

Central Consolidated Schools

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

	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)
Mon - 04/03/2017																
Elementary Lunch	Total	2														
Chicken Sand**0919	1 Each	1	198	12	317	2.97	1.60	59.5	49	1.79	*0	9.88	20.33	8.14	1.23	0.00
Simplot Swt Pot CC Fries**1958	4 oz	1	109	0	132	1.84	0.54	12.5	2486	2.48	*N/A*	0.79	15.06	5.05	1.15	0.00
ChoLettuce/Tomato**0283	1/2 Cup	1	7	0	3	0.72	0.31	10.7	2674	2.28	1	0.44	1.29	0.11	0.01	*N/A*
Applesauce**0356	1/2 Cup	1	43	0	1	0.77	0.08	1.9	4	1.08	9	0.1	11.16	0.11	0.02	*N/A*
Elem Fresh Veggie**1922	Servings	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Fruit&YogurtSalad GraCrk**1903	1 Salad	1	237	8	279	4.44	1.68	392.9	12877	26.54	*10	7.27	40.47	5.6	2.34	*0.00
Milk-Variety**0489	1 Carton	2	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			775	35	1025	12.25	4.76	794.2	20253	42.16	*21	27.73	108.23	25.63	6.51	*0.00
% of Calories											*11.0%	14.3%	55.8%	29.7%	7.6%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 04/04/2017																
Elementary Lunch	Total	2														
AFS Tangerine Chicken	3.9 oz	1	95	23	190	1.00	0.72	0.0	0	0.0	7	7.0	12.5	2.0	0.50	0.00
Brown Rice**0687	1 Cup	1	35	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.28	*N/A*	*N/A*
Broccoli**0258	1/2 Cup	1	16	0	6	1.70	0.35	18.7	573	22.74	1	1.76	3.03	0.07	0.01	*N/A*
Mandarin Oranges**1163	1/2 Cup	1	27	0	3	0.51	0.16	3.4	555	8.41	*N/A*	0.23	6.89	0.06	0.00	*N/A*
Elem Fresh Veggie**1922	Servings	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Fruit&YogurtSaladMuffin**0399	1 Salad	1	205	16	220	4.32	1.33	295.5	12394	26.87	*10	7.44	34.02	4.71	2.08	*0.00
Milk-Variety**0489	1 Carton	2	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			559	*54	*713	*9.04	*3.10	*634.3	*15686	*66.00	*18	*25.68	*76.37	13.75	*4.35	*0.00
% of Calories											*13.1%	*18.4%	*54.6%	22.1%	*7.0%	*0.0%
Nutrient Guideline			550-650		1230										<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

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/05/2017																
Elementary Lunch	Total	2														
Pork Riblet Sandwich**1830	1 Sandwich	1	190	20	350	2.50	1.08	30.0	100	3.6	*4	10.0	24.51	5.5	1.75	0.00
Tater Tots**1299	3 Oz.	1	60	0	130	1.00	0.00	0.0	0	1.2	0	0.5	9.02	2.51	0.50	0.00
Honeydew Chunks**0662	1/2 Cup	1	16	0	8	0.35	0.07	2.6	22	7.86	4	0.24	3.97	0.06	0.01	*N/A*
Elem Fresh Veggie**1922	Servings	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Elem Bag Lunch**1997	lunch	1	121	12	322	1.48	0.85	136.4	150	0.0	*0	6.1	14.63	4.18	1.68	0.00
Milk-Variety**0489	1 Carton	2	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			568	47	1104	6.84	2.54	485.7	2435	20.65	*8	26.09	72.06	18.87	5.70	*0.00
% of Calories											*5.4%	18.4%	50.7%	29.9%	9.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 04/06/2017																
Elementary Lunch	Total	2														
Hamburger All**0279	1 Sandwich	1	166	20	368	1.64	1.42	48.7	55	2.35	*0	7.36	15.29	8.07	3.02	*0.00
Crinkle Cut Fries**0499	3 Oz.	1	60	0	15	1.00	0.36	0.0	0	3.0	*N/A*	1.0	9.5	2.25	0.75	0.00
ChoLettuce/Tomato**0283	1/2 Cup	1	7	0	3	0.72	0.31	10.7	2674	2.28	1	0.44	1.29	0.11	0.01	*N/A*
Pickles**1229	3 Each	1	1	0	92	0.12	0.04	4.4	19	0.08	0	0.06	0.27	0.01	0.00	*N/A*
Apple Wedges**1238	4 Wedges	1	29	0	1	1.36	0.07	3.4	31	2.61	6	0.15	7.83	0.1	0.02	*N/A*
Elem Fresh Veggie**1922	Servings	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Fruit&YogurtSaladMuffin**0399	1 Salad	1	205	16	220	4.32	1.33	295.5	12394	26.87	*10	7.44	34.02	4.71	2.08	*0.00
Milk-Variety**0489	1 Carton	2	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			650	51	992	10.67	4.08	679.4	17335	45.18	*18	25.71	88.13	21.87	7.63	*0.00
% of Calories											*10.9%	15.8%	54.2%	30.3%	10.6%	*0.0%
Nutrient Guideline			550-650		1230										<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

