

Central Consolidated Schools

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

High 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 - 04/03/2017 | | | | | | | | | | | | | | | | |
| High Lunch | Total | 3 | | | | | | | | | | | | | | |
| Tyson Chicken Popcorn**1956 | 3.08 oz 1 4 pc | 1 | 85 | 9 | 129 | 1.02 | 0.61 | 0.0 | 34 | 0.0 | 0 | 5.1 | 5.44 | 5.1 | 0.85 | 0.00 |
| Green Beans-FRZ**0426 | 1/2 cup | 2 | 15 | 0 | 1 | 1.63 | 0.36 | 22.9 | 303 | 2.23 | 1 | 0.81 | 3.51 | 0.09 | 0.02 | *N/A* |
| Mashed Potatoes**0171 | 1/2 Cup | 1 | 25 | 0 | 34 | 0.33 | 0.12 | 3.3 | 17 | 1.19 | *N/A* | 0.66 | 5.3 | 0.2 | 0.03 | 0.00 |
| Gravy - Variety**1859 | 1/4 Cup | 1 | 7 | 0 | 105 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.17 | 1.33 | 0.17 | 0.00 | 0.00 |
| 2 Oz Wheat Roll**8176 | 2 Oz. Roll | 1 | 61 | 0 | 94 | 1.06 | 0.55 | 3.8 | 1 | 0.0 | *1 | 1.76 | 11.02 | 1.24 | 0.17 | *N/A* |
| Pears**0438 | 1/2 Cup | 3 | 71 | 0 | 6 | 2.00 | 0.35 | 6.3 | 0 | 0.88 | 15 | 0.24 | 18.99 | 0.04 | 0.00 | *N/A* |
| Grape Cluster**0422 | 1/2 Cup | 3 | 34 | 0 | 1 | 0.46 | 0.15 | 7.2 | 51 | 2.05 | 8 | 0.32 | 8.78 | 0.18 | 0.06 | *N/A* |
| ChoFreshVeggie**1882 | Servings | 3 | 36 | 0 | 109 | 2.63 | 0.60 | 20.1 | 2838 | 10.84 | *1 | 1.7 | 6.65 | 0.47 | 0.11 | *N/A* |
| Milk-Variety**0489 | 1 Carton | 3 | 100 | 8 | 130 | 0.00 | 0.09 | 300.0 | 500 | 2.4 | *N/A* | 8.0 | 13.0 | 1.25 | 0.75 | 0.00 |
| Choice of Chick Sand HS**2002 | 1 Serving | 1 | 118 | 18 | 278 | 1.48 | 0.81 | 19.3 | 437 | 3.74 | *0 | 7.25 | 9.92 | 5.26 | 0.93 | *0.00 |
| Choice of Pizza-HS**1437 | 1 Slice | 1 | 117 | 12 | 210 | 1.33 | 0.75 | 108.3 | 133 | 0.0 | *N/A* | 6.0 | 12.0 | 5.0 | 2.33 | 0.00 |
| French Fries S**1890 | 1 Serving | 1 | 45 | 0 | 68 | 0.73 | 0.17 | 1.2 | 0 | 1.25 | 0 | 0.6 | 6.27 | 1.81 | 0.38 | 0.00 |
| Chef Salad**1907 | 1 Salad | 1 | 162 | 80 | 502 | 2.76 | 1.51 | 87.7 | 6746 | 6.67 | *4 | 9.7 | 15.93 | 6.95 | 2.93 | *0.00 |
| Weighted Daily Average | | | 876 | 125 | 1667 | 15.45 | 6.08 | 580.0 | 11060 | 31.26 | *31 | 42.32 | 118.15 | 27.77 | 8.56 | *0.00 |
| % of Calories | | | | | | | | | | | *14.2% | 19.3% | 54.0% | 28.5% | 8.8% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------------|-----------|---|---------|----|------|-------|------|-------|-------|-------|--------|-------|--------|-------|--------|-------|
| Tue - 04/04/2017 | | | | | | | | | | | | | | | | |
| High Lunch | Total | 4 | | | | | | | | | | | | | | |
| Los Cabos Bean&Cheese Burrito | 1 each | 1 | 74 | 4 | 125 | 2.20 | 0.68 | 50.0 | 75 | 0.3 | 0 | 3.78 | 10.22 | 2.23 | 1.01 | 0.00 |
| ChoLettuce/Tomato**0283 | 1/2 Cup | 3 | 10 | 0 | 4 | 1.09 | 0.47 | 16.0 | 4010 | 3.43 | 1 | 0.66 | 1.94 | 0.16 | 0.02 | *N/A* |
| Corn Salad**1945 | 1/2 cup | 3 | 64 | 0 | 70 | 1.91 | 0.41 | 14.0 | 1020 | 40.33 | *3 | 2.17 | 14.78 | 0.58 | 0.08 | *N/A* |
| Fruit Cocktail**0419 | 1/2 Cup | 4 | 69 | 0 | 7 | 1.20 | 0.35 | 7.2 | 246 | 2.28 | 17 | 0.48 | 17.95 | 0.08 | 0.01 | *N/A* |
| Honeydew Chunks**0662 | 1/2 Cup | 4 | 31 | 0 | 16 | 0.70 | 0.15 | 5.2 | 44 | 15.72 | 7 | 0.47 | 7.94 | 0.12 | 0.03 | *N/A* |
| ChoFreshVeggie**1882 | Servings | 4 | 36 | 0 | 109 | 2.63 | 0.60 | 20.1 | 2838 | 10.84 | *1 | 1.7 | 6.65 | 0.47 | 0.11 | *N/A* |
| Milk-Variety**0489 | 1 Carton | 4 | 100 | 8 | 130 | 0.00 | 0.09 | 300.0 | 500 | 2.4 | *N/A* | 8.0 | 13.0 | 1.25 | 0.75 | 0.00 |
| Burger/Deli Sand Choice**1891 | 1 Serving | 1 | 100 | 13 | 263 | 1.11 | 0.59 | 29.2 | 345 | 3.56 | *0 | 4.79 | 10.27 | 4.36 | 1.48 | *0.00 |
| French Fries S**1890 | 1 Serving | 2 | 67 | 0 | 102 | 1.10 | 0.26 | 1.7 | 0 | 1.87 | 0 | 0.9 | 9.4 | 2.72 | 0.57 | 0.00 |
| Salad,Grill Chix & Fruit**1996 | 3 cup | 1 | 102 | 24 | 127 | 2.10 | 1.10 | 74.5 | 2981 | 18.41 | *2 | 9.23 | 11.66 | 2.53 | 0.91 | *0.00 |
| Weighted Daily Average | | | 654 | 50 | 954 | 14.04 | 4.69 | 518.0 | 12058 | 99.15 | *31 | 32.18 | 103.80 | 14.51 | 4.96 | *0.00 |
| % of Calories | | | | | | | | | | | *19.1% | 19.7% | 63.5% | 20.0% | 6.8% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <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.

