

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 01/02/2025															
Prairie Elementary Lunch	Total	1													
Chicken Fried Fingers	Serving(4 each)	1	300	35	490	2.00	2.70	40.0	0	0.0	15.0	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	87.08	198.68	73.64	24.76	0.00
% of Calories											19.3%	44.0%	36.7%	12.3%	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)
Fri - 01/03/2025															
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
Hamburger Pizza, Round	Slice	1	302	31	678	4.51	1.00	223.6	200	1.2	19.6	33.01	10.28	4.93	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			1468	322	2787	15.89	12.38	2557.5	13956	28.89	74.34	156.86	59.50	24.11	0.00
% of Calories											20.3%	42.7%	36.5%	14.8%	0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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**ISD 518**

**Jan 2, 2025 thru Jan 31, 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 - 01/06/2025</b>															
Prairie Elementary Lunch	Total	1													
Mini Corn Dogs	1 serving	1	265	30	1007	3.00	1.08	0.0	0	0.0	12.0	30.67	12.0	2.25	0.00
Lasagna	4 oz	1	652	96	772	4.47	2.03	344.0	12	0.07	45.34	53.2	29.09	14.85	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
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			1847	382	3416	17.85	12.67	2617.8	13801	27.76	104.12	191.72	74.90	29.32	0.00
% of Calories											22.6%	41.5%	36.5%	14.3%	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>Tue - 01/07/2025</b>															
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	

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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 - 01/08/2025															
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	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 01/09/2025															
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	

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**ISD 518**

**Jan 2, 2025 thru Jan 31, 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>Fri - 01/10/2025</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	

<b>Mon - 01/13/2025</b>															
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	

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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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 01/14/2025															
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	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 01/15/2025															
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	

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**ISD 518**

**Jan 2, 2025 thru Jan 31, 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>Thu - 01/16/2025</b>															
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	

<b>Fri - 01/17/2025</b>															
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	

<b>Mon - 01/20/2025</b>															
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
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	

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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>Tue - 01/21/2025</b>															
Prairie Elementary Lunch	Total	1													
Walking Taco	Servings	1	472	68	790	2.45	2.33	250.5	624	1.09	27.17	33.11	26.87	8.16	0.00
Hot Ham & Cheese	Sandwiche	1	298	63	847	3.00	2.70	200.0	0	1.0	21.02	32.83	10.26	3.75	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			1719	386	3274	20.83	15.69	2627.2	14380	30.98	98.96	178.80	67.94	24.13	0.00
% of Calories											23.0%	41.6%	35.6%	12.6%	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>Wed - 01/22/2025</b>															
Prairie Elementary Lunch	Total	1													
Corn Dog:turkey	1 each	1	250	25	760	3.00	1.80	60.0	0	15.0	11.0	30.0	10.0	2.00	0.00
Pizza Hot Dish	1 cup	1	311	68	474	4.41	0.23	139.9	9	0.05	24.78	20.2	14.52	6.29	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
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			1498	349	2893	18.79	11.59	2473.8	13798	42.74	84.56	159.05	58.33	20.51	0.00
% of Calories											22.6%	42.5%	35.1%	12.3%	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)
Thu - 01/23/2025															
Prairie Elementary Lunch	Total	1													
Chicken & Noodles ISD 518	1 Cup	1	206	52	165	1.06	1.28	5.0	162	0.02	19.58	17.03	6.98	2.12	0.00
Meatloaf	3 OZ.	1	170	40	160	1.00	1.80	20.0	100	4.8	15.0	4.0	10.0	4.00	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
Mashed Potatoes	1/2 cup	1	110	0	146	1.01	0.36	23.7	146	30.2	2.01	17.11	4.21	1.31	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			1404	348	2105	11.45	13.38	2262.5	14164	62.71	82.37	146.00	52.99	19.65	0.00
% of Calories											23.5%	41.6%	34.0%	12.6%	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)
Fri - 01/24/2025															
Prairie Elementary Lunch	Total	1													
Cheese Quesadilla	slice	1	330	10	830	4.00	2.70	200.0	300	0.0	16.0	40.0	12.0	3.50	0.00
Tater Tot Hot Dish	6 oz	1	287	69	357	1.34	1.85	13.2	0	0.15	20.07	15.12	15.28	4.90	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			1554	358	2866	15.72	14.11	2487.0	14089	27.84	81.85	164.98	62.08	20.63	0.00
% of Calories											21.1%	42.5%	36.0%	11.9%	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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 01/27/2025</b>															
Prairie Elementary Lunch	Total	1													
Chicken Nuggets - Tyson	5 pieces	1	225	44	475	1.25	1.80	30.0	150	0.0	16.25	12.5	12.5	2.50	0.00
Macaroni and Cheese	3/4 cup	1	280	25	670	2.00	1.08	400.0	750	0.0	17.0	29.0	11.0	5.00	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
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			1583	325	3284	18.62	16.94	2750.3	15111	28.51	85.60	174.61	59.64	19.72	*0.00
% of Calories											21.6%	44.1%	33.9%	11.2%	*0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

