

**ISD 518**

**Dec 30, 2024 thru Jan 3, 2025**

Base Menu Spreadsheet

Combined: Prairie Elementary Lunch/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 <sup>1</sup> (g)
Mon - 12/30/2024															
Prairie Elementary Lunch 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
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			574				3.00	243.00	956	13.13	8.33		<=30.0	<10.00	

Tue - 12/31/2024															
Prairie Elementary Lunch 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
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			574				3.00	243.00	956	13.13	8.33		<=30.0	<10.00	

Wed - 01/01/2025															
Prairie Elementary Lunch 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
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			574				3.00	243.00	956	13.13	8.33		<=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.*

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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 <sup>1</sup> (g)
Thu - 01/02/2025															
Prairie Elementary 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 Prairie	4 oz/1oz/1 slice	1	93	12	132	0.54	0.03	101.3	150	0.0	5.13	10.12	3.54	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			1294	189	2376	10.94	11.66	1719.0	8193	84.33	56.07	172.04	43.53	13.72	0.00
% of Calories											17.3%	53.2%	30.3%	9.5%	0.0%
Nutrient Guideline			574				3.00	243.00	956	13.13	8.33		<=30.0	<10.00	

Fri - 01/03/2025															
Prairie Elementary Lunch	Total	1													
Hot Dog on Bun	Sandwich	1	170	17	304	1.50	1.26	100.0	0	0.0	5.98	16.0	9.46	3.48	0.00
Hamburger Pizza, Round	Slice	1	151	16	339	2.26	0.50	111.8	100	0.6	9.8	16.51	5.14	2.46	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 Prairie	4 oz/1oz/1 slice	1	93	12	132	0.54	0.03	101.3	150	0.0	5.13	10.12	3.54	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
Green Beans, Frozen	1/2 Cup	1	9	0	1	1.00	0.00	0.0	0	0.0	0.5	2.0	0.0	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

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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 <sup>1</sup> (g)
Prairie Elementary Breakfast	Total	1													
Breakfast Nachos	Servings	1	169	88	310	1.74	0.68	670.1	133	0.0	6.31	17.72	7.44	2.20	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
Grapes	1/2 CUP	1	15	0	0	0.21	0.07	3.2	23	0.92	0.14	3.94	0.08	0.03	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			1141	254	1951	12.06	9.57	2307.3	8246	43.41	53.32	143.38	38.98	14.63	0.00
% of Calories											18.7%	50.3%	30.8%	11.5%	0.0%
Nutrient Guideline			574				3.00	243.00	956	13.13	8.33		<=30.0	<10.00	

Weighted Average			1217	221	2164	11.50	10.61	2013.2	8220	63.87	54.69	157.71	41.26	14.17	0.00
											18.0%	51.8%	30.5%	10.5%	0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1217		574	212%				
Cholesterol (mg)	221							
Sodium (mg)	2164					2164		
Fiber (g)	11.50							
Iron (mg)	10.61		3.00	354%				
Calcium (mg)	2013.2		243.00	828%				
Vitamin A (IU)	8220		956	860%				
Vitamin C (mg)	63.87		13.13	487%				
Protein (g)	54.69	17.97%	8.33	656%				
Carbohydrate (g)	157.71	51.82%						
Total Fat (g)	41.26	30.50%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	14.17	10.48%	<10.00%					Correction Required - Sat. Fat too High
Trans Fat <sup>1</sup> (g)	0.00	0.00%						

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