Central Consolidated Schools

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

High Lunch

Weighted Values - Detailed

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Generated on: 3/3/2017 9:30:33 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) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 04/05/2017 | | | | | | | | | | | | | | | | |
| High Lunch | Total | 4 | | | | | | | | | | | | | | |
| Lasagna w/ GB **1936 | 5x5 | 1 | 72 | 11 | 160 | 0.49 | 0.61 | 61.2 | 122 | 0.9 | *N/A* | 5.27 | 5.99 | 2.86 | 1.25 | *0.00 |
| Tossed Salad**0202 | 1 Cup | 4 | 19 | 0 | 11 | 2.00 | 0.81 | 29.2 | 7776 | 6.1 | 2 | 1.17 | 3.89 | 0.28 | 0.03 | *0.00 |
| Peas, FRZ**0040 | 1/2 Cup | 1 | 19 | 0 | 17 | 1.31 | 0.36 | 5.7 | 500 | 2.36 | 1 | 1.23 | 3.4 | 0.06 | 0.01 | *N/A* |
| WG Breadsticks**1885 | 1 each | 1 | 20 | 0 | 25 | 0.50 | 0.09 | 1.6 | 0 | 0.0 | *N/A* | 0.75 | 3.75 | 0.25 | 0.00 | 0.00 |
| Fruit Cocktail**0419 | 1/2 Cup | 4 | 69 | 0 | 7 | 1.20 | 0.35 | 7.2 | 246 | 2.28 | 17 | 0.48 | 17.95 | 0.08 | 0.01 | *N/A* |
| Orange Wedges**0600 | 1 orange | 4 | 45 | 0 | 0 | 2.30 | 0.10 | 38.4 | 216 | 51.07 | 9 | 0.9 | 11.28 | 0.12 | 0.02 | *N/A* |
| ChoFreshVeggie**1882 | Servings | 4 | 36 | 0 | 109 | 2.63 | 0.60 | 20.1 | 2838 | 10.84 | *1 | 1.7 | 6.65 | 0.47 | 0.11 | *N/A* |
| Milk-Variety**0489 | 1 Carton | 4 | 100 | 8 | 130 | 0.00 | 0.09 | 300.0 | 500 | 2.4 | *N/A* | 8.0 | 13.0 | 1.25 | 0.75 | 0.00 |
| Choice of Chick Sand HS**2002 | 1 Serving | 1 | 88 | 13 | 209 | 1.11 | 0.61 | 14.5 | 328 | 2.81 | *0 | 5.44 | 7.44 | 3.95 | 0.70 | *0.00 |
| Choice of Pizza-HS**1437 | 1 Slice | 1 | 88 | 9 | 158 | 1.00 | 0.56 | 81.2 | 100 | 0.0 | *N/A* | 4.5 | 9.0 | 3.75 | 1.75 | 0.00 |
| French Fries S**1890 | 1 Serving | 2 | 67 | 0 | 102 | 1.10 | 0.26 | 1.7 | 0 | 1.87 | 0 | 0.9 | 9.4 | 2.72 | 0.57 | 0.00 |
| Fruit&Yogurt Salad HS **1987 | 1 Salad | 1 | 125 | 8 | 134 | 2.41 | 0.85 | 172.8 | 6322 | 13.43 | *5 | 3.97 | 21.01 | 2.98 | 1.17 | *0.00 |
| Weighted Daily Average | | | 748 | 48 | 1062 | 16.06 | 5.29 | 733.6 | 18948 | 94.08 | *35 | 34.31 | 112.75 | 18.77 | 6.36 | *0.00 |
| % of Calories | | | | | | | | | | | *18.9% | 18.4% | 60.3% | 22.6% | 7.7% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------------|------------|---|---------|----|------|-------|------|-------|-------|-------|--------|-------|--------|-------|--------|-------|
| Thu - 04/06/2017 | | | | | | | | | | | | | | | | |
| High Lunch | Total | 3 | | | | | | | | | | | | | | |
| Pork Riblet Sandwich**1830 | 1 Sandwich | 1 | 127 | 13 | 233 | 1.67 | 0.72 | 20.0 | 67 | 2.4 | *2 | 6.67 | 16.34 | 3.67 | 1.17 | 0.00 |
| Cucumber Slices**5047 | 1/2 Cup | 2 | 8 | 0 | 1 | 0.27 | 0.15 | 8.7 | 57 | 1.52 | 1 | 0.35 | 1.98 | 0.06 | 0.02 | *N/A* |
| Simplot Swt Pot CC Fries**1958 | 4 oz | 2 | 145 | 0 | 176 | 2.45 | 0.72 | 16.7 | 3315 | 3.31 | *N/A* | 1.05 | 20.08 | 6.73 | 1.53 | 0.00 |
| Fresh Strawberries**1875 | 1/2 cup | 3 | 23 | 0 | 1 | 1.44 | 0.30 | 11.5 | 9 | 42.34 | 4 | 0.48 | 5.53 | 0.22 | 0.01 | *N/A* |
| Applesauce**0356 | 1/2 Cup | 3 | 87 | 0 | 3 | 1.53 | 0.15 | 3.8 | 8 | 2.17 | 19 | 0.2 | 22.31 | 0.22 | 0.04 | *N/A* |
| ChoFreshVeggie**1882 | Servings | 3 | 36 | 0 | 109 | 2.63 | 0.60 | 20.1 | 2838 | 10.84 | *1 | 1.7 | 6.65 | 0.47 | 0.11 | *N/A* |
| Milk-Variety**0489 | 1 Carton | 3 | 100 | 8 | 130 | 0.00 | 0.09 | 300.0 | 500 | 2.4 | *N/A* | 8.0 | 13.0 | 1.25 | 0.75 | 0.00 |
| Burger/Deli Sand Choice**1891 | 1 Serving | 1 | 134 | 18 | 351 | 1.48 | 0.78 | 39.0 | 459 | 4.74 | *0 | 6.39 | 13.69 | 5.81 | 1.97 | *0.00 |
| Crispy Chicken Salad**1909 | 1 Salad | 1 | 165 | 8 | 260 | 3.77 | 1.78 | 27.4 | 6603 | 6.67 | *4 | 7.54 | 21.0 | 6.45 | 1.04 | *0.00 |
| Weighted Daily Average | | | 825 | 47 | 1264 | 15.25 | 5.30 | 447.2 | 13855 | 76.40 | *31 | 32.39 | 120.57 | 24.88 | 6.63 | *0.00 |
| % of Calories | | | | | | | | | | | *15.1% | 15.7% | 58.5% | 27.2% | 7.2% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <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.

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Central Consolidated Schools

