

Central Consolidated Schools

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Middle School Breakfast

Weighted Values - Detailed

Page 1

Generated on: 3/3/2017 11:38:19 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) |
|-------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 04/03/2017 | | | | | | | | | | | | | | | | |
| Middle School 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 |
| 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 |
| 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 | | | 532 | 13 | 443 | 7.31 | 1.05 | 649.3 | 1050 | 28.14 | *6 | 15.53 | 99.06 | 7.42 | 2.78 | *0.00 |
| % of Calories | | | | | | | | | | | *4.7% | 11.7% | 74.5% | 12.6% | 4.7% | *0.0% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|-------------------------|-----------------|---|---------|----|------|------|------|-------|-----|-------|-------|-------|-------|-------|-------|--------|
| Tue - 04/04/2017 | | | | | | | | | | | | | | | | |
| Middle School Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Biscuits & Gravy**1186 | 1 Ea. + 1/2 Cup | 1 | 331 | 27 | 924 | 2.00 | 1.32 | 73.5 | 0 | 0.0 | *N/A* | 9.4 | 26.0 | 20.8 | 9.05 | 0.50 |
| 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 | | | 535 | 34 | 1066 | 4.30 | 1.57 | 421.9 | 716 | 62.07 | *9 | 18.30 | 64.95 | 22.16 | 9.82 | *0.50 |
| % of Calories | | | | | | | | | | | *6.7% | 13.7% | 48.6% | 37.3% | 16.5% | *0.8% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|-------------------------|----------------|---|---------|---|-----|------|------|-------|-----|-------|--------|-------|--------|-------|------|--------|
| Wed - 04/05/2017 | | | | | | | | | | | | | | | | |
| Middle School 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 w/Jelly**1767 | 1 Slice/1 Pkt. | 1 | 159 | 0 | 185 | 1.59 | 1.01 | 17.1 | 219 | 0.61 | *1 | 2.69 | 25.29 | 5.65 | 0.92 | *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 | | | 546 | 8 | 365 | 6.12 | 2.71 | 357.4 | 726 | 13.78 | *28 | 15.69 | 102.46 | 9.07 | 2.05 | *0.00 |
| % of Calories | | | | | | | | | | | *20.8% | 11.5% | 75.0% | 14.9% | 3.4% | *0.0% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | | | | <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

Middle School Breakfast

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 - 04/06/2017 | | | | | | | | | | | | | | | | |
| Middle School 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 w/Jelly**1767 | 1 Slice/1 Pkt. | 1 | 159 | 0 | 185 | 1.59 | 1.01 | 17.1 | 219 | 0.61 | *1 | 2.69 | 25.29 | 5.65 | 0.92 | *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 % of Calories | | | 481 | 8 | 493 | 4.93 | 6.44 | 419.5 | 1594 | 19.40 | *18 *14.9% | 12.69 10.6% | 91.62 76.2% | 8.32 15.6% | 1.75 3.3% | *0.00 *0.0% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------------|----------|---|---------|---|-----|------|------|-------|-----|-------|---------------|----------------|----------------|---------------|--------------|----------------|
| Fri - 04/07/2017 | | | | | | | | | | | | | | | | |
| Middle School 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 % of Calories | | | 488 | 8 | 443 | 4.62 | 1.85 | 355.0 | 565 | 19.79 | *12 *10.1% | 14.09 11.6% | 90.69 74.3% | 9.57 17.7% | 2.86 5.3% | *0.00 *0.0% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|-------------------------|----------------|---|-----|-----|-----|------|------|-------|-----|-------|-------|-----|-------|------|------|-------|
| Mon - 04/10/2017 | | | | | | | | | | | | | | | | |
| Middle School 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 |
| 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 |

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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Middle School 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) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|---------------|--------------|-------------------------|
| Weighted Daily Average % of Calories | | | 465 | 123 | 485 | 5.30 | 2.06 | 429.6 | 916 | 65.67 | *22 *19.3% | 17.90 15.4% | 89.07 76.6% | 5.36 10.4% | 1.77 3.4% | *0.00 *0.0% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | | | | <10.00 |

| Tue - 04/11/2017 | | | | | | | | | | | | | | | | |
|--------------------------------------|----------|---|---------|-----|-----|------|------|-------|------|-------|--------------|----------------|----------------|----------------|--------------|----------------|
| Middle School Breakfast | Total | 2 | | | | | | | | | | | | | | |
| Breakfast Burrito**5015 | 1 Ea. | 1 | 214 | 265 | 454 | 1.97 | 2.19 | 144.1 | 428 | 3.8 | *0 | 11.55 | 19.31 | 10.09 | 3.04 | *0.00 |
| Cold Cereal**0013 | 1 Bowl | 1 | 48 | 0 | 80 | 0.86 | 2.42 | 44.3 | 216 | 2.39 | *N/A* | 0.72 | 10.23 | 0.69 | 0.04 | 0.00 |
| Graham Crackers**0875 | 3 Ea. | 1 | 45 | 0 | 48 | 0.50 | 0.36 | 50.0 | 250 | 0.0 | *N/A* | 0.5 | 8.0 | 1.25 | 0.25 | 0.00 |
| Banana**0068 | 1 Each | 2 | 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 | 2 | 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 | 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 % of Calories | | | 560 | 272 | 795 | 6.46 | 5.56 | 563.5 | 1534 | 26.59 | *12 *8.9% | 21.87 15.6% | 89.28 63.8% | 13.62 21.9% | 4.19 6.7% | *0.00 *0.0% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | | | | <10.00 |

