

Central Consolidated Schools

Apr 2, 2018 thru Apr 30, 2018

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 - 04/02/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch | Total | 2 | | | | | | | | | | | | | | |
| AF Japan Cher Blos Chick**1964 | 3.9 oz | 1 | 100 | 23 | 175 | 1.00 | 0.63 | 0.0 | 0 | 1.2 | *N/A* | 6.5 | 13.5 | 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-Froz**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 | 0.00 |
| 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 | 28 | 0 | 92 | 1.51 | 0.45 | 16.7 | 1672 | 5.58 | 2 | 1.25 | 5.58 | 0.04 | 0.01 | 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 | 115 | 12 | 316 | 1.50 | 0.78 | 49.0 | 73 | 0.6 | *1 | 5.7 | 15.11 | 3.78 | 1.58 | 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 | | | 471 | *50 | *787 | *6.22 | *2.45 | *387.8 | *3373 | *40.93 | *4 *3.6% | *23.44 *19.9% | *57.62 *48.9% | 12.73 24.3% | *3.85 *7.4% | *0.00 *0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------------------|------------|---|---------|----|------|------|------|-------|-------|-------|---------------|----------------|----------------|----------------|---------------|----------------|
| Tue - 04/03/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch | Total | 2 | | | | | | | | | | | | | | |
| HmdGrillCheese-Elem**0116 | 1 Sandwich | 1 | 125 | 14 | 362 | 2.00 | 0.75 | 98.5 | 207 | 1.2 | *2 | 5.16 | 14.24 | 6.3 | 3.03 | *0.00 |
| Chick Veg Soup w/Frz veg**1959 | 1 CUP | 1 | 41 | 7 | 59 | 1.00 | 0.47 | 12.1 | 392 | 3.75 | *2 | 4.14 | 4.26 | 0.79 | 0.22 | *0.00 |
| Orange Wedges**0600 | 1 orange | 1 | 23 | 0 | 0 | 1.15 | 0.05 | 19.2 | 108 | 25.54 | 4 | 0.45 | 5.64 | 0.06 | 0.01 | 0.00 |
| Elem Fresh Veggie**1922 | Servings | 1 | 28 | 0 | 92 | 1.51 | 0.45 | 16.7 | 1672 | 5.58 | 2 | 1.25 | 5.58 | 0.04 | 0.01 | 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 | 2.09 | *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 | | | 572 | 52 | 928 | 9.98 | 3.14 | 742.1 | 15272 | 65.35 | *21 *14.6% | 26.44 18.5% | 77.24 54.1% | 18.40 29.0% | 7.09 11.2% | *0.00 *0.0% |
| Nutrient Guideline | | | 600-650 | | 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

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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 - 04/04/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch | Total | 2 | | | | | | | | | | | | | | |
| Chicken Alfredo**1887 | 1 Cup | 1 | 177 | 42 | 417 | 2.29 | 1.36 | 54.3 | 351 | 9.74 | *0 | 13.42 | 20.31 | 5.28 | 1.68 | 0.77 |
| Tossed Salad**0202 | 1 Cup | 1 | 10 | 0 | 6 | 1.00 | 0.40 | 14.6 | 3885 | 3.05 | 1 | 0.58 | 1.94 | 0.14 | 0.02 | 0.00 |
| WG Breadsticks**1885 | 1 each | 1 | 40 | 0 | 50 | 1.00 | 0.19 | 3.3 | 0 | 0.0 | *N/A* | 1.5 | 7.5 | 0.5 | 0.00 | 0.00 |
| 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 | 0.00 |
| Elem Fresh Veggie**1922 | Servings | 1 | 28 | 0 | 92 | 1.51 | 0.45 | 16.7 | 1672 | 5.58 | 2 | 1.25 | 5.58 | 0.04 | 0.01 | 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 | 115 | 12 | 316 | 1.50 | 0.78 | 49.0 | 73 | 0.6 | *1 | 5.7 | 15.11 | 3.78 | 1.58 | 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 | | | 554 | 69 | 1079 | 8.11 | 3.50 | 439.7 | 6702 | 22.88 | *13 *9.2% | 30.74 22.2% | 73.06 52.8% | 16.25 26.4% | 5.04 8.2% | *0.77 *1.3% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------------------|----------|---|---------|----|------|-------|------|-------|-------|-------|---------------|----------------|----------------|----------------|--------------|----------------|
| Thu - 04/05/2018 | | | | | | | | | | | | | | | | |
| 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 |
| Crinkle Cut Fries**0499 | 3 Oz. | 1 | 60 | 0 | 15 | 1.00 | 0.36 | 0.0 | 0 | 3.0 | 0 | 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 | 0.00 |
| Pickles**1229 | 3 Each | 1 | 1 | 0 | 85 | 0.11 | 0.03 | 6.0 | 13 | 0.24 | 0 | 0.05 | 0.25 | 0.03 | 0.01 | 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 | 0.00 |
| Elem Fresh Veggie**1922 | Servings | 1 | 28 | 0 | 92 | 1.51 | 0.45 | 16.7 | 1672 | 5.58 | 2 | 1.25 | 5.58 | 0.04 | 0.01 | 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-WWCrk**2013 | 1 Salad | 1 | 232 | 8 | 354 | 4.94 | 4.96 | 296.9 | 12377 | 26.54 | *12 | 7.77 | 39.47 | 6.1 | 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 % of Calories | | | 706 | 35 | 1061 | 12.61 | 7.88 | 693.2 | 17316 | 44.45 | *22 *12.3% | 28.54 16.2% | 97.76 55.4% | 23.26 29.7% | 6.12 7.8% | *0.00 *0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

