

**ISD 518**

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

Base Menu Spreadsheet

Prairie Elementary Lunch

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 Lunch	Total	1													
Cheeseburger on Bun	1 EACH	1	340	37	688	4.00	3.60	220.0	100	1.2	21.96	33.99	13.47	4.98	0.00
Chili Dog	sandwich	1	361	12	945	4.21	2.23	233.2	198	2.24	15.38	36.76	17.93	0.94	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Carrots, Frozen	1/2 cup	1	27	24	43	2.00	0.00	0.0	0	0.0	0.0	6.0	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			1536	329	3176	16.59	14.69	2587.0	14055	31.12	79.11	164.60	62.71	18.14	0.00
% of Calories											20.6%	42.9%	36.7%	10.6%	0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

<b>Tue - 02/04/2025</b>															
Prairie Elementary Lunch	Total	1													
Nachos with Beef	Servings	1	472	76	560	3.23	0.59	32.4	143	0.59	23.73	32.67	26.34	8.48	0.00
Chicken Salad Sandwich	3 oz	1	295	52	600	2.13	1.41	62.6	32	0.23	18.06	36.65	8.0	0.00	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Green Beans, Frozen	1/2 Cup	1	19	0	1	2.00	0.00	0.0	0	0.0	1.0	4.0	0.0	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			1594	384	2661	13.74	10.86	2228.9	13932	28.50	84.57	161.18	64.65	20.70	0.00
% of Calories											21.2%	40.5%	36.5%	11.7%	0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

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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)
Wed - 02/05/2025															
Prairie Elementary Lunch	Total	1													
Chicken Strips	3 Strips	1	220	35	370	2.00	1.80	20.0	0	0.0	16.0	11.0	13.0	3.00	0.00
Hot Hawaiian Sandwich	Sandwich	1	310	68	724	3.11	2.65	122.0	105	2.55	23.31	33.48	10.14	3.50	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Baked Beans	1/2 CUP	1	168	0	503	6.99	4.50	46.4	423	0.82	6.57	29.26	2.34	0.00	*0.00
Bread & Butter	1 SLICE	1	102	0	138	2.00	0.70	140.0	33	0.0	4.0	16.0	3.5	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			1608	358	3233	20.48	18.51	2462.3	14317	31.06	91.66	177.59	59.28	18.72	*0.00
% of Calories											22.8%	44.2%	33.2%	10.5%	*0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

	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 - 02/06/2025															
Prairie Elementary Lunch	Total	1													
Pizza (Smart) Cheese	4x6	1	290	15	540	4.00	2.70	300.0	500	0.0	15.0	34.0	11.0	4.00	0.00
Chicken Alfredo With a Twist	1 cup	1	252	59	545	1.36	0.01	170.5	0	0.04	21.71	23.57	7.36	1.97	*0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Peas, Frozen, Green	1/2 cup	1	62	0	58	4.40	22.68	190.0	1680	7.9	4.12	11.41	0.22	0.04	0.00
Bread & Butter	1 SLICE	1	102	0	138	2.00	0.70	140.0	33	0.0	4.0	16.0	3.5	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			1515	330	2779	18.14	34.95	2934.4	15969	35.62	86.60	172.83	52.39	18.23	*0.00
% of Calories											22.9%	45.6%	31.1%	10.8%	*0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

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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)
Fri - 02/07/2025															
Prairie Elementary Lunch	Total	1													
Chicken and Waffles	Servings	1	599	30	950	8.00	3.30	80.0	0	0.0	20.0	79.77	22.0	4.00	0.00
Turkey Wrap	wraps	1	318	52	846	0.21	1.75	2589.1	296	5.68	28.87	26.08	10.71	4.79	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Broccoli, Frozen	1/2 Cup	1	26	0	22	3.00	0.00	0.0	0	0.0	3.0	5.0	0.0	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			1752	338	3317	17.59	13.91	4803.0	14052	33.37	93.64	198.71	63.02	21.01	0.00
% of Calories											21.4%	45.4%	32.4%	10.8%	0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

