

Central Consolidated Schools

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

BAB 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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/03/2017																
BAB Breakfast	Total	1														
Oatmeal**1095	3/4 Cup	1	143	0	35	3.01	1.40	26.5	0	0.0	*8	4.8	27.19	1.96	0.34	*N/A*
WW Toast**0020	1 Slice	1	122	0	185	1.59	0.83	7.1	169	0.01	*1	2.69	16.29	5.47	0.89	*N/A*
Pears**0438	1/2 Cup	1	71	0	6	2.00	0.35	6.3	0	0.88	15	0.24	18.99	0.04	0.00	*N/A*
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			495	8	368	6.60	2.73	349.8	669	11.89	*25	15.72	90.14	8.71	1.99	*0.00
% of Calories											*20.1%	12.7%	72.9%	15.9%	3.6%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Tue - 04/04/2017																
BAB Breakfast	Total	1														
FrenchToastSticks**0207	3 Ea. + 2 Tbsp	1	262	115	342	3.00	1.81	81.2	200	3.6	13	9.0	50.13	4.0	1.00	*0.00
Peaches**0437	1/2 Cup	1	68	0	6	1.63	0.45	3.8	443	3.01	17	0.56	18.22	0.04	0.00	*N/A*
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			488	123	491	4.63	2.41	394.9	1143	17.60	*30	17.56	96.01	5.29	1.75	*0.00
% of Calories											*24.6%	14.4%	78.7%	9.8%	3.2%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Wed - 04/05/2017																
BAB Breakfast	Total	1														
Sausage Patty**0643	1 Patty	1	70	25	260	0.00	0.36	20.0	0	0.0	0	7.0	0.0	5.0	1.50	0.00
Biscuit**8257	1 Each	1	183	0	399	2.16	1.16	43.1	0	0.0	*N/A*	3.23	22.63	8.62	5.39	0.00
Applesauce**0356	1/2 Cup	1	87	0	3	1.53	0.15	3.8	8	2.17	19	0.2	22.31	0.22	0.04	*N/A*
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			498	32	804	3.69	1.83	376.9	508	13.17	*19	18.44	72.61	15.09	7.68	*0.00
% of Calories											*15.0%	14.8%	58.3%	27.3%	13.9%	*0.0%
Nutrient Guideline			350-500		540											<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.

Central Consolidated Schools

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

BAB Breakfast

Weighted Values - Detailed

Page 2

Generated on: 3/3/2017 11:23:56 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/06/2017																
BAB Breakfast	Total	1														
Cold Cereal**0013	1 Bowl	1	96	0	159	1.72	4.84	88.6	432	4.79	*N/A*	1.44	20.45	1.39	0.08	0.00
WW Toast**0020	1 Slice	1	122	0	185	1.59	0.83	7.1	169	0.01	*1	2.69	16.29	5.47	0.89	*N/A*
Banana**0068	1 each	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			467	8	488	5.93	6.07	410.8	1166	24.59	*14	13.23	87.47	8.44	1.84	*0.00
% of Calories											*11.7%	11.3%	75.0%	16.3%	3.5%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Fri - 04/07/2017																
BAB Breakfast	Total	1														
UBR**1305	1 Each	1	250	5	220	6.39	0.71	32.7	9	0.0	*N/A*	4.0	44.0	6.0	2.00	0.00
BkfFreshFruitMix**0336	1/2 Cup	1	33	0	5	0.92	0.19	6.6	542	17.14	6	0.53	8.39	0.17	0.04	*N/A*
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			442	13	368	7.31	1.05	349.3	1050	28.14	*6	12.53	80.06	7.42	2.78	*0.00
% of Calories											*5.7%	11.3%	72.5%	15.1%	5.7%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Mon - 04/10/2017																
BAB Breakfast	Total	1														
Cold Cereal**0013	1 Bowl	1	96	0	159	1.72	4.84	88.6	432	4.79	*N/A*	1.44	20.45	1.39	0.08	0.00
WW Toast**0020	1 Slice	1	122	0	185	1.59	0.83	7.1	169	0.01	*1	2.69	16.29	5.47	0.89	*N/A*
Peaches**0437	1/2 Cup	1	68	0	6	1.63	0.45	3.8	443	3.01	17	0.56	18.22	0.04	0.00	*N/A*
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			444	8	493	4.93	6.26	409.5	1544	18.80	*18	12.69	82.62	8.15	1.73	*0.00
% of Calories											*16.1%	11.4%	74.4%	16.5%	3.5%	*0.0%
Nutrient Guideline			350-500		540											<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.

