

**ISD 518**

**Jan 2, 2025 thru Jan 31, 2025**

Base Menu Spreadsheet

Combined: ALC 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)
<b>Thu - 01/02/2025</b>															
ALC 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
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
<b>Prairie Elementary Breakfast</b>															
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
<b>Weighted Daily Average</b>			1109	151	1677	8.90	10.09	1557.7	8618	83.43	46.46	153.42	34.76	10.85	0.00
<b>% of Calories</b>											16.8%	55.3%	28.2%	8.8%	0.0%
<b>Nutrient Guideline</b>			665				3.50	300.00	1146	15.21	11.68		<=30.0	<10.00	

<b>Fri - 01/03/2025</b>															
ALC 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
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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*1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

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**ISD 518**

**Jan 2, 2025 thru Jan 31, 2025**

Base Menu Spreadsheet

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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			990	239	1612	9.80	9.07	2195.5	8146	42.81	43.52	126.88	33.84	12.16	0.00
% of Calories											17.6%	51.3%	30.8%	11.1%	0.0%
Nutrient Guideline			665				3.50	300.00	1146	15.21	11.68		<=30.0	<10.00	

Mon - 01/06/2025															
ALC LUNCH	Total	1													
Mini Corn Dogs	1 serving	1	132	15	503	1.50	0.54	0.0	0	0.0	6.0	15.33	6.0	1.13	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
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
Bread & Butter	1 SLICE	1	51	0	69	1.00	0.35	70.0	16	0.0	2.0	8.0	1.75	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	Total	1													
French Toast Sticks	3 Sticks	1	128	0	128	1.50	2.70	75.0	563	0.9	3.0	16.5	6.0	1.12	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
Apple	APPLE	1	48	0	1	2.20	0.09	5.4	50	4.2	0.25	12.55	0.15	0.05	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			1026	149	1761	12.51	11.07	1591.4	9119	46.99	44.71	146.47	31.22	8.75	0.00
% of Calories											17.4%	57.1%	27.4%	7.7%	0.0%
Nutrient Guideline			665				3.50	300.00	1146	15.21	11.68		<=30.0	<10.00	

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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)
<b>Tue - 01/07/2025</b>															
ALC LUNCH	Total	1													
Taco, Soft Shell	2 oz	1	234	42	358	1.34	0.24	128.4	344	0.82	16.37	14.34	12.12	5.40	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
Refried Beans	1/2 Cup	1	70	0	69	4.50	0.90	21.4	0	0.6	4.5	12.5	0.25	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	Total	1													
Breakfast Pizza	slices	1	112	17	227	1.07	0.90	53.3	108	0.0	4.98	13.03	4.12	1.47	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
Orange	Orange	1	35	0	1	1.55	0.09	230.0	175	41.4	0.65	9.0	0.1	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			1108	193	1715	13.77	9.52	1874.1	9118	84.71	59.46	140.97	33.91	13.32	0.00
% of Calories											21.5%	50.9%	27.5%	10.8%	0.0%
Nutrient Guideline			665				3.50	300.00	1146	15.21	11.68		<=30.0	<10.00	

<b>Wed - 01/08/2025</b>															
ALC LUNCH	Total	1													
Pizza Stick (Cheese)	servings	1	218	15	396	3.38	1.04	230.0	288	2.33	10.25	21.88	10.13	4.50	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
Carrots, Frozen	1/2 cup	1	13	12	21	1.00	0.00	0.0	0	0.0	0.0	3.0	0.5	0.00	0.00
Bread & Butter	1 SLICE	1	51	0	69	1.00	0.35	70.0	16	0.0	2.0	8.0	1.75	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	Total	1													
Waffles	2 Waffles	1	125	3	235	2.50	0.75	30.0	0	0.0	3.0	18.0	4.5	0.75	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
Banana	Banana	1	45	0	1	1.30	0.18	0.0	50	4.5	0.55	11.4	0.15	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