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| | 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 - 04/06/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch | Total | 2 | | | | | | | | | | | | | | |
| Nardone WW PeppPizza 4x6**2005 | piece | 1 | 175 | 20 | 290 | 1.50 | 1.35 | 175.0 | 200 | 4.5 | 3 | 11.0 | 14.5 | 8.5 | 3.50 | 0.00 |
| Italian Veggies**1112 | 1/2 Cup | 1 | 12 | 0 | 14 | 0.00 | 0.00 | 8.1 | 303 | 3.64 | *N/A* | 0.4 | 2.02 | 0.0 | 0.00 | 0.00 |
| 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 | 0.00 |
| Elem Fresh Veggie**1922 | Servings | 1 | 28 | 0 | 92 | 1.51 | 0.45 | 16.7 | 1672 | 5.58 | 2 | 1.25 | 5.58 | 0.04 | 0.01 | 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 | 115 | 12 | 316 | 1.50 | 0.78 | 49.0 | 73 | 0.6 | *1 | 5.7 | 15.11 | 3.78 | 1.58 | 0.00 |
| Hope'sCChipCookie**1836 | 1 Each | 2 | 110 | 5 | 160 | 0.00 | 0.72 | 0.0 | 0 | 0.0 | *N/A* | 1.0 | 18.0 | 4.5 | 1.50 | 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 | | | 633 | 52 | 1091 | 5.01 | 3.72 | 557.5 | 2771 | 21.02 | *14 | 27.58 | 80.80 | 22.97 | 8.09 | *0.00 |
| % of Calories | | | | | | | | | | | *9.0% | 17.4% | 51.1% | 32.7% | 11.5% | *0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|-------------------------------|----------------|---|---------|----|------|-------|------|-------|-------|-------|--------|-------|-------|-------|--------|-------|
| Mon - 04/09/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch | Total | 2 | | | | | | | | | | | | | | |
| Tyson Chicken Popcorn**1956 | 3.36 oz 1 2 pc | 1 | 128 | 13 | 194 | 1.53 | 0.92 | 0.0 | 51 | 0.0 | 1 | 7.66 | 8.17 | 7.66 | 1.28 | 0.00 |
| Baked Beans**8032 | 1/2 Cup | 1 | 66 | 0 | 243 | 3.04 | 0.91 | 30.4 | 25 | 0.0 | 5 | 3.04 | 12.65 | 0.0 | 0.00 | 0.00 |
| Coleslaw**0220 | 1/2 Cup | 1 | 22 | 0 | 96 | 1.11 | 0.04 | 23.8 | 800 | 19.51 | *1 | 0.58 | 4.83 | 0.02 | 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 | *0.00 |
| Watermelon Wedges**1226 | 1/2 Cup | 1 | 22 | 0 | 1 | 0.30 | 0.18 | 5.2 | 426 | 6.06 | 5 | 0.46 | 5.65 | 0.11 | 0.01 | 0.00 |
| Elem Fresh Veggie**1922 | Servings | 1 | 28 | 0 | 92 | 1.51 | 0.45 | 16.7 | 1672 | 5.58 | 2 | 1.25 | 5.58 | 0.04 | 0.01 | 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-WWCrk**2013 | 1 Salad | 1 | 232 | 8 | 354 | 4.94 | 4.96 | 296.9 | 12377 | 26.54 | *12 | 7.77 | 39.47 | 6.1 | 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 | | | 694 | 35 | 1245 | 13.22 | 7.97 | 675.9 | 15852 | 60.10 | *26 | 30.08 | 98.11 | 21.36 | 5.52 | *0.00 |
| % of Calories | | | | | | | | | | | *15.2% | 17.3% | 56.5% | 27.7% | 7.2% | *0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