Central Consolidated Schools

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

BAB 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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/11/2017																
BAB Breakfast	Total	1														
Bacon Scramble**1876	1 Ea	1	230	55	450	1.00	1.44	150.0	200	0.0	*N/A*	10.0	23.0	11.0	6.00	0.00
Applesauce**0356	1/2 Cup	1	87	0	3	1.53	0.15	3.8	8	2.17	19	0.2	22.31	0.22	0.04	*N/A*
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average % of Calories			475	63	595	2.53	1.74	463.8	708	13.17	*19 *15.8%	18.20 15.3%	72.98 61.4%	12.47 23.6%	6.79 12.9%	*0.00 *0.0%
Nutrient Guideline			350-500		540											<10.00

Wed - 04/12/2017																
BAB Breakfast	Total	1														
Pancakes w/Syrup**1188	2PC+2T	1	239	17	346	1.33	1.21	27.9	0	0.0	*8	4.0	50.14	2.67	0.33	*0.00
Pineapple Chunks**0092	1/2 Cup	1	65	0	1	1.00	0.49	17.5	48	9.39	16	0.45	16.84	0.15	0.01	*N/A*
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average % of Calories			462	24	489	2.34	1.85	355.4	548	20.39	*24 *21.0%	12.45 10.8%	94.65 81.9%	4.07 7.9%	1.10 2.1%	*0.00 *0.0%
Nutrient Guideline			350-500		540											<10.00

Thu - 04/13/2017																
BAB Breakfast	Total	1														
Yogurt**1777	1 Each	1	90	0	75	0.00	0.00	300.0	0	0.0	*N/A*	3.0	19.0	0.0	0.00	0.00
Granola Pack -1oz	1 oz pack	1	124	0	90	1.99	0.54	9.9	0	0.0	6	2.49	21.39	3.48	0.50	0.00
Banana**0068	1 each	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average % of Calories			463	8	308	4.62	0.95	625.0	565	19.79	*19 *16.3%	14.59 12.6%	91.12 78.8%	5.06 9.9%	1.36 2.6%	*0.00 *0.0%
Nutrient Guideline			350-500		540											<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.

Central Consolidated Schools

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

BAB Breakfast

Weighted Values - Detailed

Page 4

Generated on: 3/3/2017 11:23:56 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/14/2017																
BAB Breakfast	Total	1														
Good Friday	No School	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
NO SCHOOL TODAY	No School	1	0	0	0	0.00	0.00	0.0	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	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			350-500		540											<10.00

Mon - 04/17/2017																
BAB Breakfast	Total	1														
Pancake on Stick**0659	1 Each	1	198	25	307	2.97	1.78	19.8	0	0.0	4	6.94	16.84	9.91	2.48	0.00
Orange Wedges**0600	1 orange	1	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.02	*N/A*
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			402	32	450	5.28	2.03	368.2	716	62.07	*13	15.84	55.79	11.27	3.25	*0.00
% of Calories											*12.9%	15.8%	55.6%	25.3%	7.3%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Tue - 04/18/2017																
BAB Breakfast	Total	1														
Sausage Patty**0643	1 Patty	1	70	25	260	0.00	0.36	20.0	0	0.0	0	7.0	0.0	5.0	1.50	0.00
Biscuit**8257	1 Each	1	183	0	399	2.16	1.16	43.1	0	0.0	*N/A*	3.23	22.63	8.62	5.39	0.00
Applesauce**0356	1/2 Cup	1	87	0	3	1.53	0.15	3.8	8	2.17	19	0.2	22.31	0.22	0.04	*N/A*
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			498	32	804	3.69	1.83	376.9	508	13.17	*19	18.44	72.61	15.09	7.68	*0.00
% of Calories											*15.0%	14.8%	58.3%	27.3%	13.9%	*0.0%
Nutrient Guideline			350-500		540											<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.