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

High Lunch

Weighted Values - Detailed

Page 3

Generated on: 3/3/2017 9:30:33 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) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 04/07/2017 | | | | | | | | | | | | | | | | |
| High Lunch | Total | 4 | | | | | | | | | | | | | | |
| Chili Con Carne Dog**1998 | 1/2 Cup | 1 | 77 | 12 | 284 | 1.19 | 0.87 | 68.2 | 222 | 4.52 | *0 | 3.93 | 8.33 | 3.43 | 0.98 | *0.00 |
| Tater Tots**1299 | 3 Oz. | 3 | 90 | 0 | 195 | 1.50 | 0.00 | 0.0 | 0 | 1.8 | 0 | 0.75 | 13.53 | 3.76 | 0.75 | 0.00 |
| Celery Sticks**0924 | 1/2 c | 3 | 9 | 0 | 45 | 0.89 | 0.11 | 22.3 | 250 | 1.73 | 1 | 0.38 | 1.65 | 0.09 | 0.02 | *N/A* |
| Applesauce**0356 | 1/2 Cup | 4 | 87 | 0 | 3 | 1.53 | 0.15 | 3.8 | 8 | 2.17 | 19 | 0.2 | 22.31 | 0.22 | 0.04 | *N/A* |
| Cantaloupe Chunks**0656 | 1/2 Cup | 4 | 54 | 0 | 25 | 1.43 | 0.33 | 14.3 | 5369 | 58.26 | 12 | 1.33 | 12.95 | 0.3 | 0.08 | *N/A* |
| ChoFreshVeggie**1882 | Servings | 4 | 36 | 0 | 109 | 2.63 | 0.60 | 20.1 | 2838 | 10.84 | *1 | 1.7 | 6.65 | 0.47 | 0.11 | *N/A* |
| Friday Milk**1848 | 1 Carton | 4 | 110 | 7 | 153 | 0.00 | 0.18 | 300.0 | 500 | 2.0 | *N/A* | 8.0 | 16.67 | 0.83 | 0.50 | 0.00 |
| Choice of Chick Sand HS**2002 | 1 Serving | 1 | 88 | 13 | 209 | 1.11 | 0.61 | 14.5 | 328 | 2.81 | *0 | 5.44 | 7.44 | 3.95 | 0.70 | *0.00 |
| Choice of Pizza-HS**1437 | 1 Slice | 1 | 88 | 9 | 158 | 1.00 | 0.56 | 81.2 | 100 | 0.0 | *N/A* | 4.5 | 9.0 | 3.75 | 1.75 | 0.00 |
| Garden Salad**1910 | 1 Salad | 1 | 120 | 50 | 198 | 3.34 | 1.34 | 111.5 | 5352 | 12.4 | *5 | 6.15 | 16.05 | 3.96 | 1.49 | *N/A* |
| Weighted Daily Average | | | 759 | 91 | 1378 | 14.63 | 4.76 | 636.0 | 14966 | 96.53 | *39 | 32.39 | 114.59 | 20.76 | 6.42 | *0.00 |
| % of Calories | | | | | | | | | | | *20.5% | 17.1% | 60.4% | 24.6% | 7.6% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|-------------------------------|------------|---|---------|-----|------|-------|------|-------|------|-------|--------|-------|-------|-------|--------|-------|
| Mon - 04/10/2017 | | | | | | | | | | | | | | | | |
| High Lunch | Total | 4 | | | | | | | | | | | | | | |
| Salisbury Steak**0767 | 1 Each | 1 | 39 | 11 | 76 | 0.25 | 0.50 | 11.2 | 10 | 0.25 | *N/A* | 3.5 | 1.25 | 2.25 | 0.85 | 0.15 |
| Mashed Potatoes**0171 | 1/2 Cup | 1 | 19 | 0 | 25 | 0.25 | 0.09 | 2.5 | 12 | 0.89 | *N/A* | 0.5 | 3.98 | 0.15 | 0.02 | 0.00 |
| Gravy - Variety**1859 | 1/4 Cup | 1 | 5 | 0 | 79 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.13 | 1.0 | 0.13 | 0.00 | 0.00 |
| Broccoli**0258 | 1/2 Cup | 1 | 8 | 0 | 3 | 0.85 | 0.17 | 9.4 | 287 | 11.37 | 0 | 0.88 | 1.52 | 0.03 | 0.00 | *N/A* |
| 2 Oz Wheat Roll**8176 | 2 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 | 4 | 34 | 0 | 1 | 0.46 | 0.15 | 7.2 | 51 | 2.05 | 8 | 0.32 | 8.78 | 0.18 | 0.06 | *N/A* |
| Pineapple Chunks**0092 | 1/2 Cup | 4 | 65 | 0 | 1 | 1.00 | 0.49 | 17.5 | 48 | 9.39 | 16 | 0.45 | 16.84 | 0.15 | 0.01 | *N/A* |
| ChoFreshVeggie**1882 | Servings | 4 | 36 | 0 | 109 | 2.63 | 0.60 | 20.1 | 2838 | 10.84 | *1 | 1.7 | 6.65 | 0.47 | 0.11 | *N/A* |
| Milk-Variety**0489 | 1 Carton | 4 | 100 | 8 | 130 | 0.00 | 0.09 | 300.0 | 500 | 2.4 | *N/A* | 8.0 | 13.0 | 1.25 | 0.75 | 0.00 |
| Choice of Chick Sand HS**2002 | 1 Serving | 1 | 88 | 13 | 209 | 1.11 | 0.61 | 14.5 | 328 | 2.81 | *0 | 5.44 | 7.44 | 3.95 | 0.70 | *0.00 |
| Choice of Pizza-HS**1437 | 1 Slice | 1 | 88 | 9 | 158 | 1.00 | 0.56 | 81.2 | 100 | 0.0 | *N/A* | 4.5 | 9.0 | 3.75 | 1.75 | 0.00 |
| French Fries S**1890 | 1 Serving | 1 | 34 | 0 | 51 | 0.55 | 0.13 | 0.9 | 0 | 0.94 | 0 | 0.45 | 4.7 | 1.36 | 0.28 | 0.00 |
| Chef Salad**1907 | 1 Salad | 1 | 122 | 60 | 377 | 2.07 | 1.13 | 65.8 | 5060 | 5.01 | *3 | 7.27 | 11.95 | 5.21 | 2.20 | *0.00 |
| Weighted Daily Average | | | 683 | 100 | 1289 | 10.97 | 4.94 | 533.1 | 9233 | 45.94 | *30 | 34.46 | 94.36 | 19.81 | 6.86 | *0.15 |
| % of Calories | | | | | | | | | | | *17.5% | 20.2% | 55.3% | 26.1% | 9.0% | *0.2% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <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.

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Central Consolidated Schools

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

High 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 | | | | | | | | | | | | | | | | |
| High Lunch | Total | 3 | | | | | | | | | | | | | | |
| Frito Pie-Cnd Bean Gr BF**1937 | Servings | 1 | 126 | 9 | 355 | 3.20 | 1.31 | 77.9 | 130 | 3.1 | *1 | 5.92 | 15.38 | 4.84 | 1.24 | *0.06 |
| WG Cornbread Mix**1981 | 2 oz | 1 | 46 | 0 | 134 | 0.51 | 0.37 | 30.8 | 0 | 0.0 | 2 | 0.51 | 8.22 | 1.28 | 0.51 | 0.00 |
| ChoLettuce/Tomato**0283 | 1/2 Cup | 1 | 4 | 0 | 2 | 0.48 | 0.21 | 7.1 | 1782 | 1.52 | 0 | 0.29 | 0.86 | 0.07 | 0.01 | *N/A* |
| Corn-FRZ**0271 | 1/2 Cup | 2 | 44 | 0 | 1 | 1.31 | 0.26 | 1.6 | 108 | 1.91 | 2 | 1.39 | 10.51 | 0.36 | 0.05 | *N/A* |
| Peaches**0437 | 1/2 Cup | 3 | 68 | 0 | 6 | 1.63 | 0.45 | 3.8 | 443 | 3.01 | 17 | 0.56 | 18.22 | 0.04 | 0.00 | *N/A* |
| Pears,Fresh**0090 | 1 EACH | 3 | 95 | 0 | 2 | 5.15 | 0.30 | 14.9 | 42 | 7.14 | 16 | 0.6 | 25.28 | 0.23 | 0.03 | *N/A* |
| ChoFreshVeggie**1882 | Servings | 3 | 36 | 0 | 109 | 2.63 | 0.60 | 20.1 | 2838 | 10.84 | *1 | 1.7 | 6.65 | 0.47 | 0.11 | *N/A* |
| Milk-Variety**0489 | 1 Carton | 3 | 100 | 8 | 130 | 0.00 | 0.09 | 300.0 | 500 | 2.4 | *N/A* | 8.0 | 13.0 | 1.25 | 0.75 | 0.00 |
| Burger/Deli Sand Choice**1904 | 1 Serving | 1 | 114 | 17 | 469 | 1.06 | 0.94 | 49.3 | *345 | *3.36 | *0 | 5.98 | 9.56 | 5.87 | 1.97 | *0.00 |
| French Fries S**1890 | 1 Serving | 1 | 45 | 0 | 68 | 0.73 | 0.17 | 1.2 | 0 | 1.25 | 0 | 0.6 | 6.27 | 1.81 | 0.38 | 0.00 |
| Salad,Grill Chix & Fruit**1996 | 3 cup | 1 | 136 | 33 | 169 | 2.80 | 1.47 | 99.3 | 3974 | 24.55 | *3 | 12.31 | 15.55 | 3.38 | 1.22 | *0.00 |
| Weighted Daily Average | | | 814 | 66 | 1445 | 19.50 | 6.17 | 606.0 | *10162 | *59.07 | *42 | 37.86 | 129.49 | 19.61 | 6.27 | *0.06 |
| % of Calories | | | | | | | | | | | *20.6% | 18.6% | 63.6% | 21.7% | 6.9% | *0.1% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|-------------------------------|------------|---|---------|----|------|-------|------|-------|-------|-------|--------|-------|--------|-------|--------|-------|
| Wed - 04/12/2017 | | | | | | | | | | | | | | | | |
| High Lunch | Total | 4 | | | | | | | | | | | | | | |
| Sloppy Joe**0114 | 1 Sandwich | 1 | 84 | 13 | 144 | 0.94 | 0.87 | 26.1 | 98 | 3.27 | *1 | 4.81 | 8.61 | 3.32 | 1.15 | *0.18 |
| Tater Tots**1299 | 3 Oz. | 3 | 90 | 0 | 195 | 1.50 | 0.00 | 0.0 | 0 | 1.8 | 0 | 0.75 | 13.53 | 3.76 | 0.75 | 0.00 |
| Cucumber Slices**5047 | 1/2 Cup | 3 | 9 | 0 | 1 | 0.31 | 0.17 | 9.8 | 64 | 1.71 | 1 | 0.4 | 2.22 | 0.07 | 0.02 | *N/A* |
| Pears**0438 | 1/2 Cup | 4 | 71 | 0 | 6 | 2.00 | 0.35 | 6.3 | 0 | 0.88 | 15 | 0.24 | 18.99 | 0.04 | 0.00 | *N/A* |
| Grape Cluster**0422 | 1/2 Cup | 4 | 34 | 0 | 1 | 0.46 | 0.15 | 7.2 | 51 | 2.05 | 8 | 0.32 | 8.78 | 0.18 | 0.06 | *N/A* |
| Rice Krispy Treat**0299 | 2"x 2" | 4 | 122 | 0 | 95 | 0.04 | 3.19 | 1.6 | 825 | 6.65 | *1 | 1.04 | 23.14 | 3.07 | 0.54 | *0.00 |
| ChoFreshVeggie**1882 | Servings | 4 | 36 | 0 | 109 | 2.63 | 0.60 | 20.1 | 2838 | 10.84 | *1 | 1.7 | 6.65 | 0.47 | 0.11 | *N/A* |
| Milk-Variety**0489 | 1 Carton | 4 | 100 | 8 | 130 | 0.00 | 0.09 | 300.0 | 500 | 2.4 | *N/A* | 8.0 | 13.0 | 1.25 | 0.75 | 0.00 |
| Choice of Chick Sand HS**2002 | 1 Serving | 1 | 88 | 13 | 209 | 1.11 | 0.61 | 14.5 | 328 | 2.81 | *0 | 5.44 | 7.44 | 3.95 | 0.70 | *0.00 |
| Choice of Pizza-HS**1437 | 1 Slice | 1 | 88 | 9 | 158 | 1.00 | 0.56 | 81.2 | 100 | 0.0 | *N/A* | 4.5 | 9.0 | 3.75 | 1.75 | 0.00 |
| Fruit&Yogurt Salad HS **1987 | 1 Salad | 1 | 125 | 8 | 134 | 2.41 | 0.85 | 172.8 | 6322 | 13.43 | *5 | 3.97 | 21.01 | 2.98 | 1.17 | *0.00 |
| Weighted Daily Average | | | 848 | 51 | 1182 | 12.41 | 7.44 | 639.4 | 11125 | 45.85 | *34 | 31.16 | 132.38 | 22.84 | 6.99 | *0.18 |
| % of Calories | | | | | | | | | | | *15.9% | 14.7% | 62.5% | 24.2% | 7.4% | *0.2% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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