Mon - 02/10/2025															
Prairie Elementary Lunch	Total	1													
Chicken Quesadilla	Serving	1	320	20	770	4.00	2.70	200.0	300	0.0	18.0	38.0	11.0	2.50	0.00
Taco Burger	Servings	1	441	75	801	3.45	2.46	1500.7	324	1.09	30.4	34.9	20.52	7.43	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	5.00	0.00
Fruit & Veggie Bar	704 cup	1	50321	0	8219	904.98	225.19	9131.6	387792	7765.1	395.21	12860.	46.12	9.73	0.00
Carrots, Frozen	1/2 cup	1	27	24	43	2.00	0.00	0.0	0	0.0	0.0	6.0	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			51827	375	11317	919.20	238.81	12950.	401484	7780.1	484.69	13004.	108.86	31.86	0.00
% of Calories											3.7%	100.4%	1.9%	0.6%	0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

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**ISD 518**

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

Base Menu Spreadsheet

Prairie Elementary Lunch

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 - 02/11/2025</b>															
Prairie Elementary Lunch	Total	1													
Chicken Bacon Ranch Pizza	SLICES	1	423	60	982	3.01	0.82	234.1	0	0.0	22.37	32.03	21.5	5.78	0.00
Club Sandwich	Sandwich	1	313	61	934	3.00	1.98	220.5	0	0.6	27.0	33.5	9.5	2.50	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Broccoli, Frozen	1/2 Cup	1	26	0	22	3.00	0.00	0.0	0	0.0	3.0	5.0	0.0	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			1570	377	3437	15.39	11.66	2588.4	13756	28.29	94.15	158.39	61.31	20.50	0.00
% of Calories											24.0%	40.4%	35.1%	11.8%	0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

<b>Wed - 02/12/2025</b>															
Prairie Elementary Lunch	Total	1													
Pulled Pork Sandwich	Servings	1	388	100	752	3.00	1.80	200.0	0	0.0	28.0	31.0	12.0	4.00	0.00
Grilled Ham & Cheese Sandwich	1 SERV.	1	369	79	846	2.00	2.21	133.9	355	0.9	19.12	33.51	18.77	10.04	*0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	5.00	0.00
Fruit & Veggie Bar	1011 cup	1	72265	0	11803	1299.6	323.39	13113.	556900	11151.	567.55	18469.	66.23	13.97	0.00
Baked Beans	1/2 CUP	1	168	0	503	6.99	4.50	46.4	423	0.82	6.57	29.26	2.34	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			73908	434	15388	1316.3	340.37	15611.	570746	11167.	662.32	18628.	129.56	40.22	*0.00
% of Calories											3.6%	100.8%	1.6%	0.5%	*0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

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Thu - 02/13/2025															
Prairie Elementary Lunch	Total	1													
Chicken Fried Fingers	Serving (4 Each	1	300	35	490	2.00	2.70	40.0	0	0.0	2.0	19.0	18.0	4.50	0.00
Sub Sandwich	Sandwich	1	435	75	1523	4.00	3.78	360.0	150	1.8	23.96	46.99	18.47	5.73	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Mashed Potatoes/Country Gravy	1/2 CUP/1 /4 CUP	1	152	0	385	1.17	0.43	28.6	146	35.07	2.34	24.83	5.37	2.30	0.00
Dinner Roll	Roll	1	110	0	135	2.00	1.08	80.0	0	0.0	4.0	20.0	1.5	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			1805	366	4032	15.55	16.84	2642.4	14052	64.56	74.08	198.68	73.64	24.76	0.00
% of Calories											16.4%	44.0%	36.7%	12.3%	0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

Fri - 02/14/2025															
Prairie Elementary Lunch	Total	1													
Hot Dog on Bun	Sandwich	1	339	35	608	3.00	2.52	200.0	0	0.0	11.97	31.99	18.91	6.96	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Green Beans, Frozen	1/2 Cup	1	19	0	1	2.00	0.00	0.0	0	0.0	1.0	4.0	0.0	0.00	0.00
Sugar Cookie	1 cookie	1	145	25	149	0.41	0.76	5.6	178	0.0	1.98	20.84	6.02	3.49	*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			1311	315	2257	11.79	12.14	2339.4	13934	27.69	56.73	144.69	55.24	22.67	*0.00
% of Calories											17.3%	44.1%	37.9%	15.6%	*0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

Mon - 02/17/2025															
Prairie Elementary 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

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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			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