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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)
Weighted Daily Average			1109	163	1782	14.49	9.70	1771.0	8844	48.72	48.76	154.36	34.35	11.70	0.00
% of Calories											17.6%	55.7%	27.9%	9.5%	0.0%
Nutrient Guideline			665				3.50	300.00	1146	15.21	11.68		<=30.0	<10.00	

Thu - 01/09/2025															
ALC LUNCH	Total	1													
Chicken Gravy & Potato	1/2 cup/1/2 cup	1	146	26	139	0.61	0.48	13.3	174	15.12	9.02	11.69	6.92	2.27	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
Peas, Frozen, Green	1/2 cup	1	31	0	29	2.20	11.34	95.0	840	3.95	2.06	5.71	0.11	0.02	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	Total	1													
Scrambled Eggs/Pancakes	Servings	1	80	97	198	0.50	0.36	20.0	100	0.0	4.0	7.5	4.0	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
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			985	256	1493	9.83	20.17	1612.5	9628	61.88	50.18	130.93	29.19	9.76	0.00
% of Calories											20.4%	53.2%	26.7%	8.9%	0.0%
Nutrient Guideline			665				3.50	300.00	1146	15.21	11.68		<=30.0	<10.00	

Fri - 01/10/2025															
ALC LUNCH	Total	1													
Pizza, Stuffed Crust Pepperoni	Slice	1	168	21	270	1.50	1.50	133.0	0	0.0	10.0	14.5	8.0	4.50	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
Broccoli, Frozen	1/2 Cup	1	13	0	11	1.50	0.00	0.0	0	0.0	1.5	2.5	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													
Donut	Donut	1	140	0	150	1.41	0.63	695.0	5	0.0	2.5	15.0	7.5	3.50	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
Kiwi	Serving	1	42	0	2	2.10	0.54	60.0	150	0.0	0.8	10.1	0.4	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			1021	155	1493	11.82	10.06	2329.0	8646	41.89	47.76	134.19	33.22	14.45	0.00
% of Calories											18.7%	52.6%	29.3%	12.7%	0.0%
Nutrient Guideline			665				3.50	300.00	1146	15.21	11.68		<=30.0	<10.00	

Mon - 01/13/2025															
ALC LUNCH	Total	1													
BBQ on Bun	Sandwich	1	197	26	673	2.04	1.22	123.9	80	0.96	10.69	23.47	7.18	1.99	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
Baked Beans	1/2 cup	1	70	0	185	3.00	0.90	20.0	0	0.0	2.5	15.0	0.25	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	Total	1													
Pancake on Stick	1 SERV.	1	105	10	195	0.00	0.72	10.0	0	0.0	3.5	10.0	6.0	1.50	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
Apple	APPLE	1	48	0	1	2.20	0.09	5.4	50	4.2	0.25	12.55	0.15	0.05	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			1078	169	2114	12.55	10.32	1600.3	8621	47.05	49.90	153.11	30.91	9.99	0.00
% of Calories											18.5%	56.8%	25.8%	8.3%	0.0%
Nutrient Guideline			665				3.50	300.00	1146	15.21	11.68		<=30.0	<10.00	

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**ISD 518**

**Jan 2, 2025 thru Jan 31, 2025**

Base Menu Spreadsheet

Combined: ALC 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)
Tue - 01/14/2025															
ALC LUNCH	Total	1													
Pork Nachos	Serving	1	194	32	353	1.50	0.18	84.5	0	0.0	9.24	15.25	8.61	3.18	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
Carrots, Frozen	1/2 cup	1	13	12	21	1.00	0.00	0.0	0	0.0	0.0	3.0	0.5	0.00	0.00
Bread & Butter	1 SLICE	1	51	0	69	1.00	0.35	70.0	16	0.0	2.0	8.0	1.75	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															
Breakfast Pizza	Total slices	1	112	17	227	1.07	0.90	53.3	108	0.0	4.98	13.03	4.12	1.47	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
Orange	Orange	1	35	0	1	1.55	0.09	230.0	175	41.4	0.65	9.0	0.1	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			1063	195	1732	11.43	8.91	1878.8	8790	83.29	49.83	140.37	32.40	11.10	0.00
% of Calories											18.8%	52.8%	27.4%	9.4%	0.0%
Nutrient Guideline			665				3.50	300.00	1146	15.21	11.68		<=30.0	<10.00	