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Central Consolidated Schools

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

High 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 - 04/13/2017 | | | | | | | | | | | | | | | | |
| High Lunch | Total | 4 | | | | | | | | | | | | | | |
| AFS Tangerine Chicken | 3.9 oz | 1 | 48 | 11 | 95 | 0.50 | 0.36 | 0.0 | 0 | 0.0 | 3 | 3.5 | 6.25 | 1.0 | 0.25 | 0.00 |
| Oriental Blend**1109 | 1/2 Cup | 3 | 21 | 0 | 13 | 1.70 | 0.00 | 17.0 | 170 | 10.21 | *N/A* | 0.85 | 3.4 | 0.0 | 0.00 | *N/A* |
| Brown Rice**0687 | 1 Cup | 1 | 17 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | 0.14 | *N/A* | *N/A* |
| Mandarin Oranges**1163 | 1/2 Cup | 4 | 54 | 0 | 5 | 1.03 | 0.32 | 6.9 | 1110 | 16.82 | *N/A* | 0.46 | 13.78 | 0.12 | 0.01 | *N/A* |
| Fresh Strawberries**1875 | 1/2 cup | 4 | 23 | 0 | 1 | 1.44 | 0.30 | 11.5 | 9 | 42.34 | 4 | 0.48 | 5.53 | 0.22 | 0.01 | *N/A* |
| Fortune Cookie***1162 | 1 Each | 4 | 112 | 0 | 11 | 0.68 | 0.17 | 3.7 | 0 | 0.0 | *N/A* | 0.55 | 26.3 | 0.24 | 0.05 | *N/A* |
| ChoFreshVeggie**1882 | Servings | 4 | 36 | 0 | 109 | 2.63 | 0.60 | 20.1 | 2838 | 10.84 | *1 | 1.7 | 6.65 | 0.47 | 0.11 | *N/A* |
| Friday Milk**1848 | 1 Carton | 4 | 110 | 7 | 153 | 0.00 | 0.18 | 300.0 | 500 | 2.0 | *N/A* | 8.0 | 16.67 | 0.83 | 0.50 | 0.00 |
| Choice of Chick Sand HS**2002 | 1 Serving | 1 | 88 | 13 | 209 | 1.11 | 0.61 | 14.5 | 328 | 2.81 | *0 | 5.44 | 7.44 | 3.95 | 0.70 | *0.00 |
| Choice of Pizza-HS**1437 | 1 Slice | 1 | 88 | 9 | 158 | 1.00 | 0.56 | 81.2 | 100 | 0.0 | *N/A* | 4.5 | 9.0 | 3.75 | 1.75 | 0.00 |
| French Fries S**1890 | 1 Serving | 2 | 67 | 0 | 102 | 1.10 | 0.26 | 1.7 | 0 | 1.87 | 0 | 0.9 | 9.4 | 2.72 | 0.57 | 0.00 |
| Garden Salad**1910 | 1 Salad | 1 | 120 | 50 | 198 | 3.34 | 1.34 | 111.5 | 5352 | 12.4 | *5 | 6.15 | 16.05 | 3.96 | 1.49 | *N/A* |
| Weighted Daily Average | | | 784 | *90 | *1053 | *14.53 | *4.70 | *568.1 | *10407 | *99.29 | *13 | *32.53 | *120.47 | 17.40 | *5.43 | *0.00 |
| % of Calories | | | | | | | | | | | *6.8% | *16.6% | *61.4% | 20.0% | *6.2% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------------|-----------|---|---------|---|------|------|------|-----|---|------|------|------|------|------|--------|------|
| Fri - 04/14/2017 | | | | | | | | | | | | | | | | |
| High 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 | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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

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Central Consolidated Schools