Tue - 02/18/2025															
Prairie Elementary Lunch	Total	1													
Taco, Soft Shell	2 oz	1	469	85	716	2.67	0.48	256.8	688	1.64	32.74	28.69	24.24	10.80	0.00
BBQ Chicken Pizza	SLICES	1	330	28	708	4.34	1.61	282.7	151	2.67	22.44	39.73	8.78	3.94	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Refried Beans	1/2 Cup	1	140	0	138	9.00	1.80	42.8	0	1.2	9.0	25.0	0.5	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			1747	369	3061	22.40	12.75	2716.3	14596	33.20	105.96	181.27	63.83	26.96	0.00
% of Calories											24.3%	41.5%	32.9%	13.9%	0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

Wed - 02/19/2025															
Prairie Elementary Lunch	Total	1													
Pizza Stick (Cheese)	servings	1	435	30	793	6.75	2.07	460.0	575	4.65	20.5	43.75	20.25	9.00	0.00
Southwest Chicken Bake	3/4 Cup	1	341	63	587	2.12	0.56	102.4	332	4.75	23.0	27.71	14.95	5.08	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Carrots, Frozen	1/2 cup	1	27	24	43	2.00	0.00	0.0	0	0.0	0.0	6.0	1.0	0.00	0.00
Bread & Butter	1 SLICE	1	102	0	138	2.00	0.70	140.0	33	0.0	4.0	16.0	3.5	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			1713	373	3059	19.24	12.19	2836.3	14696	37.09	89.28	181.31	70.01	26.30	0.00
% of Calories											20.8%	42.3%	36.8%	13.8%	0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

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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)
<b>Thu - 02/20/2025</b>															
Prairie Elementary Lunch	Total	1													
Chicken Gravy & Potato	1/2 cup/1/2 cup	1	292	52	277	1.22	0.96	26.6	348	30.24	18.05	23.38	13.85	4.53	0.00
Ham Sandwich	Sandwich	1	252	56	736	2.00	1.40	60.0	0	0.0	20.0	32.0	6.0	2.00	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Peas, Frozen, Green	1/2 cup	1	62	0	58	4.40	22.68	190.0	1680	7.9	4.12	11.41	0.22	0.04	0.00
Dinner Roll	Roll	1	110	0	135	2.00	1.08	80.0	0	0.0	4.0	20.0	1.5	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			1524	364	2705	15.99	34.97	2490.5	15785	65.83	87.94	174.65	51.87	18.79	0.00
% of Calories											23.1%	45.8%	30.6%	11.1%	0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

	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>Fri - 02/21/2025</b>															
Prairie Elementary Lunch	Total	1													
Pizza, Stuffed Crust Pepperoni	Slice	1	336	43	539	3.00	3.00	266.0	0	0.0	20.0	29.0	16.0	9.00	0.00
Meatball Sub. Prairie	Sandwich	1	370	35	614	4.75	3.60	240.0	100	1.2	20.75	42.51	14.0	4.25	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Broccoli, Frozen	1/2 Cup	1	26	0	22	3.00	0.00	0.0	0	0.0	3.0	5.0	0.0	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			1540	334	2674	17.13	15.46	2639.9	13856	28.89	85.53	164.36	60.31	25.47	0.00
% of Calories											22.2%	42.7%	35.2%	14.9%	0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

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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)
Mon - 02/24/2025															
Prairie Elementary Lunch	Total	1													
BBQ on Bun	Sandwich	1	395	52	1345	4.08	2.45	247.9	160	1.92	21.39	46.94	14.36	3.98	0.00
Chicken Fajitas	Fajita	1	315	87	971	2.83	1.59	215.1	356	2.4	29.15	25.03	10.4	6.32	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Baked Beans	1/2 cup	1	140	0	370	6.00	1.80	40.0	0	0.0	5.0	30.0	0.5	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			1658	394	4185	19.28	14.70	2636.8	14272	32.01	97.32	189.82	55.57	22.53	0.00
% of Calories											23.5%	45.8%	30.2%	12.2%	0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