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/07/2017																
Elementary Lunch	Total	2														
Tony's Cheese Pizza **1536	1 Slice	1	145	7	270	2.00	1.35	150.0	250	0.0	*N/A*	7.5	17.0	5.5	2.00	0.00
Red Pepper Strips**1873	1/4 cup	1	12	0	1	0.78	0.16	2.6	1165	47.5	2	0.37	2.24	0.11	0.01	*N/A*
Pineapple Chunks**0092	1/2 Cup	1	33	0	1	0.50	0.24	8.8	24	4.7	8	0.23	8.42	0.08	0.01	*N/A*
Elem Fresh Veggie**1922	Servings	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Elem Bag Lunch***1997	lunch	1	121	12	322	1.48	0.85	136.4	150	0.0	*0	6.1	14.63	4.18	1.68	0.00
Friday Milk**1848	1 Carton	2	110	7	153	0.00	0.18	300.0	500	2.0	*N/A*	8.0	16.67	0.83	0.50	0.00
Weighted Daily Average			501	34	911	6.27	3.23	614.4	3752	59.78	*10	23.45	65.89	16.07	5.20	*0.00
% of Calories											*8.1%	18.7%	52.6%	28.9%	9.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 04/10/2017																
Elementary Lunch	Total	2														
BBQ Drumsticks E**1886	1 pc	1	105	45	355	0.44	0.36	0.0	0	1.2	*0	8.0	7.0	5.0	1.25	*0.00
Baked Beans**8032	1/2 Cup	1	66	0	243	3.04	0.91	30.4	0	0.0	5	3.04	12.65	0.0	0.00	0.00
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	1	45	0	70	0.79	0.41	2.8	0	0.0	*1	1.32	8.26	0.93	0.13	*N/A*
Grape Cluster**0422	1/2 Cup	1	17	0	1	0.23	0.07	3.6	26	1.02	4	0.16	4.39	0.09	0.03	*N/A*
Elem Fresh Veggie**1922	Servings	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Fruit&YogurtSalad GraCrk**1903	1 Salad	1	237	8	279	4.44	1.68	392.9	12877	26.54	*10	7.27	40.47	5.6	2.34	*0.00
Milk-Variety**0489	1 Carton	2	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			652	68	1241	10.45	3.98	746.4	15067	36.74	*21	29.04	92.70	18.24	5.50	*0.00
% of Calories											*12.9%	17.8%	56.9%	25.2%	7.6%	*0.0%
Nutrient Guideline			550-650		1230										<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