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

High 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 - 04/17/2017 | | | | | | | | | | | | | | | | |
| High Lunch | Total | 4 | | | | | | | | | | | | | | |
| Los Cabos Bean&Cheese Burrito | 1 each | 1 | 74 | 4 | 125 | 2.20 | 0.68 | 50.0 | 75 | 0.3 | 0 | 3.78 | 10.22 | 2.23 | 1.01 | 0.00 |
| ChoLettuce/Tomato**0283 | 1/2 Cup | 3 | 10 | 0 | 4 | 1.09 | 0.47 | 16.0 | 4010 | 3.43 | 1 | 0.66 | 1.94 | 0.16 | 0.02 | *N/A* |
| Corn Salad**1945 | 1/2 cup | 3 | 64 | 0 | 70 | 1.91 | 0.41 | 14.0 | 1020 | 40.33 | *3 | 2.17 | 14.78 | 0.58 | 0.08 | *N/A* |
| Fruit Cocktail**0419 | 1/2 Cup | 4 | 69 | 0 | 7 | 1.20 | 0.35 | 7.2 | 246 | 2.28 | 17 | 0.48 | 17.95 | 0.08 | 0.01 | *N/A* |
| Honeydew Chunks**0662 | 1/2 Cup | 4 | 31 | 0 | 16 | 0.70 | 0.15 | 5.2 | 44 | 15.72 | 7 | 0.47 | 7.94 | 0.12 | 0.03 | *N/A* |
| ChoFreshVeggie**1882 | Servings | 4 | 36 | 0 | 109 | 2.63 | 0.60 | 20.1 | 2838 | 10.84 | *1 | 1.7 | 6.65 | 0.47 | 0.11 | *N/A* |
| Milk-Variety**0489 | 1 Carton | 4 | 100 | 8 | 130 | 0.00 | 0.09 | 300.0 | 500 | 2.4 | *N/A* | 8.0 | 13.0 | 1.25 | 0.75 | 0.00 |
| Choice of Chick Sand HS**2002 | 1 Serving | 1 | 88 | 13 | 209 | 1.11 | 0.61 | 14.5 | 328 | 2.81 | *0 | 5.44 | 7.44 | 3.95 | 0.70 | *0.00 |
| Choice of Pizza-HS**1437 | 1 Slice | 1 | 88 | 9 | 158 | 1.00 | 0.56 | 81.2 | 100 | 0.0 | *N/A* | 4.5 | 9.0 | 3.75 | 1.75 | 0.00 |
| French Fries S**1890 | 1 Serving | 2 | 67 | 0 | 102 | 1.10 | 0.26 | 1.7 | 0 | 1.87 | 0 | 0.9 | 9.4 | 2.72 | 0.57 | 0.00 |
| Chef Salad**1907 | 1 Salad | 1 | 122 | 60 | 377 | 2.07 | 1.13 | 65.8 | 5060 | 5.01 | *3 | 7.27 | 11.95 | 5.21 | 2.20 | *0.00 |
| Weighted Daily Average | | | 749 | 94 | 1306 | 15.01 | 5.31 | 575.8 | 14221 | 85.00 | *32 | 35.37 | 110.26 | 20.53 | 7.21 | *0.00 |
| % of Calories | | | | | | | | | | | *17.2% | 18.9% | 58.9% | 24.7% | 8.7% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------------|------------|---|---------|----|------|-------|------|-------|--------|---------|--------|-------|--------|-------|--------|-------|
| Tue - 04/18/2017 | | | | | | | | | | | | | | | | |
| High Lunch | Total | 3 | | | | | | | | | | | | | | |
| Spag w/Meat Sauce **1025 | 1 1/2 Cup | 1 | 161 | 14 | 242 | 3.20 | 1.28 | 87.4 | 545 | 4.37 | *0 | 8.05 | 20.66 | 5.47 | 2.07 | *0.12 |
| Tossed Salad**0202 | 1 Cup | 2 | 13 | 0 | 8 | 1.33 | 0.54 | 19.4 | 5184 | 4.07 | 1 | 0.78 | 2.59 | 0.19 | 0.02 | *0.00 |
| Italian Veggies**1112 | 1/2 Cup | 2 | 16 | 0 | 19 | 0.00 | 0.00 | 10.8 | 404 | 4.85 | *N/A* | 0.54 | 2.69 | 0.0 | 0.00 | 0.00 |
| 2 Oz Wheat Roll**8176 | 2 Oz. Roll | 1 | 61 | 0 | 94 | 1.06 | 0.55 | 3.8 | 1 | 0.0 | *1 | 1.76 | 11.02 | 1.24 | 0.17 | *N/A* |
| Orange Wedges**0600 | 1 orange | 3 | 45 | 0 | 0 | 2.30 | 0.10 | 38.4 | 216 | 51.07 | 9 | 0.9 | 11.28 | 0.12 | 0.02 | *N/A* |
| Peaches**0437 | 1/2 Cup | 3 | 68 | 0 | 6 | 1.63 | 0.45 | 3.8 | 443 | 3.01 | 17 | 0.56 | 18.22 | 0.04 | 0.00 | *N/A* |
| ChoFreshVeggie**1882 | Servings | 3 | 36 | 0 | 109 | 2.63 | 0.60 | 20.1 | 2838 | 10.84 | *1 | 1.7 | 6.65 | 0.47 | 0.11 | *N/A* |
| Milk-Variety**0489 | 1 Carton | 3 | 100 | 8 | 130 | 0.00 | 0.09 | 300.0 | 500 | 2.4 | *N/A* | 8.0 | 13.0 | 1.25 | 0.75 | 0.00 |
| Burger/Deli Sand Choice**1904 | 1 Serving | 1 | 114 | 17 | 469 | 1.06 | 0.94 | 49.3 | *345 | *3.36 | *0 | 5.98 | 9.56 | 5.87 | 1.97 | *0.00 |
| French Fries S**1890 | 1 Serving | 1 | 45 | 0 | 68 | 0.73 | 0.17 | 1.2 | 0 | 1.25 | 0 | 0.6 | 6.27 | 1.81 | 0.38 | 0.00 |
| Salad,Grill Chix & Fruit**1996 | 3 cup | 1 | 136 | 33 | 169 | 2.80 | 1.47 | 99.3 | 3974 | 24.55 | *3 | 12.31 | 15.55 | 3.38 | 1.22 | *0.00 |
| Weighted Daily Average | | | 794 | 70 | 1315 | 16.75 | 6.19 | 633.4 | *14450 | *109.76 | *32 | 41.19 | 117.48 | 19.83 | 6.70 | *0.12 |
| % of Calories | | | | | | | | | | | *16.2% | 20.7% | 59.2% | 22.5% | 7.6% | *0.1% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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

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Central Consolidated Schools

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

High Lunch

Weighted Values - Detailed

Page 7

Generated on: 3/3/2017 9:30:33 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) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 04/19/2017 | | | | | | | | | | | | | | | | |
| High Lunch | Total | 4 | | | | | | | | | | | | | | |
| Chicken Bowl**1795 | 1 Bowl | 1 | 120 | 8 | 210 | 1.44 | 0.64 | 40.4 | 100 | 2.22 | *1 | 6.14 | 13.66 | 5.25 | 1.09 | *0.12 |
| Peas, FRZ**0040 | 1/2 Cup | 1 | 19 | 0 | 17 | 1.31 | 0.36 | 5.7 | 500 | 2.36 | 1 | 1.23 | 3.4 | 0.06 | 0.01 | *N/A* |
| 2 Oz Wheat Roll**8176 | 2 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* |
| Pineapple Chunks**0092 | 1/2 Cup | 4 | 65 | 0 | 1 | 1.00 | 0.49 | 17.5 | 48 | 9.39 | 16 | 0.45 | 16.84 | 0.15 | 0.01 | *N/A* |
| Fresh Apple**0064 | Apple | 4 | 72 | 0 | 1 | 3.31 | 0.17 | 8.3 | 75 | 6.35 | 14 | 0.36 | 19.06 | 0.23 | 0.04 | *N/A* |
| ChoFreshVeggie**1882 | Servings | 4 | 36 | 0 | 109 | 2.63 | 0.60 | 20.1 | 2838 | 10.84 | *1 | 1.7 | 6.65 | 0.47 | 0.11 | *N/A* |
| Milk-Variety**0489 | 1 Carton | 4 | 100 | 8 | 130 | 0.00 | 0.09 | 300.0 | 500 | 2.4 | *N/A* | 8.0 | 13.0 | 1.25 | 0.75 | 0.00 |
| Choice of Chick Sand HS**2002 | 1 Serving | 1 | 88 | 13 | 209 | 1.11 | 0.61 | 14.5 | 328 | 2.81 | *0 | 5.44 | 7.44 | 3.95 | 0.70 | *0.00 |
| Choice of Pizza-HS**1437 | 1 Slice | 1 | 88 | 9 | 158 | 1.00 | 0.56 | 81.2 | 100 | 0.0 | *N/A* | 4.5 | 9.0 | 3.75 | 1.75 | 0.00 |
| French Fries S**1890 | 1 Serving | 1 | 34 | 0 | 51 | 0.55 | 0.13 | 0.9 | 0 | 0.94 | 0 | 0.45 | 4.7 | 1.36 | 0.28 | 0.00 |
| Fruit&Yogurt Salad HS **1987 | 1 Salad | 1 | 125 | 8 | 134 | 2.41 | 0.85 | 172.8 | 6322 | 13.43 | *5 | 3.97 | 21.01 | 2.98 | 1.17 | *0.00 |
| Weighted Daily Average | | | 792 | 46 | 1090 | 15.56 | 4.90 | 664.2 | 10810 | 50.74 | *40 | 33.55 | 123.01 | 20.40 | 6.04 | *0.12 |
| % of Calories | | | | | | | | | | | *20.1% | 17.0% | 62.2% | 23.2% | 6.9% | *0.1% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <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 - 04/20/2017 | | | | | | | | | | | | | | | | |
| High Lunch | Total | 3 | | | | | | | | | | | | | | |
| Pork Riblet Sandwich**1830 | 1 Sandwich | 1 | 127 | 13 | 233 | 1.67 | 0.72 | 20.0 | 67 | 2.4 | *2 | 6.67 | 16.34 | 3.67 | 1.17 | 0.00 |
| Cucumber Slices**5047 | 1/2 Cup | 2 | 8 | 0 | 1 | 0.27 | 0.15 | 8.7 | 57 | 1.52 | 1 | 0.35 | 1.98 | 0.06 | 0.02 | *N/A* |
| Tater Tots**1299 | 2.52 Oz. | 2 | 80 | 0 | 174 | 1.34 | 0.00 | 0.0 | 0 | 1.6 | 0 | 0.67 | 12.03 | 3.34 | 0.67 | 0.00 |
| Fresh Strawberries**1875 | 1/2 cup | 3 | 23 | 0 | 1 | 1.44 | 0.30 | 11.5 | 9 | 42.34 | 4 | 0.48 | 5.53 | 0.22 | 0.01 | *N/A* |
| Applesauce**0356 | 1/2 Cup | 3 | 87 | 0 | 3 | 1.53 | 0.15 | 3.8 | 8 | 2.17 | 19 | 0.2 | 22.31 | 0.22 | 0.04 | *N/A* |
| ChoFreshVeggie**1882 | Servings | 3 | 36 | 0 | 109 | 2.63 | 0.60 | 20.1 | 2838 | 10.84 | *1 | 1.7 | 6.65 | 0.47 | 0.11 | *N/A* |
| Milk-Variety**0489 | 1 Carton | 3 | 100 | 8 | 130 | 0.00 | 0.09 | 300.0 | 500 | 2.4 | *N/A* | 8.0 | 13.0 | 1.25 | 0.75 | 0.00 |
| Burger/Deli Sand Choice**1891 | 1 Serving | 1 | 134 | 18 | 351 | 1.48 | 0.78 | 39.0 | 459 | 4.74 | *0 | 6.39 | 13.69 | 5.81 | 1.97 | *0.00 |
| Crispy Chicken Salad**1909 | 1 Salad | 1 | 165 | 8 | 260 | 3.77 | 1.78 | 27.4 | 6603 | 6.67 | *4 | 7.54 | 21.0 | 6.45 | 1.04 | *0.00 |
| Weighted Daily Average | | | 760 | 47 | 1262 | 14.13 | 4.58 | 430.5 | 10540 | 74.69 | *31 | 32.00 | 112.52 | 21.49 | 5.76 | *0.00 |
| % of Calories | | | | | | | | | | | *16.4% | 16.8% | 59.2% | 25.5% | 6.8% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Central Consolidated Schools