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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) |
|--------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 04/10/2018 | | | | | | | | | | | | | | | | |
| 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 | 171 | 1.67 | 1 | 0.61 | 2.63 | 0.07 | 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 | *0.00 |
| 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 | 0.01 | 0.00 |
| Elem Fresh Veggie**1922 | Servings | 1 | 28 | 0 | 92 | 1.51 | 0.45 | 16.7 | 1672 | 5.58 | 2 | 1.25 | 5.58 | 0.04 | 0.01 | 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 | 115 | 12 | 316 | 1.50 | 0.78 | 49.0 | 73 | 0.6 | *1 | 5.7 | 15.11 | 3.78 | 1.58 | 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 | | | 539 | 56 | 1136 | 6.17 | 2.60 | 587.5 | 2833 | 31.72 | *7 | 25.86 | 58.50 | 22.62 | 9.57 | *0.00 |
| % of Calories | | | | | | | | | | | *5.0% | 19.2% | 43.4% | 37.8% | 16.0% | *0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------------|----------------|---|---------|----|------|------|------|-------|-------|-------|-------|-------|-------|-------|--------|-------|
| Wed - 04/11/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch | Total | 2 | | | | | | | | | | | | | | |
| Salisbury Steak**0767 | 1 Each | 1 | 112 | 15 | 150 | 0.50 | 0.72 | 10.0 | 3 | 0.0 | 0 | 5.5 | 1.5 | 2.5 | 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 |
| 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 | *0.00 |
| 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 | 28 | 0 | 92 | 1.51 | 0.45 | 16.7 | 1672 | 5.58 | 2 | 1.25 | 5.58 | 0.04 | 0.01 | 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 | 2.09 | *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 | | | 647 | 46 | 973 | 8.38 | 3.50 | 670.0 | 15569 | 68.01 | *16 | 25.14 | 87.00 | 15.23 | 5.02 | *0.00 |
| % of Calories | | | | | | | | | | | *9.6% | 15.5% | 53.7% | 21.2% | 7.0% | *0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

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|-----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 04/12/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch | Total | 2 | | | | | | | | | | | | | | |
| LosCaboBn&CheeBurrito**2000 | 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 |
| 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 | 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 | 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 | 0.00 |
| Elem Fresh Veggie**1922 | Servings | 1 | 28 | 0 | 92 | 1.51 | 0.45 | 16.7 | 1672 | 5.58 | 2 | 1.25 | 5.58 | 0.04 | 0.01 | 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 | 115 | 12 | 316 | 1.50 | 0.78 | 49.0 | 73 | 0.6 | *1 | 5.7 | 15.11 | 3.78 | 1.58 | 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 | | | 515 | 36 | 926 | 10.98 | 3.42 | 491.0 | 5256 | 16.11 | *12 | 24.14 | 72.63 | 15.26 | 5.43 | *0.00 |
| % of Calories | | | | | | | | | | | *9.0% | 18.7% | 56.4% | 26.6% | 9.5% | *0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|-------------------------------|------------|---|---------|----|------|-------|------|-------|-------|-------|--------|-------|-------|-------|--------|-------|
| Fri - 04/13/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch | Total | 2 | | | | | | | | | | | | | | |
| Sloppy Joe**0114 | 1 Sandwich | 1 | 168 | 27 | 289 | 1.88 | 1.73 | 52.1 | 201 | 6.54 | *3 | 9.62 | 17.22 | 6.64 | 2.24 | *0.34 |
| 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 |
| Orange Wedges**0600 | 1 orange | 1 | 23 | 0 | 0 | 1.15 | 0.05 | 19.2 | 108 | 25.54 | 4 | 0.45 | 5.64 | 0.06 | 0.01 | 0.00 |
| Elem Fresh Veggie**1922 | Servings | 1 | 28 | 0 | 92 | 1.51 | 0.45 | 16.7 | 1672 | 5.58 | 2 | 1.25 | 5.58 | 0.04 | 0.01 | 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-WWCrk**2013 | 1 Salad | 1 | 232 | 8 | 354 | 4.94 | 4.96 | 296.9 | 12377 | 26.54 | *12 | 7.77 | 39.47 | 6.1 | 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 | | | 672 | 48 | 1083 | 10.48 | 7.38 | 684.9 | 14858 | 67.40 | *22 | 27.60 | 94.10 | 21.42 | 6.60 | *0.34 |
| % of Calories | | | | | | | | | | | *13.1% | 16.4% | 56.0% | 28.7% | 8.8% | *0.5% |
| Nutrient Guideline | | | 600-650 | | 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.