Wed - 01/15/2025															
ALC LUNCH	Total	1													
Chicken Tater Bowl	servings	1	196	11	369	1.67	0.18	13.3	0	15.0	8.89	18.82	9.66	2.21	*0.30
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
CORN: frozen, yellow	1/2 CUP	1	33	0	1	1.00	0.20	1.0	81	1.45	1.05	7.91	0.27	0.04	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

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**ISD 518**

**Jan 2, 2025 thru Jan 31, 2025**

Base Menu Spreadsheet

Combined: ALC 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)
Prairie Elementary Breakfast	Total	1													
Breakfast Burrito	Burrito	1	122	35	156	1.35	0.54	50.0	200	1.8	4.9	14.05	5.05	1.95	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
Banana	Banana	1	45	0	1	1.30	0.18	0.0	50	4.5	0.55	11.4	0.15	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			1108	180	1653	11.64	9.02	1545.3	8822	64.65	50.34	154.27	33.20	10.65	*0.30
% of Calories											18.2%	55.7%	27.0%	8.7%	*0.2%
Nutrient Guideline			665				3.50	300.00	1146	15.21	11.68		<=30.0	<10.00	

Thu - 01/16/2025															
ALC LUNCH	Total	1													
Fiestada Pizza	slice	1	190	12	459	2.35	1.87	147.7	489	1.79	9.29	22.09	7.04	3.00	*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
Broccoli, Frozen	1/2 Cup	1	13	0	11	1.50	0.00	0.0	0	0.0	1.5	2.5	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
Prairie Elementary Breakfast	Total	1													
Omelet	Omelet	1	55	98	105	0.00	0.36	40.0	200	0.0	4.0	0.5	4.0	1.50	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			931	244	1636	9.38	9.68	1631.9	9203	44.61	47.89	121.12	28.44	10.98	*0.00
% of Calories											20.6%	52.1%	27.5%	10.6%	*0.0%
Nutrient Guideline			665				3.50	300.00	1146	15.21	11.68		<=30.0	<10.00	

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**ISD 518**

**Jan 2, 2025 thru Jan 31, 2025**

Base Menu Spreadsheet

Combined: ALC 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)
Fri - 01/17/2025															
ALC LUNCH	Total	1													
Mozzarella Cheese Sticks	Serving	1	207	15	240	1.84	1.02	179.5	34	1.01	1.73	17.24	11.11	4.00	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
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
Prairie Elementary Breakfast	Total	1													
Ham, Egg, Cheese Biscuit	Sandwich	1	184	61	431	1.50	0.90	45.2	50	0.0	7.0	16.75	10.37	4.88	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
Kiwi	Serving	1	42	0	2	2.10	0.54	60.0	150	0.0	0.8	10.1	0.4	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			1100	209	1733	11.75	9.85	1725.7	8724	42.91	42.98	138.18	39.21	15.33	0.00
% of Calories											15.6%	50.3%	32.1%	12.5%	0.0%
Nutrient Guideline			665				3.50	300.00	1146	15.21	11.68		<=30.0	<10.00	

Mon - 01/20/2025															
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
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%
Nutrient Guideline			665				3.50	300.00	1146	15.21	11.68		<=30.0	<10.00	

