

**ISD 518**

**Feb 3, 2025 thru Feb 28, 2025**

Base Menu Spreadsheet

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>Mon - 02/03/2025</b>															
Prairie Elementary Breakfast	Total	1													
Egg Sandwich	Sandwich	1	210	120	325	4.00	2.52	320.0	0	0.0	11.0	23.0	10.0	1.50	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Apple	APPLE	1	95	0	2	4.40	0.18	10.9	100	8.4	0.5	25.1	0.3	0.10	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	1.0	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			749	131	823	12.73	7.97	1041.5	2325	64.50	30.89	134.67	13.72	2.28	0.00
% of Calories											16.5%	71.9%	16.5%	2.7%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

<b>Tue - 02/04/2025</b>															
Prairie Elementary Breakfast	Total	1													
Breakfast Pizza	slices	1	223	34	455	2.13	1.80	106.7	217	0.0	9.97	26.07	8.23	2.93	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Orange	Orange	1	69	0	1	3.10	0.18	460.0	350	82.8	1.3	18.0	0.2	0.00	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	1.0	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			736	45	952	9.57	7.25	1277.2	2792	138.90	30.65	130.64	11.86	3.62	0.00
% of Calories											16.7%	71.0%	14.5%	4.4%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

<b>Wed - 02/05/2025</b>															
Prairie Elementary Breakfast	Total	1													
Overnight Oats	Serving	1	255	4	80	4.03	0.61	158.7	717	0.0	7.33	50.16	3.61	0.98	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Banana	Banana	1	89	0	1	2.60	0.36	0.0	100	9.0	1.1	22.8	0.3	0.00	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	1.0	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

**\*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**

**Feb 3, 2025 thru Feb 28, 2025**

Base Menu Spreadsheet

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			788	15	577	10.96	6.24	869.2	3042	65.10	27.81	159.53	7.33	1.66	0.00
% of Calories											14.1%	81.0%	8.4%	1.9%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Thu - 02/06/2025															
Prairie Elementary Breakfast	Total	1													
French Toast Sticks	3 Sticks	1	255	0	255	3.00	5.40	150.0	1125	1.8	6.0	33.0	12.0	2.25	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Grapes	1/2 CUP	1	31	0	1	0.41	0.13	6.4	46	1.84	0.29	7.89	0.16	0.05	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	1.0	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			730	11	752	7.75	10.80	867.0	3396	59.74	25.68	127.46	15.59	2.98	0.00
% of Calories											14.1%	69.9%	19.2%	3.7%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Fri - 02/07/2025															
Prairie Elementary Breakfast	Total	1													
Cheesy Breakfast Bake	Servings	1	212	106	630	1.14	1.56	2175.6	159	0.41	16.38	11.69	10.71	4.31	*0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Kiwi	Serving	1	84	0	4	4.20	1.08	120.0	300	0.0	1.6	20.2	0.8	0.00	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	1.0	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			740	117	1130	9.67	7.91	3006.1	2684	56.51	37.37	118.46	14.93	4.99	*0.00
% of Calories											20.2%	64.0%	18.2%	6.1%	*0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=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.

**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**

**Feb 3, 2025 thru Feb 28, 2025**

Base Menu Spreadsheet

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>Mon - 02/10/2025</b>															
Prairie Elementary Breakfast	Total	1													
Egg, Sausage & Hashbrown	Servings	1	230	130	237	1.00	1.08	20.0	100	0.0	10.0	16.0	13.5	3.00	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Apple	APPLE	1	95	0	2	4.40	0.18	10.9	100	8.4	0.5	25.1	0.3	0.10	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	1.0	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			769	141	735	9.73	6.53	741.5	2425	64.50	29.89	127.67	17.23	3.78	0.00
% of Calories											15.6%	66.4%	20.2%	4.4%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

<b>Tue - 02/11/2025</b>															
Prairie Elementary Breakfast	Total	1													
Breakfast Pizza	slices	1	223	34	455	2.13	1.80	106.7	217	0.0	9.97	26.07	8.23	2.93	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Orange	Orange	1	69	0	1	3.10	0.18	460.0	350	82.8	1.3	18.0	0.2	0.00	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	1.0	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			736	45	952	9.57	7.25	1277.2	2792	138.90	30.65	130.64	11.86	3.62	0.00
% of Calories											16.7%	71.0%	14.5%	4.4%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

