)	10.90																
Iron (mg)	11.98			3.50													
Calcium (mg)	1737.7			300.00													
Vitamin A (IU)	8693			1146													
Vitamin C (mg)	84.33			13.98													
Protein (g)	58.44	17.63%		10.83													
Carbohydrate (g)	176.92	53.37%															
Total Fat (g)	43.99	29.86%		<=30.00%													
Saturated Fat (g)	13.72	9.31%		<10.00%													
Trans Fat ¹ (g)	0.00	0.00%															

*Data comparisons are not available for one or two day selections

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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