Tue - 02/25/2025															
Prairie Elementary Lunch	Total	1													
Pork Nachos	Serving	1	389	65	707	3.00	0.36	169.1	0	0.0	18.47	30.49	17.22	6.35	0.00
Goulash	1 cup	1	403	62	381	5.45	2.74	2.1	25	5.25	24.24	43.62	16.14	4.78	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Carrots, Frozen	1/2 cup	1	27	24	43	2.00	0.00	0.0	0	0.0	0.0	6.0	1.0	0.00	0.00
Bread & Butter	1 SLICE	1	102	0	138	2.00	0.70	140.0	33	0.0	4.0	16.0	3.5	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			1729	407	2767	18.83	12.66	2445.0	13814	32.94	88.49	183.96	68.16	23.36	0.00
% of Calories											20.5%	42.6%	35.5%	12.2%	0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

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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)
Wed - 02/26/2025															
Prairie Elementary Lunch	Total	1													
Chicken Tater Bowl	servings	1	391	22	737	3.34	0.36	26.7	0	30.0	17.77	37.65	19.31	4.42	*0.61
Mr. Rib - Hot Dog Bun	Sandwiche	1	337	30	689	4.47	2.52	190.0	100	1.2	19.0	41.78	12.0	3.50	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
CORN: frozen, yellow	1/2 CUP	1	66	0	1	2.00	0.39	2.0	163	2.9	2.09	15.83	0.55	0.08	0.00
Dinner Roll	Roll	1	110	0	135	2.00	1.08	80.0	0	0.0	4.0	20.0	1.5	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			1712	308	3062	18.19	13.21	2432.5	14019	61.79	84.64	203.10	63.67	20.22	*0.61
% of Calories											19.8%	47.5%	33.5%	10.6%	*0.3%
Nutrient Guideline			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

	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 - 02/27/2025															
Prairie Elementary Lunch	Total	1													
Fiestada Pizza	slice	1	379	25	919	4.71	3.73	295.5	978	3.59	18.58	44.18	14.07	6.01	*0.00
Chicken Ranch Wrap	Wrap	1	316	61	675	2.22	0.11	265.2	269	0.5	17.51	25.82	15.58	6.89	0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Broccoli, Frozen	1/2 Cup	1	26	0	22	3.00	0.00	0.0	0	0.0	3.0	5.0	0.0	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			1529	342	3114	16.30	12.71	2694.6	15003	31.78	80.86	162.86	59.95	25.12	*0.00
% of Calories											21.1%	42.6%	35.3%	14.8%	*0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

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**ISD 518**

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

Base Menu Spreadsheet

Prairie Elementary Lunch

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 - 02/28/2025															
Prairie Elementary Lunch	Total	1													
Mozzarella Cheese Sticks	Serving	1	414	30	480	3.68	2.04	359.0	67	2.03	3.45	34.47	22.23	8.00	0.00
Beef Enchilada	Enchilada	1	280	71	651	3.35	0.33	102.5	585	2.2	23.38	13.18	14.62	7.66	*0.00
Chef Salad (Students)	Serving	1	418	224	1058	3.69	8.40	1665.1	12018	13.9	22.82	27.36	22.47	6.80	0.00
Yogurt/String Cheese Prairie	4 oz/1oz/1 slice	1	187	25	265	1.08	0.06	202.5	300	0.0	10.25	20.25	7.08	5.00	0.00
Fruit & Veggie Bar	1.25 cup	1	89	0	15	1.61	0.40	16.2	689	13.79	0.7	22.84	0.08	0.02	0.00
Green Beans, Frozen	1/2 Cup	1	19	0	1	2.00	0.00	0.0	0	0.0	1.0	4.0	0.0	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			1520	357	2631	15.40	11.23	2595.3	14409	31.91	69.60	139.51	67.15	27.88	*0.00
% of Calories											18.3%	36.7%	39.8%	16.5%	*0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

Weighted Average			8058	361	4150	133.03	44.88	3928.1	64039	1030.6	136.69	1820.5	67.96	23.87	*0.03
											6.8%	90.4%	7.6%	2.7%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	8058		664	1214%				
Cholesterol (mg)	361							
Sodium (mg)	4150						4150	
Fiber (g)	133.03							
Iron (mg)	44.88		3.50	1282%				
Calcium (mg)	3928.1		286.00	1373%				
Vitamin A (IU)	64039		1120	5718%				
Vitamin C (mg)	1030.68		15.00	6871%				
Protein (g)	136.69	6.79%	10.00	1367%				
Carbohydrate (g)	1820.54	90.37%						
Total Fat (g)	67.96	7.59%	<=30.00%					
Saturated Fat (g)	23.87	2.67%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.03	0.00%			Missing			

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