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/11/2017																
Elementary Lunch	Total	2														
Mac & Cheese-HMD**0285	2/3 CUP	1	178	28	462	0.42	0.45	196.1	413	0.29	*0	8.73	10.64	11.2	6.08	*0.00
Green Beans-FRZ**0426	1/2 cup	1	11	0	0	1.22	0.27	17.1	227	1.67	1	0.61	2.63	0.07	0.02	*N/A*
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	1	45	0	70	0.79	0.41	2.8	0	0.0	*1	1.32	8.26	0.93	0.13	*N/A*
Fresh Strawberries**1875	1/2 cup	1	12	0	0	0.72	0.15	5.8	4	21.17	2	0.24	2.76	0.11	0.00	*N/A*
Elem Fresh Veggie**1922	Servings	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Elem Bag Lunch**1997	lunch	1	121	12	322	1.48	0.85	136.4	150	0.0	*0	6.1	14.63	4.18	1.68	0.00
Milk-Variety**0489	1 Carton	2	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			548	55	1149	6.15	2.67	674.9	2958	31.12	*4	26.26	58.86	23.11	9.66	*0.00
% of Calories											*2.7%	19.2%	43.0%	37.9%	15.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 04/12/2017																
Elementary Lunch	Total	2														
Salisbury Steak**0767	1 Each	1	79	21	152	0.50	1.00	22.5	20	0.5	*N/A*	7.0	2.5	4.5	1.70	0.30
Mashed Potatoes**0171	1/2 Cup	1	37	0	51	0.50	0.18	5.0	25	1.79	*N/A*	0.99	7.95	0.3	0.05	0.00
Gravy - Variety**1859	1/4 Cup	1	10	0	158	0.00	0.00	0.0	0	0.0	*N/A*	0.25	2.0	0.25	0.00	0.00
Mixed Veggies-FRZ**0646	1/2 Cup	1	19	0	15	0.76	0.14	0.0	476	1.37	2	0.38	4.19	0.0	0.00	0.00
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	1	45	0	70	0.79	0.41	2.8	0	0.0	*1	1.32	8.26	0.93	0.13	*N/A*
Kiwi Strawberry Sidekick**1944	4.4 oz serving	1	40	0	23	0.00	0.18	40.0	500	30.0	*N/A*	0.0	10.0	0.0	0.00	0.00
Elem Fresh Veggie**1922	Servings	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Fruit&YogurtSalad GraCrk**1903	1 Salad	1	237	8	279	4.44	1.68	392.9	12877	26.54	*10	7.27	40.47	5.6	2.34	*0.00
Milk-Variety**0489	1 Carton	2	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			650	44	1040	8.50	4.14	779.9	16062	68.18	*13	26.47	95.30	18.20	5.97	*0.30
% of Calories											*8.2%	16.3%	58.7%	25.2%	8.3%	*0.4%
Nutrient Guideline			550-650		1230										<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

Elementary Lunch

Weighted Values - Detailed

	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 - 04/13/2017																
Elementary Lunch	Total	2														
Los Cabos Bean&Cheese Burrito	1 each	1	148	9	249	4.40	1.35	100.0	150	0.6	1	7.56	20.43	4.47	2.02	0.00
ChoLettuce/Tomato**0283	1/2 Cup	1	7	0	3	0.72	0.31	10.7	2674	2.28	1	0.44	1.29	0.11	0.01	*N/A*
Corn-FRZ**0271	1/2 Cup	1	33	0	0	0.98	0.19	1.2	81	1.43	1	1.04	7.88	0.27	0.04	*N/A*
Apple Wedges**1238	4 Wedges	1	29	0	1	1.36	0.07	3.4	31	2.61	6	0.15	7.83	0.1	0.02	*N/A*
Elem Fresh Veggie**1922	Servings	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Fruit&YogurtSaladMuffin**0399	1 Salad	1	205	16	220	4.32	1.33	295.5	12394	26.87	*10	7.44	34.02	4.71	2.08	*0.00
Milk-Variety**0489	1 Carton	2	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	5	0	70	0.50	0.18	10.1	76	0.6	*N/A*	0.0	1.01	0.0	0.00	0.00
Weighted Daily Average			609	40	838	13.80	3.98	737.6	17568	42.38	*19	25.88	92.38	16.28	5.93	*0.00
% of Calories											*12.6%	17.0%	60.7%	24.1%	8.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 04/14/2017																
Elementary Lunch	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			550-650		1230										<10.00	

Mon - 04/17/2017																
Elementary Lunch	Total	2														
Taco- 2 w GB***1974	2 Tacos	1	191	30	244	2.64	1.74	165.8	825	5.4	*0	12.02	14.67	9.6	4.05	*0.03
Spanish Rice**8189	1/2 Cup	1	57	0	180	0.95	0.48	7.6	187	5.97	*0	0.44	10.74	1.02	0.08	*0.00
ChoLettuce/Tomato**0283	1/2 Cup	1	7	0	3	0.72	0.31	10.7	2674	2.28	1	0.44	1.29	0.11	0.01	*N/A*
Honeydew Chunks**0662	1/2 Cup	1	16	0	8	0.35	0.07	2.6	22	7.86	4	0.24	3.97	0.06	0.01	*N/A*
Elem Fresh Veggie**1922	Servings	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Fruit&YogurtSalad GraCrk**1903	1 Salad	1	237	8	279	4.44	1.68	392.9	12877	26.54	*10	7.27	40.47	5.6	2.34	*0.00
Milk-Variety**0489	1 Carton	2	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	5	0	70	0.50	0.18	10.1	76	0.6	*N/A*	0.0	1.01	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