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Central Consolidated Schools

Apr 2, 2018 thru Apr 30, 2018

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 - 04/16/2018 | | | | | | | | | | | | | | | | |
| 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 | 0.00 |
| Pickles**1229 | 3 Each | 1 | 1 | 0 | 85 | 0.11 | 0.03 | 6.0 | 13 | 0.24 | 0 | 0.05 | 0.25 | 0.03 | 0.01 | 0.00 |
| 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 | 0.00 |
| Elem Fresh Veggie**1922 | Servings | 1 | 28 | 0 | 92 | 1.51 | 0.45 | 16.7 | 1672 | 5.58 | 2 | 1.25 | 5.58 | 0.04 | 0.01 | 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-WWCrk**2013 | 1 Salad | 1 | 232 | 8 | 354 | 4.94 | 4.96 | 296.9 | 12377 | 26.54 | *12 | 7.77 | 39.47 | 6.1 | 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 | | | 768 | 35 | 1178 | 12.85 | 8.07 | 704.2 | 19775 | 42.40 | *25 | 28.28 | 106.64 | 26.08 | 6.52 | *0.00 |
| % of Calories | | | | | | | | | | | *13.1% | 14.7% | 55.5% | 30.5% | 7.6% | *0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

| | 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) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 04/17/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch | Total | 2 | | | | | | | | | | | | | | |
| Taco- 2 w GB***1974 | 2 Tacos | 1 | 191 | 30 | 254 | 2.60 | 1.72 | 166.2 | 825 | 5.4 | *0 | 12.01 | 14.6 | 9.67 | 4.18 | *0.02 |
| Spanish Rice Elem**8189 | 1/2 Cup | 1 | 57 | 0 | 178 | 0.94 | 0.48 | 7.6 | 187 | 5.93 | *0 | 0.44 | 10.73 | 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 | 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 | 0.02 | 0.00 |
| Elem Fresh Veggie**1922 | Servings | 1 | 28 | 0 | 92 | 1.51 | 0.45 | 16.7 | 1672 | 5.58 | 2 | 1.25 | 5.58 | 0.04 | 0.01 | 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-WWCrk**2013 | 1 Salad | 1 | 232 | 8 | 354 | 4.94 | 4.96 | 296.9 | 12377 | 26.54 | *12 | 7.77 | 39.47 | 6.1 | 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 |
| Weighted Daily Average | | | 685 | 53 | 1155 | 11.56 | 8.28 | 810.8 | 18333 | 56.60 | *19 | 30.15 | 90.15 | 23.49 | 8.39 | *0.02 |
| % of Calories | | | | | | | | | | | *11.2% | 17.6% | 52.6% | 30.9% | 11.0% | *0.0% |
| Nutrient Guideline | | | 600-650 | | 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

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Central Consolidated Schools