<b>Wed - 02/12/2025</b>															
Prairie Elementary Breakfast	Total	1													
Breakfast Bites	3 Pieces	1	190	25	480	1.00	1.44	40.0	0	0.0	8.0	19.0	10.0	3.00	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Banana	Banana	1	89	0	1	2.60	0.36	0.0	100	9.0	1.1	22.8	0.3	0.00	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	1.0	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

**\*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.

	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			723	36	977	7.93	7.07	750.6	2325	65.10	28.49	128.38	13.72	3.68	0.00
% of Calories											15.8%	71.0%	17.1%	4.6%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Thu - 02/13/2025															
Prairie Elementary Breakfast	Total	1													
Breakfast Nachos	Servings	1	339	175	619	3.48	1.35	1340.2	266	0.0	12.61	35.45	14.87	4.40	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Grapes	1/2 CUP	1	31	0	1	0.41	0.13	6.4	46	1.84	0.29	7.89	0.16	0.05	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	1.0	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			813	187	1116	8.23	6.76	2057.2	2536	57.94	32.29	129.91	18.46	5.14	0.00
% of Calories											15.9%	63.9%	20.4%	5.7%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Fri - 02/14/2025															
Prairie Elementary Breakfast	Total	1													
Banana Bread	Slice	1	280	0	220	2.00	1.08	80.0	100	0.0	5.0	44.0	10.0	2.00	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Kiwi	Serving	1	84	0	4	4.20	1.08	120.0	300	0.0	1.6	20.2	0.8	0.00	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	1.0	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			808	11	720	10.53	7.43	910.6	2625	56.10	25.99	150.78	14.23	2.68	0.00
% of Calories											12.9%	74.7%	15.9%	3.0%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Mon - 02/17/2025															
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

\*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**

**Feb 3, 2025 thru Feb 28, 2025**

Base Menu Spreadsheet

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			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			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Tue - 02/18/2025															
Prairie Elementary Breakfast	Total	1													
Breakfast Pizza	slices	1	223	34	455	2.13	1.80	106.7	217	0.0	9.97	26.07	8.23	2.93	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Orange	Orange	1	69	0	1	3.10	0.18	460.0	350	82.8	1.3	18.0	0.2	0.00	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	1.0	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			736	45	952	9.57	7.25	1277.2	2792	138.90	30.65	130.64	11.86	3.62	0.00
% of Calories											16.7%	71.0%	14.5%	4.4%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Wed - 02/19/2025															
Prairie Elementary Breakfast	Total	1													
Waffles	2 Waffles	1	250	5	470	5.00	1.50	60.0	0	0.0	6.0	36.0	9.0	1.50	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Banana	Banana	1	89	0	1	2.60	0.36	0.0	100	9.0	1.1	22.8	0.3	0.00	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	1.0	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			783	16	967	11.93	7.13	770.6	2325	65.10	26.49	145.37	12.72	2.18	0.00
% of Calories											13.5%	74.3%	14.6%	2.5%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=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.*

**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**

**Feb 3, 2025 thru Feb 28, 2025**

Base Menu Spreadsheet

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 - 02/20/2025</b>															
Prairie Elementary Breakfast	Total	1													
Scrambled Eggs/Pancakes	Servings	1	160	193	395	1.00	0.72	40.0	200	0.0	8.0	15.0	8.0	2.00	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Grapes	1/2 CUP	1	31	0	1	0.41	0.13	6.4	46	1.84	0.29	7.89	0.16	0.05	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	1.0	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			635	204	892	5.75	6.12	757.0	2471	57.94	27.68	109.46	11.59	2.73	0.00
% of Calories											17.4%	69.0%	16.4%	3.9%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

<b>Fri - 02/21/2025</b>															
Prairie Elementary Breakfast	Total	1													
Donut	Donut	1	280	0	300	2.82	1.26	1390.0	10	0.0	5.0	30.0	15.0	7.00	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Kiwi	Serving	1	84	0	4	4.20	1.08	120.0	300	0.0	1.6	20.2	0.8	0.00	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	1.0	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			808	11	800	11.35	7.61	2220.6	2535	56.10	25.99	136.78	19.23	7.68	0.00
% of Calories											12.9%	67.7%	21.4%	8.6%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

<b>Mon - 02/24/2025</b>															
Prairie Elementary Breakfast	Total	1													
Pancake on Stick	1 SERV.	1	210	20	390	0.00	1.44	20.0	0	0.0	7.0	20.0	12.0	3.00	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Apple	APPLE	1	95	0	2	4.40	0.18	10.9	100	8.4	0.5	25.1	0.3	0.10	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	1.0	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