Elementary Lunch

Weighted Values - Detailed

	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)
Weighted Daily Average % of Calories			693	53	1077	11.11	5.02	906.4	18824	56.63	*16 *9.1%	29.66 17.1%	92.08 53.1%	23.01 29.9%	8.25 10.7%	*0.03 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 04/18/2017																
Elementary Lunch	Total	2														
Spag w/Meat Sauce **1025	1 1/2 Cup	1	242	21	364	4.80	1.92	131.2	818	6.55	*0	12.08	30.99	8.2	3.10	*0.18
Tossed Salad**0202	1 Cup	1	10	0	6	1.00	0.40	14.6	3888	3.05	1	0.58	1.94	0.14	0.02	*0.00
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	1	45	0	70	0.79	0.41	2.8	0	0.0	*1	1.32	8.26	0.93	0.13	*N/A*
Pears**0438	1/2 Cup	1	36	0	3	1.00	0.18	3.1	0	0.44	8	0.12	9.5	0.02	0.00	*N/A*
Elem Fresh Veggie**1922	Servings	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Elem Bag Lunch***1997	lunch	1	121	12	322	1.48	0.85	136.4	150	0.0	*0	6.1	14.63	4.18	1.68	0.00
Milk-Variety**0489	1 Carton	2	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			635	47	1058	10.58	4.30	604.8	7020	18.03	*10 *6.2%	29.46 18.6%	85.25 53.7%	20.10 28.5%	6.68 9.5%	*0.18 *0.3%
Nutrient Guideline			550-650		1230											<10.00

Wed - 04/19/2017																
Elementary Lunch	Total	2														
Asian Teriyaki Chicken**1839	2.85 oz serving	1	73	26	207	0.00	0.54	10.0	50	0.6	7	7.5	7.0	1.25	0.50	0.00
Brown Rice**0687	1 Cup	1	35	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.28	*N/A*	*N/A*
Broccoli**0258	1/2 Cup	1	16	0	6	1.70	0.35	18.7	573	22.74	1	1.76	3.03	0.07	0.01	*N/A*
Mandarin Oranges**1163	1/2 Cup	1	27	0	3	0.51	0.16	3.4	555	8.41	*N/A*	0.23	6.89	0.06	0.00	*N/A*
Elem Fresh Veggie**1922	Servings	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Fruit&YogurtSaladMuffin**0399	1 Salad	1	205	16	220	4.32	1.33	295.5	12394	26.87	*10	7.44	34.02	4.71	2.08	*0.00
Milk-Variety**0489	1 Carton	2	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			537	*58	*730	*8.04	*2.92	*644.3	*15736	*66.60	*19 *14.0%	*26.18 *19.5%	*70.87 *52.8%	13.00 21.8%	*4.35 *7.3%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<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

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/20/2017																
Elementary Lunch	Total	2														
Pork Riblet Sandwich**1830	1 Sandwich	1	190	20	350	2.50	1.08	30.0	100	3.6	*4	10.0	24.51	5.5	1.75	0.00
Tater Tots**1299	3 Oz.	1	60	0	130	1.00	0.00	0.0	0	1.2	0	0.5	9.02	2.51	0.50	0.00
Apple Wedges**1238	4 Wedges	1	29	0	1	1.36	0.07	3.4	31	2.61	6	0.15	7.83	0.1	0.02	*N/A*
Elem Fresh Veggie**1922	Servings	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Elem Bag Lunch***1997	lunch	1	121	12	322	1.48	0.85	136.4	150	0.0	*0	6.1	14.63	4.18	1.68	0.00
Milk-Variety**0489	1 Carton	2	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			582	47	1097	7.85	2.54	486.5	2444	15.40	*10	26.00	75.92	18.90	5.71	*0.00
% of Calories											*6.9%	17.9%	52.2%	29.2%	8.8%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 04/21/2017																
Elementary Lunch	Total	2														
Tony's Pepperoni Pizza**1203	1 Slice	1	150	7	320	2.00	1.35	100.0	200	0.0	*N/A*	7.5	18.0	5.5	2.25	0.00
Cucumber Slices**5047	1/2 Cup	1	6	0	1	0.20	0.11	6.5	43	1.14	1	0.27	1.48	0.04	0.01	*N/A*
Cantaloupe Chunks**0656	1/2 Cup	1	27	0	13	0.71	0.17	7.1	2685	29.13	6	0.67	6.48	0.15	0.04	*N/A*
Elem Fresh Veggie**1922	Servings	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Fruit&YogurtSalad GraCrk**1903	1 Salad	1	237	8	279	4.44	1.68	392.9	12877	26.54	*10	7.27	40.47	5.6	2.34	*0.00
Friday Milk**1848	1 Carton	2	110	7	153	0.00	0.18	300.0	500	2.0	*N/A*	8.0	16.67	0.83	0.50	0.00
Weighted Daily Average			612	29	929	8.86	3.95	823.3	17968	64.40	*18	24.95	90.02	17.50	6.14	*0.00
% of Calories											*11.7%	16.3%	58.8%	25.7%	9.0%	*0.0%
Nutrient Guideline			550-650		1230										<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