| Wed - 04/12/2017 | | | | | | | | | | | | | | | | |
|--------------------------------------|----------|---|---------|----|-----|------|------|-------|-----|-------|---------------|----------------|----------------|----------------|---------------|----------------|
| Middle School 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 | | | 400-550 | | 600 | | | | | | | | | | | <10.00 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Middle School 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) |
|-------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 04/13/2017 | | | | | | | | | | | | | | | | |
| Middle School 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 |
| 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 | | | 427 | 8 | 332 | 3.42 | 1.02 | 634.2 | 5869 | 69.26 | *19 | 14.82 | 81.01 | 5.03 | 1.33 | *0.00 |
| % of Calories | | | | | | | | | | | *17.8% | 13.9% | 75.9% | 10.6% | 2.8% | *0.0% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|-------------------------|-----------|---|---------|---|-----|------|------|-----|---|------|------|------|------|------|------|--------|
| Fri - 04/14/2017 | | | | | | | | | | | | | | | | |
| Middle School Breakfast | Total | 2 | | | | | | | | | | | | | | |
| 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 | | | 400-550 | | 600 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|-------------------------|-----------------|---|---------|----|------|------|------|-------|-----|-------|--------|-------|-------|-------|-------|--------|
| Mon - 04/17/2017 | | | | | | | | | | | | | | | | |
| Middle School Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Biscuits & Gravy**1186 | 1 Ea. + 1/2 Cup | 1 | 331 | 27 | 924 | 2.00 | 1.32 | 73.5 | 0 | 0.0 | *N/A* | 9.4 | 26.0 | 20.8 | 9.05 | 0.50 |
| 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 | | | 561 | 34 | 1072 | 4.00 | 1.82 | 389.8 | 500 | 11.88 | *15 | 17.63 | 72.66 | 22.08 | 9.80 | *0.50 |
| % of Calories | | | | | | | | | | | *10.8% | 12.6% | 51.8% | 35.4% | 15.7% | *0.8% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | | | | <10.00 |

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|-------------------------|----------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 04/18/2017 | | | | | | | | | | | | | | | | |
| Middle School 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 w/Jelly**1767 | 1 Slice/1 Pkt. | 1 | 159 | 0 | 185 | 1.59 | 1.01 | 17.1 | 219 | 0.61 | *1 | 2.69 | 25.29 | 5.65 | 0.92 | *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 | | | 478 | 8 | 488 | 4.31 | 6.48 | 433.2 | 1199 | 25.79 | *17 | 12.58 | 90.24 | 8.44 | 1.76 | *0.00 |
| % of Calories | | | | | | | | | | | *14.4% | 10.5% | 75.4% | 15.9% | 3.3% | *0.0% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|-------------------------|----------|---|---------|-----|-----|------|------|-------|------|-------|--------|-------|-------|-------|------|--------|
| Wed - 04/19/2017 | | | | | | | | | | | | | | | | |
| Middle School Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Hard Boiled Eggs**0370 | 1 Egg | 1 | 78 | 187 | 62 | 0.00 | 0.60 | 25.0 | 260 | 0.0 | 1 | 6.29 | 0.56 | 5.31 | 1.63 | *N/A* |
| 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 |
| Fruit Cocktail**0419 | 1/2 Cup | 1 | 69 | 0 | 7 | 1.20 | 0.35 | 7.2 | 246 | 2.28 | 17 | 0.48 | 17.95 | 0.08 | 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 | | | 421 | 212 | 285 | 2.98 | 1.83 | 347.3 | 1039 | 13.87 | *17 | 17.14 | 65.57 | 9.86 | 2.85 | *0.00 |
| % of Calories | | | | | | | | | | | *16.4% | 16.3% | 62.3% | 21.1% | 6.1% | *0.0% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|-------------------------|----------|---|---------|---|-----|------|------|-------|------|-------|-------|-------|-------|-------|------|--------|
| Thu - 04/20/2017 | | | | | | | | | | | | | | | | |
| Middle School Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Mini Waffle**1934 | 1 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 | | | 400-550 | | 600 | | | | | | | | | | | <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