<b>Tue - 01/28/2025</b>															
Prairie Elementary Lunch	Total	1													
Chili	3/4 Cup	1	244	36	706	4.63	2.01	99.4	594	6.7	14.11	24.25	10.28	2.80	0.00
Ham Stacker	Sandwiche	1	275	52	836	3.00	2.70	270.5	0	1.0	20.14	34.66	7.57	2.91	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
Cinnamon Roll Lunch	1.25 oz	1	100	5	105	2.00	0.72	20.0	100	0.0	3.0	16.0	2.5	1.00	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			1454	373	3188	18.01	14.29	2523.7	14450	35.38	79.02	168.76	51.66	18.93	0.00
% of Calories											21.7%	46.4%	32.0%	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 - 01/29/2025															
Prairie Elementary Lunch	Total	1													
Popcorn Chicken	12 piece	1	251	22	371	2.28	0.00	0.0	0	0.0	15.36	15.36	14.28	2.76	0.00
Club Wrap	Wrap	1	351	67	1005	0.21	1.83	2581.6	282	3.84	30.28	26.13	13.75	6.28	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
Rice, Cooked Brown	1/2 CUP	1	173	0	150	2.06	0.74	1.8	40	0.0	4.12	34.02	2.44	0.36	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	344	3047	13.93	11.44	4717.3	14079	31.53	94.54	168.37	60.77	21.62	0.00
% of Calories											23.5%	41.9%	34.0%	12.1%	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)
Thu - 01/30/2025															
Prairie Elementary Lunch	Total	1													
Spag/Meat Sauce	4 oz	1	310	33	488	3.63	3.52	27.8	483	7.03	18.15	44.19	6.59	2.33	*0.00
Grilled Chicken Sandwich	Sandwich	1	260	65	490	3.00	1.80	200.0	0	0.0	26.0	31.0	4.5	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
Bread Stick	Bread Stick	1	110	0	240	2.00	1.08	0.0	0	1.2	3.0	17.0	4.0	1.00	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			1507	354	2718	17.01	15.26	2361.7	14240	35.92	89.92	184.05	45.40	15.55	*0.00
% of Calories											23.9%	48.8%	27.1%	9.3%	*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 - 01/31/2025															
Prairie Elementary Lunch	Total	1													
Crispy Chicken Leg	Piece	1	190	50	450	1.00	1.08	20.0	100	1.2	16.0	5.0	11.0	2.50	0.00
Turkey Sub	Sandwich	1	276	45	703	3.49	1.58	226.0	280	3.4	21.76	34.75	6.96	2.58	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
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			1602	350	3173	16.04	13.41	2490.4	14445	70.26	87.96	188.26	55.69	19.69	0.00
% of Calories											22.0%	47.0%	31.3%	11.1%	0.0%
Nutrient Guideline			664				3.50	286.00	1120	15.00	10.00		<=30.0	<10.00	

Weighted Average			1606	357	3050	17.26	14.66	2666.6	14334	40.12	87.62	174.33	61.10	22.63	*0.03
											21.8%	43.4%	34.2%	12.7%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1606		664	242%				
Cholesterol (mg)	357							
Sodium (mg)	3050					3050		
Fiber (g)	17.26							
Iron (mg)	14.66		3.50	419%				
Calcium (mg)	2666.6		286.00	932%				
Vitamin A (IU)	14334		1120	1280%				
Vitamin C (mg)	40.12		15.00	267%				
Protein (g)	87.62	21.82%	10.00	876%				
Carbohydrate (g)	174.33	43.42%						
Total Fat (g)	61.10	34.24%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	22.63	12.68%	<10.00%					Correction Required - Sat. Fat too High
Trans Fat <sup>1</sup> (g)	0.03	0.02%			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.**