Apr 2, 2018 thru Apr 30, 2018

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 - 04/18/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch | Total | 2 | | | | | | | | | | | | | | |
| Spag w/Meat Sauce **1025 | 1 1/2 Cup | 1 | 242 | 21 | 364 | 4.80 | 1.92 | 131.2 | 821 | 6.55 | *0 | 12.08 | 30.99 | 8.2 | 3.07 | *0.17 |
| Tossed Salad**0202 | 1 Cup | 1 | 10 | 0 | 6 | 1.00 | 0.40 | 14.6 | 3885 | 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 | *0.00 |
| 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 | 0.00 |
| Elem Fresh Veggie**1922 | Servings | 1 | 28 | 0 | 92 | 1.51 | 0.45 | 16.7 | 1672 | 5.58 | 2 | 1.25 | 5.58 | 0.04 | 0.01 | 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 | 115 | 12 | 316 | 1.50 | 0.78 | 49.0 | 73 | 0.6 | *1 | 5.7 | 15.11 | 3.78 | 1.58 | 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 | | | 626 | 48 | 1045 | 10.60 | 4.23 | 517.4 | 6951 | 18.63 | *13 | 29.06 | 84.89 | 19.61 | 6.56 | *0.17 |
| % of Calories | | | | | | | | | | | *8.1% | 18.6% | 54.3% | 28.2% | 9.4% | *0.2% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|-------------------------|------------|---|---------|----|------|------|------|-------|------|-------|-------|-------|-------|-------|--------|-------|
| Thu - 04/19/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch | Total | 2 | | | | | | | | | | | | | | |
| Hamburger All**0279 | 1 Sandwich | 1 | 166 | 20 | 364 | 1.63 | 1.42 | 49.7 | 50 | 2.45 | *0 | 7.36 | 15.28 | 8.08 | 3.02 | *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 |
| 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 | 0.00 |
| Pickles**1229 | 3 Each | 1 | 1 | 0 | 85 | 0.11 | 0.03 | 6.0 | 13 | 0.24 | 0 | 0.05 | 0.25 | 0.03 | 0.01 | 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 | 0.00 |
| Elem Fresh Veggie**1922 | Servings | 1 | 28 | 0 | 92 | 1.51 | 0.45 | 16.7 | 1672 | 5.58 | 2 | 1.25 | 5.58 | 0.04 | 0.01 | 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 | 115 | 12 | 316 | 1.50 | 0.78 | 49.0 | 73 | 0.6 | *1 | 5.7 | 15.11 | 3.78 | 1.58 | 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 | | | 557 | 47 | 1185 | 7.83 | 3.14 | 435.5 | 5012 | 17.37 | *10 | 23.45 | 67.87 | 21.13 | 6.90 | *0.00 |
| % of Calories | | | | | | | | | | | *7.2% | 16.8% | 48.7% | 34.1% | 11.1% | *0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

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* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Central Consolidated Schools

Apr 2, 2018 thru Apr 30, 2018

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 - 04/20/2018 | | | | | | | | | | | | | | | | |
| 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 |
| 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 | 0.02 | 0.00 |
| 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 | 0.00 |
| Elem Fresh Veggie**1922 | Servings | 1 | 28 | 0 | 92 | 1.51 | 0.45 | 16.7 | 1672 | 5.58 | 2 | 1.25 | 5.58 | 0.04 | 0.01 | 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 | 115 | 12 | 316 | 1.50 | 0.78 | 49.0 | 73 | 0.6 | *1 | 5.7 | 15.11 | 3.78 | 1.58 | 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 | | | 525 | 49 | 1180 | 5.65 | 2.98 | 543.8 | 5252 | 40.19 | *10 | 24.61 | 65.29 | 18.18 | 7.00 | *0.00 |
| % of Calories | | | | | | | | | | | *7.8% | 18.7% | 49.7% | 31.1% | 12.0% | *0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------------|----------------|---|---------|----|------|-------|------|-------|------|-------|-------|-------|-------|-------|--------|-------|
| Mon - 04/23/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch | Total | 2 | | | | | | | | | | | | | | |
| Quesadilla, cheese **1949 | 1 | 1 | 170 | 16 | 322 | 2.14 | 1.28 | 293.3 | 263 | 0.59 | *0 | 9.85 | 16.91 | 6.92 | 3.69 | 0.00 |
| Santiago Refried Beans**1999 | 1/2 cup | 1 | 79 | 0 | 74 | 4.92 | 1.13 | 24.9 | 0 | 0.43 | 0 | 4.92 | 14.28 | 0.25 | 0.00 | 0.00 |
| 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 | 28 | 0 | 92 | 1.51 | 0.45 | 16.7 | 1672 | 5.58 | 2 | 1.25 | 5.58 | 0.04 | 0.01 | 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 | 115 | 12 | 316 | 1.50 | 0.78 | 49.0 | 73 | 0.6 | *1 | 5.7 | 15.11 | 3.78 | 1.58 | 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 | | | 588 | 43 | 1091 | 10.57 | 4.08 | 733.9 | 3083 | 40.21 | *3 | 29.73 | 76.40 | 17.48 | 7.03 | *0.00 |
| % of Calories | | | | | | | | | | | *2.3% | 20.2% | 52.0% | 26.8% | 10.8% | *0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