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**ISD 518**

**Jan 2, 2025 thru Jan 31, 2025**

Base Menu Spreadsheet

Combined: ALC 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)
<b>Tue - 01/21/2025</b>															
ALC LUNCH	Total	1													
Walking Taco	Servings	1	236	34	395	1.22	1.16	125.3	312	0.55	13.58	16.56	13.44	4.08	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
Refried Beans	1/2 Cup	1	70	0	69	4.50	0.90	21.4	0	0.6	4.5	12.5	0.25	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	Total	1													
Breakfast Pizza	slices	1	112	17	227	1.07	0.90	53.3	108	0.0	4.98	13.03	4.12	1.47	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
Orange	Orange	1	35	0	1	1.55	0.09	230.0	175	41.4	0.65	9.0	0.1	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			1110	185	1752	13.65	10.44	1871.0	9086	84.44	56.67	143.18	35.23	12.00	0.00
% of Calories											20.4%	51.6%	28.6%	9.7%	0.0%
Nutrient Guideline			665				3.50	300.00	1146	15.21	11.68		<=30.0	<10.00	

<b>Wed - 01/22/2025</b>															
ALC LUNCH	Total	1													
Corn Dog:turkey	1 each	1	125	12	380	1.50	0.90	30.0	0	7.5	5.5	15.0	5.0	1.00	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
Broccoli, Frozen	1/2 Cup	1	13	0	11	1.50	0.00	0.0	0	0.0	1.5	2.5	0.0	0.00	0.00
Bread & Butter	1 SLICE	1	51	0	69	1.00	0.35	70.0	16	0.0	2.0	8.0	1.75	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	Total	1													
French Toast Stacker	Sandwich	1	203	*65	226	*2.00	*2.16	*110.0	*550	*0.0	*6.5	31.75	*6.25	*1.75	*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
Banana	Banana	1	45	0	1	1.30	0.18	0.0	50	4.5	0.55	11.4	0.15	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

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**ISD 518**

**Jan 2, 2025 thru Jan 31, 2025**

Base Menu Spreadsheet

Combined: ALC 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)
Weighted Daily Average			1094	*211	1747	*12.61	*10.97	*1651.0	*9107	*53.89	*49.01	160.74	*30.47	*9.20	*0.00
% of Calories											*17.9%	58.8%	*25.1%	*7.6%	*0.0%
Nutrient Guideline			665				3.50	300.00	1146	15.21	11.68		<=30.0	<10.00	

Thu - 01/23/2025															
ALC LUNCH	Total	1													
Chicken & Noodles ISD 518	1 Cup	1	103	26	83	0.53	0.64	2.5	81	0.01	9.79	8.52	3.49	1.06	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	1/2 cup	1	55	0	73	0.50	0.18	11.8	73	15.1	1.01	8.56	2.11	0.66	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	Total	1													
Egg & Cheese Sandwich	Sandwich	1	122	64	235	2.00	1.26	195.3	0	0.0	6.75	12.5	6.12	1.37	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			1008	223	1519	9.55	10.07	1693.7	8668	57.93	52.65	135.61	29.87	9.57	0.00
% of Calories											20.9%	53.8%	26.7%	8.5%	0.0%
Nutrient Guideline			665				3.50	300.00	1146	15.21	11.68		<=30.0	<10.00	

Fri - 01/24/2025															
ALC LUNCH	Total	1													
Cheese Quesadilla	slice	1	165	5	415	2.00	1.35	100.0	150	0.0	8.0	20.0	6.0	1.75	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
Carrots, Frozen	1/2 cup	1	13	12	21	1.00	0.00	0.0	0	0.0	0.0	3.0	0.5	0.00	0.00
Bread & Butter	1 SLICE	1	51	0	69	1.00	0.35	70.0	16	0.0	2.0	8.0	1.75	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

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**\*** - denotes combined nutrient totals with either missing or incomplete nutrient data  
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**ISD 518**

