

**ISD 518**

**Jan 2, 2025 thru Jan 31, 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 - 01/02/2025</b>															
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
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
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			784	11	721	6.33	6.47	795.6	2333	104.10	25.05	145.41	13.42	2.68	0.00
% of Calories											12.8%	74.2%	15.4%	3.1%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

<b>Fri - 01/03/2025</b>															
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	

<b>Mon - 01/06/2025</b>															
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
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.

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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			794	11	753	11.73	10.85	871.5	3450	66.30	25.89	144.68	15.72	3.03	0.00
% of Calories											13.0%	72.9%	17.8%	3.4%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Tue - 01/07/2025															
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 - 01/08/2025															
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	

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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 - 01/09/2025</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 - 01/10/2025</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 - 01/13/2025</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

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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			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 - 01/14/2025															
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 - 01/15/2025															
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	

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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)
<b>Thu - 01/16/2025</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 - 01/17/2025</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	

<b>Mon - 01/20/2025</b>															
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			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

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**ISD 518**

**Jan 2, 2025 thru Jan 31, 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>Tue - 01/21/2025</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 - 01/22/2025</b>															
Prairie Elementary Breakfast	Total	1													
French Toast Stacker	Sandwich	1	405	*130	452	*4.00	*4.32	*220.0	*1100	*0.0	*13.0	63.5	*12.5	*3.50	*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			938	*141	949	*10.93	*9.95	*930.6	*3425	*65.10	*33.49	172.87	*16.22	*4.18	*0.00
% of Calories											*14.3%	73.7%	*15.6%	*4.0%	*0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

<b>Thu - 01/23/2025</b>															
Prairie Elementary Breakfast	Total	1													
Egg & Cheese Sandwich	Sandwich	1	245	128	470	4.00	2.52	390.5	0	0.0	13.5	25.0	12.25	2.75	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
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

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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)
Weighted Daily Average			720	139	967	8.75	7.92	1107.5	2271	57.94	33.18	119.46	15.84	3.48	0.00
% of Calories											18.4%	66.4%	19.8%	4.4%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Fri - 01/24/2025															
Prairie Elementary Breakfast	Total	1													
Cinnamon Roll	2.5 oz.	1	190	15	210	3.00	1.44	20.0	100	0.0	5.0	33.0	5.0	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			718	26	710	11.53	7.79	850.6	2625	56.10	25.99	139.78	9.23	2.68	0.00
% of Calories											14.5%	77.9%	11.6%	3.4%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Mon - 01/27/2025															
Prairie Elementary Breakfast	Total	1													
Pancakes	Pancake	1	140	6	270	2.00	0.00	0.0	0	0.0	4.0	26.0	4.0	0.00	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			679	17	768	10.73	5.45	721.5	2325	64.50	23.89	137.67	7.72	0.78	0.00
% of Calories											14.1%	81.1%	10.2%	1.0%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

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**ISD 518**

**Jan 2, 2025 thru Jan 31, 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>Tue - 01/28/2025</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	871 Cup	1	104520	0	8420	0.00	209.06	8709.8	14517	83616.	1161.5	25840.	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			105196	45	9367	9.57	216.19	9982.1	17300	83706.	1191.5	25955.	11.86	3.62	0.00
% of Calories											4.5%	98.7%	0.1%	0.0%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

<b>Wed - 01/29/2025</b>															
Prairie Elementary Breakfast	Total	1													
Breakfast Bowl	Bowls	1	240	220	435	2.00	1.44	40.0	200	0.0	14.0	23.0	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
Weighted Daily Average			773	231	932	8.93	7.07	750.6	2525	65.10	34.49	132.37	13.72	3.68	0.00
% of Calories											17.9%	68.5%	16.0%	4.3%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

<b>Thu - 01/30/2025</b>															
Prairie Elementary Breakfast	Total	1													
Yogurt Parfait	serving	1	398	5	154	4.28	0.53	1600.0	1000	0.6	8.62	81.36	4.64	1.49	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

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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)
Weighted Daily Average			873	16	651	9.03	5.93	2317.0	3271	58.54	28.30	175.82	8.22	2.22	0.00
% of Calories											13.0%	80.6%	8.5%	2.3%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Fri - 01/31/2025															
Prairie Elementary Breakfast	Total	1													
Egg & Cheese Quesadilla	Quesadilla	1	241	179	557	2.00	1.01	1321.0	270	0.0	12.25	23.09	10.99	4.95	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			769	190	1057	10.53	7.36	2151.6	2794	56.10	33.24	129.86	15.22	5.63	0.00
% of Calories											17.3%	67.6%	17.8%	6.6%	0.0%
Nutrient Guideline			483				2.50	200.00	792	11.25	6.67		<=30.0	<10.00	

Weighted Average			5738	*87	1298	*9.46	*17.25	*1589.8	*3377	*4057.2	*84.73	1365.3	*13.85	*3.96	*0.00
											*5.9%	95.2%	*2.2%	*0.6%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	5738		483	1187%				
Cholesterol (mg)	87				Missing			
Sodium (mg)	1298					1298		
Fiber (g)	9.46				Missing			
Iron (mg)	17.25		2.50	690%	Missing			
Calcium (mg)	1589.8		200.00	795%	Missing			
Vitamin A (IU)	3377		792	427%	Missing			
Vitamin C (mg)	4057.23		11.25	36064%	Missing			
Protein (g)	84.73	5.91%	6.67	1271%	Missing			
Carbohydrate (g)	1365.34	95.18%						
Total Fat (g)	13.85	2.17%	<=30.00%		Missing			
Saturated Fat (g)	3.96	0.62%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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