

ISD 518

Feb 3, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

ALC 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 ¹ (g)
Mon - 02/03/2025															
ALC 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
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			1175	317	2230	12.38	12.46	2353.9	13856	28.89	63.74	127.84	44.78	17.20	0.00
% of Calories											21.7%	43.5%	34.3%	13.2%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Tue - 02/04/2025															
ALC 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
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			1299	332	2060	11.61	9.44	2166.3	13900	28.27	66.51	124.53	56.65	20.70	0.00
% of Calories											20.5%	38.3%	39.2%	14.3%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Wed - 02/05/2025															
ALC 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
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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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ALC 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 ¹ (g)
Weighted Daily Average			1298	291	2509	17.37	15.86	2340.3	14211	28.51	68.35	144.11	49.14	15.22	*0.00
% of Calories											21.1%	44.4%	34.1%	10.6%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Thu - 02/06/2025															
ALC 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
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			1263	271	2234	16.78	34.94	2763.9	15969	35.59	64.90	149.26	45.03	16.26	0.00
% of Calories											20.6%	47.3%	32.1%	11.6%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Fri - 02/07/2025															
ALC 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
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			1433	286	2471	17.38	12.16	2213.9	13756	27.69	64.78	172.63	52.31	16.22	0.00
% of Calories											18.1%	48.2%	32.8%	10.2%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

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Mon - 02/10/2025															
ALC 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
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			51386	300	10516	915.75	236.35	11449.	401160	7779.0	454.28	12969.	88.34	24.43	0.00
% of Calories											3.5%	101.0%	1.5%	0.4%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Tue - 02/11/2025															
ALC 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
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			1257	316	2503	12.39	9.68	2367.9	13756	27.69	67.15	124.89	51.81	18.00	0.00
% of Calories											21.4%	39.7%	37.1%	12.9%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Wed - 02/12/2025															
ALC 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
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

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ALC 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 ¹ (g)
Weighted Daily Average			73539	356	14542	1314.3	338.16	15477.	570391	11166.	643.20	18594.	110.79	30.18	*0.00
% of Calories											3.5%	101.1%	1.4%	0.4%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Thu - 02/13/2025															
ALC 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
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			1370	291	2509	11.55	13.06	2282.4	13902	62.76	50.11	151.69	55.17	19.03	0.00
% of Calories											14.6%	44.3%	36.2%	12.5%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Fri - 02/14/2025															
ALC 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			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

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Mon - 02/17/2025															
ALC LUNCH	Total	1													
NO SCHOOL	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00	0.00
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			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Tue - 02/18/2025															
ALC 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
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			1417	340	2352	18.05	11.14	2433.5	14444	30.53	83.52	141.54	55.05	23.03	0.00
% of Calories											23.6%	40.0%	35.0%	14.6%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Wed - 02/19/2025															
ALC 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
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			1270	310	2335	15.13	10.93	2593.9	14331	32.34	62.28	137.60	51.56	21.22	0.00
% of Calories											19.6%	43.3%	36.5%	15.0%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

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Thu - 02/20/2025															
ALC 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
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			1272	308	1969	13.99	33.57	2430.5	15785	65.83	67.94	142.65	45.87	16.79	0.00
% of Calories											21.4%	44.8%	32.4%	11.9%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Fri - 02/21/2025															
ALC 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
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			1170	299	2060	12.38	11.86	2399.9	13756	27.69	64.78	121.85	46.31	21.22	0.00
% of Calories											22.1%	41.7%	35.6%	16.3%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Mon - 02/24/2025															
ALC 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
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

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ISD 518

Feb 3, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

ALC 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 ¹ (g)
Weighted Daily Average			1343	308	3214	16.45	13.11	2421.7	13916	29.61	68.16	164.80	45.17	16.21	0.00
% of Calories											20.3%	49.1%	30.3%	10.9%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Tue - 02/25/2025															
ALC 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
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			1224	345	2249	11.38	9.22	2302.9	13756	27.69	60.25	124.34	48.52	18.58	0.00
% of Calories											19.7%	40.7%	35.7%	13.7%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Wed - 02/26/2025															
ALC 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
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			1375	278	2372	13.72	10.69	2242.5	13919	60.59	65.64	161.32	51.67	16.72	*0.61
% of Calories											19.1%	46.9%	33.8%	10.9%	*0.4%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

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ISD 518

Feb 3, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

ALC 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 ¹ (g)
Thu - 02/27/2025															
ALC 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
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			1213	281	2440	14.09	12.59	2429.3	14734	31.27	63.36	137.03	44.38	18.23	*0.00
% of Calories											20.9%	45.2%	32.9%	13.5%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Fri - 02/28/2025															
ALC 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
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			1241	286	1980	12.05	10.90	2492.9	13824	29.71	46.23	126.33	52.53	20.22	0.00
% of Calories											14.9%	40.7%	38.1%	14.7%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.18	16.70		<=30.0	<10.00	

Weighted Average			7729	307	3411	129.93	43.07	3552.7	63858	1028.8	114.84 5.9%	1787.4 92.5%	55.28 6.4%	19.59 2.3%	*0.03 *0.0%
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ISD 518

Feb 3, 2025 thru Feb 28, 2025

Base Menu Spreadsheet

ALC LUNCH

Weighted Values - Detailed

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 ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	7729		846	914%												
Cholesterol (mg)	307								3411							
Sodium (mg)	3411															
Fiber (g)	129.93															
Iron (mg)	43.07		4.50	957%												
Calcium (mg)	3552.7		400.00	888%												
Vitamin A (IU)	63858		1500	4257%												
Vitamin C (mg)	1028.82		19.18	5365%												
Protein (g)	114.84	5.94%	16.70	688%												
Carbohydrate (g)	1787.45	92.50%														
Total Fat (g)	55.28	6.44%	<=30.00%													
Saturated Fat (g)	19.59	2.28%	<10.00%													
Trans Fat ¹ (g)	0.03	0.00%			Missing											

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