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/24/2017																
Elementary Lunch	Total	2														
Los Cabos Bean&Cheese Burrito	1 each	1	148	9	249	4.40	1.35	100.0	150	0.6	1	7.56	20.43	4.47	2.02	0.00
ChoLettuce/Tomato**0283	1/2 Cup	1	7	0	3	0.72	0.31	10.7	2674	2.28	1	0.44	1.29	0.11	0.01	*N/A*
Corn-FRZ**0271	1/2 Cup	1	33	0	0	0.98	0.19	1.2	81	1.43	1	1.04	7.88	0.27	0.04	*N/A*
Fresh Strawberries**1875	1/2 cup	1	12	0	0	0.72	0.15	5.8	4	21.17	2	0.24	2.76	0.11	0.00	*N/A*
Elem Fresh Veggie**1922	Servings	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Fruit&YogurtSaladMuffin**0399	1 Salad	1	205	16	220	4.32	1.33	295.5	12394	26.87	*10	7.44	34.02	4.71	2.08	*0.00
Milk-Variety**0489	1 Carton	2	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	5	0	70	0.50	0.18	10.1	76	0.6	*N/A*	0.0	1.01	0.0	0.00	0.00
Weighted Daily Average			591	40	837	13.16	4.06	739.9	17542	60.94	*15	25.98	87.32	16.29	5.92	*0.00
% of Calories											*10.2%	17.6%	59.1%	24.8%	9.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 04/25/2017																
Elementary Lunch	Total	2														
Roast Chicken**1912	2 oz	1	50	18	100	0.00	0.12	0.0	0	0.0	*N/A*	4.65	0.0	3.3	1.00	0.00
Mashed Potatoes**0171	1/2 Cup	1	37	0	51	0.50	0.18	5.0	25	1.79	*N/A*	0.99	7.95	0.3	0.05	0.00
Gravy - Variety**1859	1/4 Cup	1	10	0	158	0.00	0.00	0.0	0	0.0	*N/A*	0.25	2.0	0.25	0.00	0.00
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	1	45	0	70	0.79	0.41	2.8	0	0.0	*1	1.32	8.26	0.93	0.13	*N/A*
Peaches**0437	1/2 Cup	1	34	0	3	0.81	0.23	1.9	222	1.5	8	0.28	9.11	0.02	0.00	*N/A*
Jello w/Topping**0385	1/2 Cup	1	48	0	0	0.00	0.00	0.0	0	15.0	*N/A*	1.0	9.5	1.0	1.00	*0.00
Elem Fresh Veggie**1922	Servings	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Fruit&YogurtSaladMuffin**0399	1 Salad	1	205	16	220	4.32	1.33	295.5	12394	26.87	*10	7.44	34.02	4.71	2.08	*0.00
Milk-Variety**0489	1 Carton	2	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			611	50	896	7.93	2.81	621.9	14804	53.15	*20	25.19	90.77	17.14	6.02	*0.00
% of Calories											*13.2%	16.5%	59.5%	25.3%	8.9%	*0.0%
Nutrient Guideline			550-650		1230										<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