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

High Lunch

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| | 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) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 04/21/2017 | | | | | | | | | | | | | | | | |
| High Lunch | Total | 4 | | | | | | | | | | | | | | |
| Mac & Cheese-HMD-HS**1920 | 1 cup | 1 | 120 | 19 | 312 | 0.28 | 0.30 | 132.5 | 279 | 0.2 | *0 | 5.9 | 7.19 | 7.56 | 4.11 | *0.00 |
| Green Beans-FRZ**0426 | 1/2 cup | 3 | 17 | 0 | 1 | 1.84 | 0.40 | 25.7 | 341 | 2.51 | 1 | 0.91 | 3.95 | 0.1 | 0.02 | *N/A* |
| Celery Sticks**0924 | 1/2 c | 1 | 3 | 0 | 15 | 0.30 | 0.04 | 7.4 | 83 | 0.58 | 0 | 0.13 | 0.55 | 0.03 | 0.01 | *N/A* |
| 2 Oz Wheat Roll**8176 | 2 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* |
| Orange Wedges**0600 | 1 orange | 4 | 45 | 0 | 0 | 2.30 | 0.10 | 38.4 | 216 | 51.07 | 9 | 0.9 | 11.28 | 0.12 | 0.02 | *N/A* |
| Pears,Fresh**0090 | 1 EACH | 4 | 95 | 0 | 2 | 5.15 | 0.30 | 14.9 | 42 | 7.14 | 16 | 0.6 | 25.28 | 0.23 | 0.03 | *N/A* |
| Hope'sCChipCookie**1836 | 1 Each | 4 | 110 | 5 | 160 | 0.00 | 0.72 | 0.0 | 0 | 0.0 | *N/A* | 1.0 | 18.0 | 4.5 | 1.50 | 0.00 |
| ChoFreshVeggie**1882 | Servings | 4 | 36 | 0 | 109 | 2.63 | 0.60 | 20.1 | 2838 | 10.84 | *1 | 1.7 | 6.65 | 0.47 | 0.11 | *N/A* |
| Friday Milk**1848 | 1 Carton | 4 | 110 | 7 | 153 | 0.00 | 0.18 | 300.0 | 500 | 2.0 | *N/A* | 8.0 | 16.67 | 0.83 | 0.50 | 0.00 |
| Choice of Chick Sand HS**2002 | 1 Serving | 1 | 88 | 13 | 209 | 1.11 | 0.61 | 14.5 | 328 | 2.81 | *0 | 5.44 | 7.44 | 3.95 | 0.70 | *0.00 |
| Choice of Pizza-HS**1437 | 1 Slice | 1 | 88 | 9 | 158 | 1.00 | 0.56 | 81.2 | 100 | 0.0 | *N/A* | 4.5 | 9.0 | 3.75 | 1.75 | 0.00 |
| French Fries S**1890 | 1 Serving | 2 | 67 | 0 | 102 | 1.10 | 0.26 | 1.7 | 0 | 1.87 | 0 | 0.9 | 9.4 | 2.72 | 0.57 | 0.00 |
| Garden Salad**1910 | 1 Salad | 1 | 120 | 50 | 198 | 3.34 | 1.34 | 111.5 | 5352 | 12.4 | *5 | 6.15 | 16.05 | 3.96 | 1.49 | *N/A* |
| Weighted Daily Average | | | 944 | 103 | 1489 | 19.85 | 5.83 | 750.9 | 10079 | 91.42 | *34 | 37.44 | 139.72 | 29.16 | 10.93 | *0.00 |
| % of Calories | | | | | | | | | | | *14.2% | 15.9% | 59.2% | 27.8% | 10.4% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|-------------------------------|-----------|---|---------|-----|------|-------|------|-------|-------|-------|--------|-------|--------|-------|--------|-------|
| Mon - 04/24/2017 | | | | | | | | | | | | | | | | |
| High Lunch | Total | 4 | | | | | | | | | | | | | | |
| Taco- 2 w GB***1974 | 2 Tacos | 1 | 95 | 15 | 122 | 1.32 | 0.87 | 82.9 | 413 | 2.7 | *0 | 6.01 | 7.33 | 4.8 | 2.03 | *0.01 |
| Spanish Rice M & HS**1939 | 1 Cup | 1 | 56 | 0 | 152 | 0.95 | 0.48 | 7.6 | 187 | 5.97 | *0 | 0.42 | 10.69 | 1.02 | 0.08 | *0.00 |
| Santiago Refried Beans**1999 | 1/2 cup | 3 | 118 | 0 | 111 | 7.39 | 1.69 | 37.3 | 0 | 0.65 | 0 | 7.39 | 21.42 | 0.37 | 0.00 | 0.00 |
| ChoLettuce/Tomato**0283 | 1/2 Cup | 1 | 3 | 0 | 1 | 0.36 | 0.16 | 5.3 | 1337 | 1.14 | 0 | 0.22 | 0.65 | 0.05 | 0.01 | *N/A* |
| Pears**0438 | 1/2 Cup | 4 | 71 | 0 | 6 | 2.00 | 0.35 | 6.3 | 0 | 0.88 | 15 | 0.24 | 18.99 | 0.04 | 0.00 | *N/A* |
| Grape Cluster**0422 | 1/2 Cup | 4 | 34 | 0 | 1 | 0.46 | 0.15 | 7.2 | 51 | 2.05 | 8 | 0.32 | 8.78 | 0.18 | 0.06 | *N/A* |
| ChoFreshVeggie**1882 | Servings | 4 | 36 | 0 | 109 | 2.63 | 0.60 | 20.1 | 2838 | 10.84 | *1 | 1.7 | 6.65 | 0.47 | 0.11 | *N/A* |
| Milk-Variety**0489 | 1 Carton | 4 | 100 | 8 | 130 | 0.00 | 0.09 | 300.0 | 500 | 2.4 | *N/A* | 8.0 | 13.0 | 1.25 | 0.75 | 0.00 |
| Choice of Chick Sand HS**2002 | 1 Serving | 1 | 88 | 13 | 209 | 1.11 | 0.61 | 14.5 | 328 | 2.81 | *0 | 5.44 | 7.44 | 3.95 | 0.70 | *0.00 |
| Choice of Pizza-HS**1437 | 1 Slice | 1 | 88 | 9 | 158 | 1.00 | 0.56 | 81.2 | 100 | 0.0 | *N/A* | 4.5 | 9.0 | 3.75 | 1.75 | 0.00 |
| French Fries S**1890 | 1 Serving | 2 | 67 | 0 | 102 | 1.10 | 0.26 | 1.7 | 0 | 1.87 | 0 | 0.9 | 9.4 | 2.72 | 0.57 | 0.00 |
| Chef Salad**1907 | 1 Salad | 1 | 122 | 60 | 377 | 2.07 | 1.13 | 65.8 | 5060 | 5.01 | *3 | 7.27 | 11.95 | 5.21 | 2.20 | *0.00 |
| Weighted Daily Average | | | 879 | 104 | 1478 | 20.39 | 6.95 | 629.9 | 10813 | 36.31 | *29 | 42.41 | 125.30 | 23.81 | 8.24 | *0.01 |
| % of Calories | | | | | | | | | | | *13.1% | 19.3% | 57.0% | 24.4% | 8.4% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <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