Central Consolidated Schools

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

BAB 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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/19/2017																
BAB Breakfast	Total	1														
Mini Waffle**1934	pouch	1	190	0	210	3.00	2.70	100.0	500	0.0	*N/A*	4.0	33.0	5.0	1.50	0.00
BkfFreshFruitMix**0336	1/2 Cup	1	33	0	5	0.92	0.19	6.6	542	17.14	6	0.53	8.39	0.17	0.04	*N/A*
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			382	8	358	3.92	3.04	416.6	1542	28.14	*6	12.53	69.06	6.42	2.28	*0.00
% of Calories											*6.6%	13.1%	72.4%	15.1%	5.4%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Thu - 04/20/2017																
BAB Breakfast	Total	1														
Cold Cereal**0013	1 Bowl	1	96	0	159	1.72	4.84	88.6	432	4.79	*N/A*	1.44	20.45	1.39	0.08	0.00
WW Toast**0020	1 Slice	1	122	0	185	1.59	0.83	7.1	169	0.01	*1	2.69	16.29	5.47	0.89	*N/A*
Pineapple Chunks**0092	1/2 Cup	1	65	0	1	1.00	0.49	17.5	48	9.39	16	0.45	16.84	0.15	0.01	*N/A*
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			442	8	488	4.31	6.30	423.2	1149	25.19	*17	12.58	81.24	8.26	1.74	*0.00
% of Calories											*15.6%	11.4%	73.5%	16.8%	3.5%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Fri - 04/21/2017																
BAB Breakfast	Total	1														
BAB Bkfst Burrito**1847	1 Each	1	153	59	208	2.39	1.44	100.0	300	2.4	0	7.93	15.92	6.84	3.16	0.00
Banana**0068	1 Each	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Salsa**0651	2 Tbsp.	1	10	0	141	1.01	0.36	20.1	151	1.21	*N/A*	0.0	2.01	0.0	0.00	0.00
Weighted Daily Average			411	66	492	6.02	2.21	435.2	1016	23.39	*12	17.03	68.67	8.42	4.02	*0.00
% of Calories											*12.0%	16.6%	66.8%	18.4%	8.8%	*0.0%
Nutrient Guideline			350-500		540											<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.