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/26/2017																
Elementary Lunch	Total	2														
Hotdog**0162	1 Each	1	131	22	639	1.05	1.19	74.6	150	0.6	*N/A*	6.25	13.27	6.26	1.51	*0.00
Crinkle Cut Fries**0499	3 Oz.	1	60	0	15	1.00	0.36	0.0	0	3.0	*N/A*	1.0	9.5	2.25	0.75	0.00
Grape Cluster**0422	1/2 Cup	1	17	0	1	0.23	0.07	3.6	26	1.02	4	0.16	4.39	0.09	0.03	*N/A*
Elem Fresh Veggie**1922	Servings	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Fruit&YogurtSalad GraCrk**1903	1 Salad	1	237	8	279	4.44	1.68	392.9	12877	26.54	*10	7.27	40.47	5.6	2.34	*0.00
Milk-Variety**0489	1 Carton	2	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			627	45	1227	8.22	3.85	787.8	15216	39.14	*15	23.94	87.55	20.82	6.38	*0.00
% of Calories											*9.7%	15.3%	55.8%	29.9%	9.2%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

	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)
Thu - 04/27/2017																
Elementary Lunch	Total	2														
Frito Pie-Cnd Bean Gr BF**1937	Servings	1	189	14	533	4.80	1.97	116.8	195	4.65	*1	8.88	23.07	7.26	1.86	*0.09
ChoLettuce/Tomato**0283	1/2 Cup	1	7	0	3	0.72	0.31	10.7	2674	2.28	1	0.44	1.29	0.11	0.01	*N/A*
Honeydew Chunks**0662	1/2 Cup	1	16	0	8	0.35	0.07	2.6	22	7.86	4	0.24	3.97	0.06	0.01	*N/A*
Elem Fresh Veggie**1922	Servings	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Elem Bag Lunch***1997	lunch	1	121	12	322	1.48	0.85	136.4	150	0.0	*0	6.1	14.63	4.18	1.68	0.00
Milk-Variety**0489	1 Carton	2	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	5	0	70	0.50	0.18	10.1	76	0.6	*N/A*	0.0	1.01	0.0	0.00	0.00
Weighted Daily Average			519	41	1229	9.36	3.92	593.3	5279	23.39	*6	24.91	63.90	18.23	5.32	*0.09
% of Calories											*4.5%	19.2%	49.3%	31.6%	9.2%	*0.2%
Nutrient Guideline			550-650		1230										<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

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/28/2017																
Elementary Lunch	Total	2														
Tony's Cheese Stuff Stic**1715	2 Each	1	189	23	540	1.72	1.29	164.4	280	1.73	*N/A*	8.72	19.47	8.08	3.86	0.00
Green Beans-FRZ**0426	1/2 cup	1	11	0	0	1.22	0.27	17.1	227	1.67	1	0.61	2.63	0.07	0.02	*N/A*
Pineapple Chunks**0092	1/2 Cup	1	33	0	1	0.50	0.24	8.8	24	4.7	8	0.23	8.42	0.08	0.01	*N/A*
Elem Fresh Veggie**1922	Servings	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Fruit&YogurtSalad GraCrk**1903	1 Salad	1	237	8	279	4.44	1.68	392.9	12877	26.54	*10	7.27	40.47	5.6	2.34	*0.00
Friday Milk**1848	1 Carton	2	110	7	153	0.00	0.18	300.0	500	2.0	*N/A*	8.0	16.67	0.83	0.50	0.00
Weighted Daily Average			662	44	1137	9.39	4.12	899.9	15572	42.22	*19	26.08	94.58	20.03	7.72	*0.00
% of Calories											*11.7%	15.8%	57.2%	27.2%	10.5%	*0.0%
Nutrient Guideline			550-650		1230											<10.00

Weighted Average			609	*46	*1012	*9.39	*3.68	*697.6	*12712	*44.85	*15	*26.24	*83.59	18.79	*6.26	*0.03
											*21.8%	*17.2%	*54.9%	27.7%	*9.2%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	609		550 - 650	100%				
Cholesterol (mg)	46				Missing			
Sodium (mg)	1012		1230		Missing			
Fiber (g)	9.39				Missing			
Iron (mg)	3.68				Missing			
Calcium (mg)	697.6				Missing			
Vitamin A (IU)	12712				Missing			
Sugars (g)	15	9.70%			Missing			
Vitamin C (mg)	44.85				Missing			
Protein (g)	26.24	17.22%			Missing			
Carbohydrate (g)	83.59	54.86%			Missing			
Total Fat (g)	18.79	27.75%						
Saturated Fat (g)	6.26	9.24%	<10.00%		Missing			
Trans Fat ¹ (g)	0.03	0.05%			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.