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Central Consolidated Schools

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

High 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 - 04/25/2017 | | | | | | | | | | | | | | | | |
| High Lunch | Total | 4 | | | | | | | | | | | | | | |
| Asian Teriyaki Chicken**1839 | 2.85 oz serving | 1 | 37 | 13 | 104 | 0.00 | 0.27 | 5.0 | 25 | 0.3 | 4 | 3.75 | 3.5 | 0.62 | 0.25 | 0.00 |
| Oriental Blend**1109 | 1/2 Cup | 3 | 21 | 0 | 13 | 1.70 | 0.00 | 17.0 | 170 | 10.21 | *N/A* | 0.85 | 3.4 | 0.0 | 0.00 | *N/A* |
| Brown Rice**0687 | 1 Cup | 1 | 17 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | 0.14 | *N/A* | *N/A* |
| Mandarin Oranges**1163 | 1/2 Cup | 4 | 54 | 0 | 5 | 1.03 | 0.32 | 6.9 | 1110 | 16.82 | *N/A* | 0.46 | 13.78 | 0.12 | 0.01 | *N/A* |
| Fresh Strawberries**1875 | 1/2 cup | 4 | 23 | 0 | 1 | 1.44 | 0.30 | 11.5 | 9 | 42.34 | 4 | 0.48 | 5.53 | 0.22 | 0.01 | *N/A* |
| Fortune Cookie***1162 | 1 Each | 4 | 112 | 0 | 11 | 0.68 | 0.17 | 3.7 | 0 | 0.0 | *N/A* | 0.55 | 26.3 | 0.24 | 0.05 | *N/A* |
| ChoFreshVeggie**1882 | Servings | 4 | 36 | 0 | 109 | 2.63 | 0.60 | 20.1 | 2838 | 10.84 | *1 | 1.7 | 6.65 | 0.47 | 0.11 | *N/A* |
| Milk-Variety**0489 | 1 Carton | 4 | 100 | 8 | 130 | 0.00 | 0.09 | 300.0 | 500 | 2.4 | *N/A* | 8.0 | 13.0 | 1.25 | 0.75 | 0.00 |
| Burger/Deli Sand Choice**1891 | 1 Serving | 1 | 100 | 13 | 263 | 1.11 | 0.59 | 29.2 | 345 | 3.56 | *0 | 4.79 | 10.27 | 4.36 | 1.48 | *0.00 |
| French Fries S**1890 | 1 Serving | 2 | 67 | 0 | 102 | 1.10 | 0.26 | 1.7 | 0 | 1.87 | 0 | 0.9 | 9.4 | 2.72 | 0.57 | 0.00 |
| Salad,Grill Chix & Fruit**1996 | 3 cup | 1 | 102 | 24 | 127 | 2.10 | 1.10 | 74.5 | 2981 | 18.41 | *2 | 9.23 | 11.66 | 2.53 | 0.91 | *0.00 |
| Weighted Daily Average | | | 670 | *58 | *865 | *11.79 | *3.69 | *469.6 | *7977 | *106.75 | *11 | *30.72 | *103.49 | 12.68 | *4.13 | *0.00 |
| % of Calories | | | | | | | | | | | *6.3% | *18.3% | *61.8% | 17.0% | *5.6% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|-------------------------------|-----------|---|---------|----|------|-------|------|-------|-------|-------|--------|-------|--------|-------|------|--------|
| Wed - 04/26/2017 | | | | | | | | | | | | | | | | |
| High Lunch | Total | 4 | | | | | | | | | | | | | | |
| BBQ Sandwich-PP **1921 | 1 sand | 1 | 98 | 9 | 364 | 1.57 | 0.55 | 27.6 | 73 | 3.03 | *N/A* | 3.99 | 14.65 | 2.62 | 0.81 | *0.00 |
| Tater Tots**1299 | 3 Oz. | 1 | 30 | 0 | 65 | 0.50 | 0.00 | 0.0 | 0 | 0.6 | 0 | 0.25 | 4.51 | 1.25 | 0.25 | 0.00 |
| Coleslaw**0220 | 1/2 Cup | 1 | 11 | 0 | 48 | 0.56 | 0.02 | 11.9 | 400 | 9.76 | *0 | 0.29 | 2.42 | 0.01 | 0.00 | *0.00 |
| Applesauce**0356 | 1/2 Cup | 4 | 87 | 0 | 3 | 1.53 | 0.15 | 3.8 | 8 | 2.17 | 19 | 0.2 | 22.31 | 0.22 | 0.04 | *N/A* |
| Watermelon Wedges**1226 | 1/2 Cup | 4 | 45 | 0 | 1 | 0.60 | 0.36 | 10.5 | 852 | 12.12 | 9 | 0.91 | 11.3 | 0.22 | 0.01 | *N/A* |
| ChoFreshVeggie**1882 | Servings | 4 | 36 | 0 | 109 | 2.63 | 0.60 | 20.1 | 2838 | 10.84 | *1 | 1.7 | 6.65 | 0.47 | 0.11 | *N/A* |
| Milk-Variety**0489 | 1 Carton | 4 | 100 | 8 | 130 | 0.00 | 0.09 | 300.0 | 500 | 2.4 | *N/A* | 8.0 | 13.0 | 1.25 | 0.75 | 0.00 |
| Choice of Chick Sand HS**2002 | 1 Serving | 1 | 88 | 13 | 209 | 1.11 | 0.61 | 14.5 | 328 | 2.81 | *0 | 5.44 | 7.44 | 3.95 | 0.70 | *0.00 |
| Choice of Pizza-HS**1437 | 1 Slice | 1 | 88 | 9 | 158 | 1.00 | 0.56 | 81.2 | 100 | 0.0 | *N/A* | 4.5 | 9.0 | 3.75 | 1.75 | 0.00 |
| Fruit&Yogurt Salad HS **1987 | 1 Salad | 1 | 125 | 8 | 134 | 2.41 | 0.85 | 172.8 | 6322 | 13.43 | *5 | 3.97 | 21.01 | 2.98 | 1.17 | *0.00 |
| Weighted Daily Average | | | 708 | 46 | 1220 | 11.91 | 3.79 | 642.4 | 11420 | 57.17 | *35 | 29.26 | 112.29 | 16.73 | 5.58 | *0.00 |
| % of Calories | | | | | | | | | | | *19.9% | 16.5% | 63.5% | 21.3% | 7.1% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | | <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
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Central Consolidated Schools