**Jan 2, 2025 thru Jan 31, 2025**

Base Menu Spreadsheet

Combined: ALC 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)
Prairie Elementary Breakfast	Total	1													
Cinnamon Roll	2.5 oz.	1	95	7	105	1.50	0.72	10.0	50	0.0	2.5	16.5	2.5	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
Kiwi	Serving	1	42	0	2	2.10	0.54	60.0	150	0.0	0.8	10.1	0.4	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			1024	158	1672	12.91	10.35	1681.0	8857	41.89	46.26	149.69	28.47	9.20	0.00
% of Calories											18.1%	58.5%	25.0%	8.1%	0.0%
Nutrient Guideline			665				3.50	300.00	1146	15.21	11.68		<=30.0	<10.00	

Mon - 01/27/2025															
ALC LUNCH	Total	1													
Chicken Nuggets - Tyson	5 pieces	1	112	22	237	0.63	0.90	15.0	75	0.0	8.13	6.25	6.25	1.25	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
Baked Beans	1/2 CUP	1	84	0	252	3.49	2.25	23.2	211	0.41	3.29	14.63	1.17	0.00	*0.00
Bread & Butter	1 SLICE	1	51	0	69	1.00	0.35	70.0	16	0.0	2.0	8.0	1.75	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	Total	1													
Pancakes	Pancake	1	70	3	135	1.00	0.00	0.0	0	0.0	2.0	13.0	2.0	0.00	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
Apple	APPLE	1	48	0	1	2.20	0.09	5.4	50	4.2	0.25	12.55	0.15	0.05	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			1023	158	1754	13.63	10.98	1554.6	8843	46.50	48.62	146.52	28.64	7.75	*0.00
% of Calories											19.0%	57.3%	25.2%	6.8%	*0.0%
Nutrient Guideline			665				3.50	300.00	1146	15.21	11.68		<=30.0	<10.00	

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*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*  
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**ISD 518**

Base Menu Spreadsheet

Weighted Values - Detailed

**Jan 2, 2025 thru Jan 31, 2025**

Combined: ALC LUNCH/Prairie Elementary Breakfast

Generated on: 12/18/2024 8:32:48 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 <sup>1</sup> (g)
<b>Tue - 01/28/2025</b>															
ALC LUNCH	Total	1													
Chili	3/4 Cup	1	122	18	353	2.32	1.01	49.7	297	3.35	7.05	12.12	5.14	1.40	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
Carrots, Frozen	1/2 cup	1	13	12	21	1.00	0.00	0.0	0	0.0	0.0	3.0	0.5	0.00	0.00
Cinnamon Roll Lunch	1.25 oz	1	50	3	53	1.00	0.36	10.0	50	0.0	1.5	8.0	1.25	0.50	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
<b>Prairie Elementary Breakfast</b>															
Breakfast Pizza	Total slices	1	112	17	227	1.07	0.90	53.3	108	0.0	4.98	13.03	4.12	1.47	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	871 Cup	1	52260	0	4210	0.00	104.53	4354.9	7258	41808.	580.77	12920.	0.0	0.00	0.00
Orange	Orange	1	35	0	1	1.55	0.09	230.0	175	41.4	0.65	9.0	0.1	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			53219	183	5923	12.25	114.21	6136.4	16375	41870.	627.57	13049.	28.43	9.82	0.00
% of Calories											4.7%	98.1%	0.5%	0.2%	0.0%
Nutrient Guideline			665				3.50	300.00	1146	15.21	11.68		<=30.0	<10.00	

<b>Wed - 01/29/2025</b>															
ALC LUNCH	Total	1													
Popcorn Chicken	12 piece	1	125	11	185	1.14	0.00	0.0	0	0.0	7.68	7.68	7.14	1.38	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
Broccoli, Frozen	1/2 Cup	1	13	0	11	1.50	0.00	0.0	0	0.0	1.5	2.5	0.0	0.00	0.00
Rice, Cooked Brown	1/2 CUP	1	87	0	75	1.03	0.37	0.9	20	0.0	2.06	17.01	1.22	0.18	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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**ISD 518**