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Central Consolidated Schools

Apr 2, 2018 thru Apr 30, 2018

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) |
|-------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 04/24/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch | Total | 2 | | | | | | | | | | | | | | |
| Chicken Patty**1363 | 1 each | 1 | 133 | 12 | 197 | 1.48 | 0.89 | 19.7 | 49 | 0.0 | 0 | 7.89 | 7.89 | 7.4 | 1.23 | 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 | *0.00 |
| 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 | 0.00 |
| 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 | 28 | 0 | 92 | 1.51 | 0.45 | 16.7 | 1672 | 5.58 | 2 | 1.25 | 5.58 | 0.04 | 0.01 | 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 | 2.09 | *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 | | | 690 | 44 | 986 | 9.41 | 3.58 | 641.6 | 14862 | 53.15 | *22 | 28.43 | 97.82 | 21.15 | 6.26 | *0.00 |
| % of Calories | | | | | | | | | | | *12.9% | 16.5% | 56.7% | 27.6% | 8.2% | *0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|-------------------------------|----------|---|---------|----|------|-------|------|-------|-------|-------|--------|-------|-------|-------|--------|-------|
| Wed - 04/25/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch | Total | 2 | | | | | | | | | | | | | | |
| Corndog, Chicken, **0937 | 1 EACH | 1 | 120 | 20 | 195 | 2.50 | 0.90 | 40.0 | 12 | 0.0 | 2 | 4.5 | 15.0 | 4.0 | 1.25 | 0.00 |
| Crinkle Cut Fries**0499 | 3 Oz. | 1 | 60 | 0 | 15 | 1.00 | 0.36 | 0.0 | 0 | 3.0 | 0 | 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 | 0.00 |
| Elem Fresh Veggie**1922 | Servings | 1 | 28 | 0 | 92 | 1.51 | 0.45 | 16.7 | 1672 | 5.58 | 2 | 1.25 | 5.58 | 0.04 | 0.01 | 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-WWCrk**2013 | 1 Salad | 1 | 232 | 8 | 354 | 4.94 | 4.96 | 296.9 | 12377 | 26.54 | *12 | 7.77 | 39.47 | 6.1 | 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 | | | 608 | 43 | 851 | 10.18 | 6.84 | 657.2 | 14587 | 38.54 | *21 | 22.68 | 87.44 | 18.97 | 6.13 | *0.00 |
| % of Calories | | | | | | | | | | | *14.0% | 14.9% | 57.6% | 28.1% | 9.1% | *0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

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Central Consolidated Schools

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

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| | 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 - 04/26/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch | Total | 2 | | | | | | | | | | | | | | |
| Frito Pie-Cnd Bean Gr BF**1937 | Servings | 1 | 211 | 20 | 569 | 4.75 | 1.88 | 247.1 | 397 | 4.66 | *1 | 10.06 | 22.28 | 9.53 | 3.05 | *0.01 |
| 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 | 0.00 |
| 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 | 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 | 0.00 |
| Elem Fresh Veggie**1922 | Servings | 1 | 28 | 0 | 92 | 1.51 | 0.45 | 16.7 | 1672 | 5.58 | 2 | 1.25 | 5.58 | 0.04 | 0.01 | 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 | 115 | 12 | 316 | 1.50 | 0.78 | 49.0 | 73 | 0.6 | *1 | 5.7 | 15.11 | 3.78 | 1.58 | 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 | | | 579 | 47 | 1246 | 11.33 | 3.95 | 638.2 | 5503 | 20.17 | *12 | 26.64 | 74.48 | 20.32 | 6.46 | *0.01 |
| % of Calories | | | | | | | | | | | *8.3% | 18.4% | 51.5% | 31.6% | 10.0% | *0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------------|------------|---|---------|----|------|------|------|-------|-------|-------|--------|-------|-------|-------|--------|-------|
| Fri - 04/27/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch | Total | 2 | | | | | | | | | | | | | | |
| Nardone Cheese Pizza 4x6**2006 | peice/serv | 1 | 155 | 15 | 180 | 1.50 | 1.35 | 225.0 | 250 | 4.5 | 3 | 11.0 | 15.0 | 6.0 | 3.00 | 0.00 |
| Green Beans-FRZ**0426 | 1/2 cup | 1 | 11 | 0 | 0 | 1.22 | 0.27 | 17.1 | 171 | 1.67 | 1 | 0.61 | 2.63 | 0.07 | 0.02 | 0.00 |
| Watermelon Wedges**1226 | 1/2 Cup | 1 | 22 | 0 | 1 | 0.30 | 0.18 | 5.2 | 426 | 6.06 | 5 | 0.46 | 5.65 | 0.11 | 0.01 | 0.00 |
| Elem Fresh Veggie**1922 | Servings | 1 | 28 | 0 | 92 | 1.51 | 0.45 | 16.7 | 1672 | 5.58 | 2 | 1.25 | 5.58 | 0.04 | 0.01 | 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-WWCrk**2013 | 1 Salad | 1 | 232 | 8 | 354 | 4.94 | 4.96 | 296.9 | 12377 | 26.54 | *12 | 7.77 | 39.47 | 6.1 | 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 | | | 609 | 37 | 845 | 9.47 | 7.40 | 861.0 | 15396 | 46.36 | *23 | 29.09 | 85.50 | 18.40 | 6.88 | *0.00 |
| % of Calories | | | | | | | | | | | *15.2% | 19.1% | 56.1% | 27.2% | 10.2% | *0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