Middle School 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) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-------------|----------------|----------------|----------------|--------------|-------------------------|
| Fri - 04/21/2017 | | | | | | | | | | | | | | | | |
| Middle School 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 |
| Fresh Strawberries**1875 | 1/2 cup | 1 | 23 | 0 | 1 | 1.44 | 0.30 | 11.5 | 9 | 42.34 | 4 | 0.48 | 5.53 | 0.22 | 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 | | | 380 | 32 | 450 | 4.41 | 2.23 | 341.3 | 509 | 53.34 | *7 *7.9% | 15.42 16.2% | 50.04 52.7% | 11.37 27.0% | 3.23 7.7% | *0.00 *0.0% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------------|----------------|---|---------|---|-----|------|------|-------|------|-------|---------------|---------------|----------------|---------------|--------------|----------------|
| Mon - 04/24/2017 | | | | | | | | | | | | | | | | |
| Middle School 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 w/Jelly**1767 | 1 Slice/1 Pkt. | 1 | 159 | 0 | 185 | 1.59 | 1.01 | 17.1 | 219 | 0.61 | *1 | 2.69 | 25.29 | 5.65 | 0.92 | *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 | | | 500 | 8 | 489 | 4.83 | 6.14 | 419.5 | 1159 | 18.57 | *20 *16.0% | 12.33 9.9% | 95.72 76.6% | 8.50 15.3% | 1.79 3.2% | *0.00 *0.0% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------------|----------|---|---------|----|-----|------|------|-------|-----|-------|---------------|----------------|----------------|----------------|---------------|----------------|
| Tue - 04/25/2017 | | | | | | | | | | | | | | | | |
| Middle School 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 | | | 400-550 | | 600 | | | | | | | | | | | <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

Middle School 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 - 04/26/2017 | | | | | | | | | | | | | | | | |
| Middle School 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 |
| 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 |
| Fresh Strawberries**1875 | 1/2 cup | 1 | 23 | 0 | 1 | 1.44 | 0.30 | 11.5 | 9 | 42.34 | 4 | 0.48 | 5.53 | 0.22 | 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 | | | 490 | 49 | 749 | 2.77 | 2.02 | 369.4 | 509 | 53.34 | *12 | 19.48 | 83.34 | 9.13 | 2.59 | *0.00 |
| % of Calories | | | | | | | | | | | *9.8% | 15.9% | 68.0% | 16.8% | 4.8% | *0.0% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|-------------------------|----------|---|---------|----|-----|------|------|-------|------|-------|--------|-------|-------|-------|------|--------|
| Thu - 04/27/2017 | | | | | | | | | | | | | | | | |
| Middle School 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 | | | 400-550 | | 600 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|----------------------------|----------|---|---------|-----|-----|------|------|-------|-----|-------|--------|-------|-------|-------|-------|--------|
| Fri - 04/28/2017 | | | | | | | | | | | | | | | | |
| Middle School Breakfast | Total | 1 | | | | | | | | | | | | | | |
| BRK Taco/liq frz egg**1993 | 1 each | 1 | 200 | 224 | 428 | 2.50 | 1.28 | 198.5 | 239 | 1.2 | *0 | 12.36 | 16.79 | 10.35 | 4.39 | 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 | | | 458 | 232 | 712 | 6.13 | 2.05 | 533.7 | 955 | 22.19 | *12 | 21.46 | 69.53 | 11.93 | 5.26 | *0.00 |
| % of Calories | | | | | | | | | | | *10.8% | 18.7% | 60.7% | 23.4% | 10.3% | *0.0% |
| Nutrient Guideline | | | 400-550 | | 600 | | | | | | | | | | | <10.00 |

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Central Consolidated Schools

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Middle School Breakfast

Weighted Values - Detailed

Page 8

Generated on: 3/3/2017 11:38:19 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 | | | 478 | 63 | 554 | 4.43 | 2.77 | 454.6 | 1458 | 33.05 | *15 *28.3% | 16.35 13.7% | 80.49 67.4% | 10.42 19.6% | 3.74 7.0% | *0.05 *0.1% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 478 | | 400 - 550 | 100% | | | | |
| Cholesterol (mg) | 63 | | | | | | | |
| Sodium (mg) | 554 | | 600 | | | | | |
| Fiber (g) | 4.43 | | | | | | | |
| Iron (mg) | 2.77 | | | | | | | |
| Calcium (mg) | 454.6 | | | | | | | |
| Vitamin A (IU) | 1458 | | | | | | | |
| Sugars (g) | 15 | 12.58% | | | Missing | | | |
| Vitamin C (mg) | 33.05 | | | | | | | |
| Protein (g) | 16.35 | 13.69% | | | | | | |
| Carbohydrate (g) | 80.49 | 67.42% | | | | | | |
| Total Fat (g) | 10.42 | 19.64% | | | | | | |
| Saturated Fat (g) | 3.74 | 7.04% | <10.00% | | | | | |
| Trans Fat ¹ (g) | 0.05 | 0.10% | | | Missing | | | |

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