**Jan 2, 2025 thru Jan 31, 2025**

Base Menu Spreadsheet

Combined: ALC 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)
Prairie Elementary Breakfast	Total	1													
Breakfast Bowl	Bowls	1	120	110	218	1.00	0.72	20.0	100	0.0	7.0	11.5	5.0	1.50	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
Banana	Banana	1	45	0	1	1.30	0.18	0.0	50	4.5	0.55	11.4	0.15	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			1047	254	1550	11.28	8.66	1461.9	8661	46.39	51.75	142.18	30.83	9.51	0.00
% of Calories											19.8%	54.3%	26.5%	8.2%	0.0%
Nutrient Guideline			665				3.50	300.00	1146	15.21	11.68		<=30.0	<10.00	

Thu - 01/30/2025															
ALC LUNCH	Total	1													
Spag/Meat Sauce	4 oz	1	155	17	244	1.81	1.76	13.9	242	3.52	9.07	22.1	3.3	1.16	*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
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
Bread Stick	Bread Stick	1	55	0	120	1.00	0.54	0.0	0	0.6	1.5	8.5	2.0	0.50	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	Total	1													
Yogurt Parfait	serving	1	199	3	77	2.14	0.27	800.0	500	0.3	4.31	40.68	2.32	0.75	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			1092	153	1502	11.48	10.02	2258.1	9255	47.23	48.48	169.31	25.02	8.89	*0.00
% of Calories											17.8%	62.0%	20.6%	7.3%	*0.0%
Nutrient Guideline			665				3.50	300.00	1146	15.21	11.68		<=30.0	<10.00	

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**ISD 518**

**Jan 2, 2025 thru Jan 31, 2025**

Base Menu Spreadsheet

Combined: ALC 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)
Fri - 01/31/2025															
ALC LUNCH	Total	1													
Crispy Chicken Leg	Piece	1	95	25	225	0.50	0.54	10.0	50	0.6	8.0	2.5	5.5	1.25	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
CORN: frozen, yellow	1/2 CUP	1	33	0	1	1.00	0.20	1.0	81	1.45	1.05	7.91	0.27	0.04	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	Total	1													
Egg & Cheese Quesadilla	Quesadilla	1	121	89	279	1.00	0.50	660.5	135	0.0	6.13	11.54	5.5	2.47	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
Kiwi	Serving	1	42	0	2	2.10	0.54	60.0	150	0.0	0.8	10.1	0.4	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			1079	248	1826	11.50	9.92	2226.7	8980	61.48	52.10	146.56	32.43	11.37	0.00
% of Calories											19.3%	54.3%	27.0%	9.5%	0.0%
Nutrient Guideline			665				3.50	300.00	1146	15.21	11.68		<=30.0	<10.00	

Weighted Average			3539	*194	1888	*11.75	*15.38	*1992.7	*9243	*2047.7	*76.90 *8.7%	758.95 85.8%	*31.62 *8.0%	*10.78 *2.7%	*0.01 *0.0%
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*\*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**

Base Menu Spreadsheet

Weighted Values - Detailed

**Jan 2, 2025 thru Jan 31, 2025**

Combined: ALC LUNCH/Prairie Elementary Breakfast

Generated on: 12/18/2024 8:32:49 AM

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 <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	3539		665	532%												
Cholesterol (mg)	194				Missing				1888							
Sodium (mg)	1888															
Fiber (g)	11.75				Missing											
Iron (mg)	15.38		3.50	440%	Missing											
Calcium (mg)	1992.7		300.00	664%	Missing											
Vitamin A (IU)	9243		1146	807%	Missing											
Vitamin C (mg)	2047.78		15.21	13461%	Missing											
Protein (g)	76.90	8.69%	11.68	658%	Missing											
Carbohydrate (g)	758.95	85.78%														
Total Fat (g)	31.62	8.04%	<=30.00%		Missing											
Saturated Fat (g)	10.78	2.74%	<10.00%		Missing											
Trans Fat <sup>1</sup> (g)	0.01	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*

*<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

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