**\*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.

	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			749	31	888	8.73	6.89	741.5	2325	64.50	26.89	131.67	15.72	3.78	0.00
% of Calories											14.4%	70.3%	18.9%	4.5%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Tue - 02/25/2025															
Prairie Elementary Breakfast	Total	1													
Breakfast Pizza	slices	1	223	34	455	2.13	1.80	106.7	217	0.0	9.97	26.07	8.23	2.93	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Orange	Orange	1	69	0	1	3.10	0.18	460.0	350	82.8	1.3	18.0	0.2	0.00	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	1.0	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			736	45	952	9.57	7.25	1277.2	2792	138.90	30.65	130.64	11.86	3.62	0.00
% of Calories											16.7%	71.0%	14.5%	4.4%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Wed - 02/26/2025															
Prairie Elementary Breakfast	Total	1													
Breakfast Burrito	Burrito	1	244	71	311	2.70	1.08	100.0	400	3.6	9.8	28.1	10.1	3.90	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Banana	Banana	1	89	0	1	2.60	0.36	0.0	100	9.0	1.1	22.8	0.3	0.00	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	1.0	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			777	82	808	9.63	6.71	810.6	2725	68.70	30.29	137.47	13.82	4.58	0.00
% of Calories											15.6%	70.8%	16.0%	5.3%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=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.

**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**

**Feb 3, 2025 thru Feb 28, 2025**

Base Menu Spreadsheet

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 - 02/27/2025</b>															
Prairie Elementary Breakfast	Total	1													
Omelet	Omelet	1	110	195	210	0.00	0.72	80.0	400	0.0	8.0	1.0	8.0	3.00	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Grapes	1/2 CUP	1	31	0	1	0.41	0.13	6.4	46	1.84	0.29	7.89	0.16	0.05	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	1.0	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			585	206	707	4.75	6.12	797.0	2671	57.94	27.68	95.46	11.59	3.73	0.00
% of Calories											18.9%	65.3%	17.8%	5.7%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

<b>Fri - 02/28/2025</b>															
Prairie Elementary Breakfast	Total	1													
Ham, Egg, Cheese Biscuit	Sandwich	1	368	122	861	3.00	1.80	90.5	100	0.0	14.0	33.5	20.75	9.75	0.00
Cereal	Servings	1	109	0	154	2.33	4.45	105.6	467	8.1	1.72	23.33	1.75	0.28	0.00
Yogurt Light 6 oz	6 oz	1	80	5	75	0.00	0.00	210.0	1000	0.0	5.0	15.0	0.0	0.00	0.00
Fruit Juice	1/2 Cup	1	60	0	5	0.00	0.12	5.0	8	48.0	0.67	14.83	0.0	0.00	0.00
Kiwi	Serving	1	84	0	4	4.20	1.08	120.0	300	0.0	1.6	20.2	0.8	0.00	0.00
Toast	Slice	1	80	0	100	2.00	0.70	140.0	0	0.0	4.0	16.0	1.0	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			896	133	1361	11.53	8.15	921.1	2625	56.10	34.99	140.28	24.97	10.43	0.00
% of Calories											15.6%	62.6%	25.1%	10.5%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Weighted Average			752	80	898	9.45	7.29	1177.4	2642	77.45	29.53	131.37	14.33	4.04	*0.00
											15.7%	69.8%	17.1%	4.8%	*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**

Base Menu Spreadsheet

Weighted Values - Detailed

**Feb 3, 2025 thru Feb 28, 2025**

Prairie Elementary Breakfast

Generated on: 1/24/2025 7:19:04 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	752		483	156%												
Cholesterol (mg)	80															
Sodium (mg)	898								898							
Fiber (g)	9.45															
Iron (mg)	7.29		2.50	291%												
Calcium (mg)	1177.4		200.00	589%												
Vitamin A (IU)	2642		792	334%												
Vitamin C (mg)	77.45		11.25	688%												
Protein (g)	29.53	15.70%	6.67	443%												
Carbohydrate (g)	131.37	69.85%														
Total Fat (g)	14.33	17.14%	<=30.00%													
Saturated Fat (g)	4.04	4.84%	<10.00%													
Trans Fat <sup>1</sup> (g)	0.00	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*

*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.**