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Central Consolidated Schools

Apr 2, 2018 thru Apr 30, 2018

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 - 04/30/2018 | | | | | | | | | | | | | | | | |
| Elementary Lunch | Total | 2 | | | | | | | | | | | | | | |
| AFS Tangerine Chicken**2001 | 3.9 oz | 1 | 95 | 23 | 190 | 1.00 | 0.72 | 0.0 | 33 | 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-Froz**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 | 0.00 |
| 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 | 28 | 0 | 92 | 1.51 | 0.45 | 16.7 | 1672 | 5.58 | 2 | 1.25 | 5.58 | 0.04 | 0.01 | 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-WWCrk**2013 | 1 Salad | 1 | 232 | 8 | 354 | 4.94 | 4.96 | 296.9 | 12377 | 26.54 | *12 | 7.77 | 39.47 | 6.1 | 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 | | | 583 | *45 | *840 | *9.66 | *6.73 | *635.7 | *15710 | *65.67 | *22 | *26.01 | *80.98 | 15.05 | *4.61 | *0.00 |
| % of Calories | | | | | | | | | | | *15.1% | *17.8% | *55.6% | 23.2% | *7.1% | *0.0% |
| Nutrient Guideline | | | 600-650 | | 1230 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------|--|--|-----|-----|-------|-------|-------|--------|--------|--------|--------|--------|--------|-------|-------|-------|
| Weighted Average | | | 611 | *46 | *1043 | *9.54 | *4.99 | *624.2 | *10679 | *41.77 | *16 | *27.03 | *81.63 | 19.49 | *6.43 | *0.06 |
| | | | | | | | | | | | *23.7% | *17.7% | *53.5% | 28.7% | *9.5% | *0.1% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|---------------------------------------|
| Calories | 611 | | 600 - 650 | 100% | | | | |
| Cholesterol (mg) | 46 | | | | Missing | | | |
| Sodium 1 (mg) | 1043 | | 1230 | | Missing | | | |
| Sodium 2 (mg) | 1043 | | 935 | | Missing | 108 | | Correction Required - Sodium too High |
| Fiber (g) | 9.54 | | | | Missing | | | |
| Iron (mg) | 4.99 | | | | Missing | | | |
| Calcium (mg) | 624.2 | | | | Missing | | | |
| Vitamin A (IU) | 10679 | | | | Missing | | | |
| Sugars (g) | 16 | 10.53% | | | Missing | | | |
| Vitamin C (mg) | 41.77 | | | | Missing | | | |
| Protein (g) | 27.03 | 17.71% | | | Missing | | | |
| Carbohydrate (g) | 81.63 | 53.48% | | | Missing | | | |
| Total Fat (g) | 19.49 | 28.74% | | | | | | |
| Saturated Fat (g) | 6.43 | 9.48% | <10.00% | | Missing | | | |
| Trans Fat ¹ (g) | 0.06 | 0.09% | | | Missing | | | |

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