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

High 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 - 04/27/2017 | | | | | | | | | | | | | | | | |
| High Lunch | Total | 3 | | | | | | | | | | | | | | |
| Roast Chicken**1912 | 2 oz | 1 | 33 | 12 | 67 | 0.00 | 0.08 | 0.0 | 0 | 0.0 | *N/A* | 3.1 | 0.0 | 2.2 | 0.67 | 0.00 |
| Mashed Potatoes**0171 | 1/2 Cup | 1 | 25 | 0 | 34 | 0.33 | 0.12 | 3.3 | 17 | 1.19 | *N/A* | 0.66 | 5.3 | 0.2 | 0.03 | 0.00 |
| Gravy - Variety**1859 | 1/4 Cup | 2 | 13 | 0 | 210 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.33 | 2.67 | 0.33 | 0.00 | 0.00 |
| Mixed Veggies-FRZ**0646 | 1/2 Cup | 3 | 38 | 0 | 30 | 1.52 | 0.27 | 0.0 | 951 | 2.74 | 3 | 0.76 | 8.37 | 0.0 | 0.00 | 0.00 |
| 2 Oz Wheat Roll**8176 | 2 Oz. Roll | 1 | 61 | 0 | 94 | 1.06 | 0.55 | 3.8 | 1 | 0.0 | *1 | 1.76 | 11.02 | 1.24 | 0.17 | *N/A* |
| Kiwi Strawberry Sidekick**1944 | 4.4 oz ser ving | 3 | 80 | 0 | 45 | 0.00 | 0.36 | 80.0 | 1000 | 60.0 | *N/A* | 0.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Mandarin Oranges**1163 | 1/2 Cup | 3 | 54 | 0 | 5 | 1.03 | 0.32 | 6.9 | 1110 | 16.82 | *N/A* | 0.46 | 13.78 | 0.12 | 0.01 | *N/A* |
| ChoFreshVeggie**1882 | Servings | 3 | 36 | 0 | 109 | 2.63 | 0.60 | 20.1 | 2838 | 10.84 | *1 | 1.7 | 6.65 | 0.47 | 0.11 | *N/A* |
| Milk-Variety**0489 | 1 Carton | 3 | 100 | 8 | 130 | 0.00 | 0.09 | 300.0 | 500 | 2.4 | *N/A* | 8.0 | 13.0 | 1.25 | 0.75 | 0.00 |
| Burger/Deli Sand Choice**1904 | 1 Serving | 1 | 114 | 17 | 469 | 1.06 | 0.94 | 49.3 | *345 | *3.36 | *0 | 5.98 | 9.56 | 5.87 | 1.97 | *0.00 |
| French Fries S**1890 | 1 Serving | 1 | 45 | 0 | 68 | 0.73 | 0.17 | 1.2 | 0 | 1.25 | 0 | 0.6 | 6.27 | 1.81 | 0.38 | 0.00 |
| Crispy Chicken Salad**1909 | 1 Salad | 1 | 165 | 8 | 260 | 3.77 | 1.78 | 27.4 | 6603 | 6.67 | *4 | 7.54 | 21.0 | 6.45 | 1.04 | *0.00 |
| Weighted Daily Average | | | 764 | 45 | 1521 | 12.14 | 5.29 | 491.9 | *13364 | *105.28 | *10 | 30.90 | 117.61 | 19.95 | 5.12 | *0.00 |
| % of Calories | | | | | | | | | | | *5.1% | 16.2% | 61.6% | 23.5% | 6.0% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <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) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 04/28/2017 | | | | | | | | | | | | | | | | |
| High Lunch | Total | 4 | | | | | | | | | | | | | | |
| ChickFajitaWrap**1930 | 1 Wrap | 1 | 75 | 15 | 233 | 1.01 | 0.90 | 65.6 | 654 | 1.78 | *0 | 6.35 | 7.31 | 2.28 | 0.79 | *0.00 |
| Crinkle Cut Fries**0499 | 3 Oz. | 3 | 90 | 0 | 23 | 1.50 | 0.54 | 0.0 | 0 | 4.5 | *N/A* | 1.5 | 14.25 | 3.37 | 1.13 | 0.00 |
| Cucumber Slices**5047 | 1/2 Cup | 3 | 9 | 0 | 1 | 0.31 | 0.17 | 9.8 | 64 | 1.71 | 1 | 0.4 | 2.22 | 0.07 | 0.02 | *N/A* |
| Orange Wedges**0600 | 1 orange | 4 | 45 | 0 | 0 | 2.30 | 0.10 | 38.4 | 216 | 51.07 | 9 | 0.9 | 11.28 | 0.12 | 0.02 | *N/A* |
| Pears,Fresh**0090 | 1 EACH | 4 | 95 | 0 | 2 | 5.15 | 0.30 | 14.9 | 42 | 7.14 | 16 | 0.6 | 25.28 | 0.23 | 0.03 | *N/A* |
| Pudding**1149 | 1/2 cup | 4 | 185 | 0 | 189 | 0.00 | 0.00 | 287.3 | *0 | 0.0 | *N/A* | 2.27 | 32.13 | 5.67 | 2.08 | *N/A* |
| ChoFreshVeggie**1882 | Servings | 4 | 36 | 0 | 109 | 2.63 | 0.60 | 20.1 | 2838 | 10.84 | *1 | 1.7 | 6.65 | 0.47 | 0.11 | *N/A* |
| Friday Milk**1848 | 1 Carton | 4 | 110 | 7 | 153 | 0.00 | 0.18 | 300.0 | 500 | 2.0 | *N/A* | 8.0 | 16.67 | 0.83 | 0.50 | 0.00 |
| Choice of Chick Sand HS**2002 | 1 Serving | 1 | 88 | 13 | 209 | 1.11 | 0.61 | 14.5 | 328 | 2.81 | *0 | 5.44 | 7.44 | 3.95 | 0.70 | *0.00 |
| Choice of Pizza-HS**1437 | 1 Slice | 1 | 88 | 9 | 158 | 1.00 | 0.56 | 81.2 | 100 | 0.0 | *N/A* | 4.5 | 9.0 | 3.75 | 1.75 | 0.00 |
| Garden Salad**1910 | 1 Salad | 1 | 120 | 50 | 198 | 3.34 | 1.34 | 111.5 | 5352 | 12.4 | *5 | 6.15 | 16.05 | 3.96 | 1.49 | *N/A* |
| Weighted Daily Average | | | 941 | 94 | 1274 | 18.35 | 5.31 | 943.3 | *10093 | 94.25 | *33 | 37.79 | 148.28 | 24.71 | 8.61 | *0.00 |
| % of Calories | | | | | | | | | | | *14.1% | 16.1% | 63.0% | 23.6% | 8.2% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Central Consolidated Schools

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

High Lunch

Weighted Values - Detailed

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Generated on: 3/3/2017 9:30:33 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 Average | | | 789 | *72 | *1269 | *15.20 | *5.33 | *604.9 | *11873 | *76.79 | *30 *34.4% | *34.75 *17.6% | *118.77 *60.2% | 20.82 23.8% | *6.67 *7.6% | *0.03 *0.0% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 789 | | 750 - 850 | 100% | | | | |
| Cholesterol (mg) | 72 | | | | Missing | | | |
| Sodium (mg) | 1269 | | 1420 | | Missing | | | |
| Fiber (g) | 15.20 | | | | Missing | | | |
| Iron (mg) | 5.33 | | | | Missing | | | |
| Calcium (mg) | 604.9 | | | | Missing | | | |
| Vitamin A (IU) | 11873 | | | | Missing | | | |
| Sugars (g) | 30 | 15.29% | | | Missing | | | |
| Vitamin C (mg) | 76.79 | | | | Missing | | | |
| Protein (g) | 34.75 | 17.62% | | | Missing | | | |
| Carbohydrate (g) | 118.77 | 60.21% | | | Missing | | | |
| Total Fat (g) | 20.82 | 23.75% | | | | | | |
| Saturated Fat (g) | 6.67 | 7.61% | <10.00% | | Missing | | | |
| Trans Fat ¹ (g) | 0.03 | 0.04% | | | Missing | | | |

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