Central Consolidated Schools

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

BAB 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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/24/2017																
BAB Breakfast	Total	1														
Choice of Muffin**0480	1 Each	1	117	18	73	1.78	0.74	5.1	33	0.59	*N/A*	2.37	19.4	3.22	0.46	0.00
Yogurt**1777	1 Each	1	90	0	75	0.00	0.00	300.0	0	0.0	*N/A*	3.0	19.0	0.0	0.00	0.00
Cantaloupe Chunks**0656	1/2 Cup	1	54	0	25	1.43	0.33	14.3	5369	58.26	12	1.33	12.95	0.3	0.08	*N/A*
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			419	25	316	3.20	1.22	629.4	5902	69.85	*12	14.70	79.02	4.77	1.29	*0.00
% of Calories											*11.9%	14.0%	75.4%	10.3%	2.8%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Tue - 04/25/2017																
BAB Breakfast	Total	1														
Cold Cereal**0013	1 Bowl	1	96	0	159	1.72	4.84	88.6	432	4.79	*N/A*	1.44	20.45	1.39	0.08	0.00
WW Toast**0020	1 Slice	1	122	0	185	1.59	0.83	7.1	169	0.01	*1	2.69	16.29	5.47	0.89	*N/A*
Orange Wedges**0600	1 orange	1	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.02	*N/A*
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			422	8	487	5.61	5.91	444.1	1317	66.87	*10	13.03	75.68	8.22	1.75	*0.00
% of Calories											*9.8%	12.4%	71.8%	17.5%	3.7%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Wed - 04/26/2017																
BAB Breakfast	Total	1														
Scrambled Eggs-E**0789	3 oz	1	70	216	70	0.00	0.00	0.0	0	0.0	0	6.0	0.0	6.0	2.00	0.00
Sausage Patty**0643	1 Patty	1	70	25	260	0.00	0.36	20.0	0	0.0	0	7.0	0.0	5.0	1.50	0.00
WW Toast**0020	1 oz Slice	1	122	0	185	1.59	0.83	7.1	169	0.01	*1	2.69	16.29	5.47	0.89	*N/A*
Honeydew Chunks**0662	1/2 Cup	1	31	0	16	0.70	0.15	5.2	44	15.72	7	0.47	7.94	0.12	0.03	*N/A*
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Salsa**0651	2 Tbsp.	1	10	0	141	1.01	0.36	20.1	151	1.21	*N/A*	0.0	2.01	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.

Central Consolidated Schools

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

BAB Breakfast

Weighted Values - Detailed

Page 7

Generated on: 3/3/2017 11:23:56 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			462	249	814	3.29	1.85	362.5	864	27.94	*8	24.16	53.91	17.84	5.17	*0.00
% of Calories											*7.3%	20.9%	46.7%	34.8%	10.1%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Thu - 04/27/2017																
BAB Breakfast	Total	1														
Pancakes w/Syrup**1188	2PC+2T	1	239	17	346	1.33	1.21	27.9	0	0.0	*8	4.0	50.14	2.67	0.33	*0.00
Apple Wedges**1238	4 Wedges	1	59	0	1	2.72	0.14	6.8	61	5.22	12	0.29	15.66	0.19	0.03	*N/A*
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			456	24	489	4.06	1.50	344.7	561	16.22	*20	12.30	93.47	4.11	1.12	*0.00
% of Calories											*17.7%	10.8%	82.0%	8.1%	2.2%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Fri - 04/28/2017																
BAB Breakfast	Total	1														
Pillsbury Mini Cinnis**1966	1 each	1	240	0	300	2.00	1.44	40.0	0	0.0	*N/A*	4.99	39.95	7.99	2.00	0.00
Banana**0068	1 each	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			488	8	443	4.62	1.85	355.0	565	19.79	*12	14.09	90.69	9.57	2.86	*0.00
% of Calories											*10.1%	11.6%	74.3%	17.7%	5.3%	*0.0%
Nutrient Guideline			350-500		540											<10.00

Weighted Average			453	39	502	4.56	2.77	415.3	1160	27.38	*16	15.27	79.36	8.88	3.06	*0.00
											*31.8%	13.5%	70.0%	17.6%	6.1%	*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.

Central Consolidated Schools

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

BAB Breakfast

Weighted Values - Detailed

Page 8

Generated on: 3/3/2017 11:23:56 AM

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	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	453		350 - 500	100%													
Cholesterol (mg)	39																
Sodium (mg)	502		540														
Fiber (g)	4.56																
Iron (mg)	2.77																
Calcium (mg)	415.3																
Vitamin A (IU)	1160																
Sugars (g)	16	14.14%			Missing												
Vitamin C (mg)	27.38																
Protein (g)	15.27	13.47%															
Carbohydrate (g)	79.36	70.01%															
Total Fat (g)	8.88	17.62%															
Saturated Fat (g)	3.06	6.08%	<10.00%														
Trans Fat ¹ (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.