

Central Consolidated Schools

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

High 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)
Mon - 04/02/2018																
High 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	0.00
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	2.79	0.00
% of Calories											*4.7%	11.7%	74.5%	12.6%	4.7%	0.0%
Nutrient Guideline			450-600		640											<10.00

Tue - 04/03/2018																
High School Breakfast	Total	1														
Biscuits & Gravy**1186	1 Ea. + 1/2 Cup	1	351	27	1024	2.00	1.32	73.5	0	0.0	*24	9.4	28.0	21.8	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	0.01	0.00
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			555	34	1166	4.30	1.57	421.9	716	62.07	*33	18.30	66.95	23.16	9.81	0.50
% of Calories											*23.8%	13.2%	48.3%	37.6%	15.9%	0.8%
Nutrient Guideline			450-600		640											<10.00

Wed - 04/04/2018																
High 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	0.35	*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	0.00
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			450-600		640											<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)
Thu - 04/05/2018																
High School Breakfast	Total	1														
Cold Cereal**0013	1 Bowl	1	103	0	166	1.72	4.84	88.6	449	4.99	*1	1.44	21.78	1.47	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	0.00
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	500	4.93	6.44	419.5	1611	19.60	*19 *15.7%	12.69 10.4%	92.95 76.3%	8.41 15.5%	1.75 3.2%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00
Fri - 04/06/2018																
High 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
String Cheese**1640	1 Stick	1	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Banana**0068	1 Each	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
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			574	23	593	4.62	1.92	562.2	711	19.79	*12 *8.6%	21.45 15.0%	91.77 64.0%	15.25 23.9%	6.45 10.1%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00
Mon - 04/09/2018																
High 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
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
Fruit Cocktail**0419	1/2 Cup	1	69	0	7	1.20	0.35	7.2	250	2.28	17	0.48	17.95	0.08	0.01	0.00
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

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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)
Weighted Daily Average % of Calories			559	148	752	4.20	2.67	418.4	950	16.88	*30 *21.6%	24.48 17.5%	95.74 68.5%	10.33 16.6%	3.26 5.3%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

Tue - 04/10/2018																
High School Breakfast	Total	1														
Cold Cereal**0013	1 Bowl	1	103	0	166	1.72	4.84	88.6	449	4.99	*1	1.44	21.78	1.47	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
Fresh Apple**0064	Apple	1	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
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			492	8	495	6.62	6.16	424.0	1242	22.95	*17 *13.7%	12.49 10.2%	93.79 76.3%	8.60 15.7%	1.79 3.3%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

Wed - 04/11/2018																
High School Breakfast	Total	1														
Bacon Scramble**1876	1 Ea	1	190	45	300	2.00	1.80	150.0	100	0.0	4	10.0	20.0	8.0	2.00	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	0.00
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			435	53	445	3.53	2.10	463.8	608	13.17	*23 *20.9%	18.20 16.7%	69.98 64.3%	9.47 19.6%	2.79 5.8%	0.00 0.0%
Nutrient Guideline			450-600		640											<10.00

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Thu - 04/12/2018																
High 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**1977	1 oz pack	1	121	0	76	2.03	0.73	20.2	30	0.0	6	3.04	20.25	3.54	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	0.00
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			424	8	319	3.45	1.21	644.5	5900	69.26	*19 *17.5%	15.37 14.5%	79.87 75.4%	5.09 10.8%	0.83 1.8%	0.00 0.0%
Nutrient Guideline			450-600		640											<10.00

Fri - 04/13/2018																
High School Breakfast	Total	2														
Breakfast Burrito**5015	1 Ea.	1	234	270	492	1.97	2.19	274.5	623	3.8	*0	12.83	19.5	11.74	4.13	0.00
Cold Cereal**0013	1 Bowl	1	52	0	83	0.86	2.42	44.3	225	2.49	*1	0.72	10.89	0.74	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	0.00
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			583	278	837	6.46	5.56	693.9	1738	26.69	*13 *9.0%	23.15 15.9%	90.13 61.8%	15.30 23.6%	5.29 8.2%	0.00 0.0%
Nutrient Guideline			450-600		640											<10.00

Mon - 04/16/2018																
High School Breakfast	Total	1														
Biscuits & Gravy**1186	1 Ea. + 1/2 Cup	1	351	27	1024	2.00	1.32	73.5	0	0.0	*24	9.4	28.0	21.8	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	0.00
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

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Weighted Daily Average % of Calories			581	34	1172	4.00	1.82	389.8	500	11.88	*39 *26.9%	17.63 12.1%	74.66 51.4%	23.08 35.7%	9.80 15.2%	0.50 0.8%
Nutrient Guideline			450-600		640											<10.00

Tue - 04/17/2018																
High School Breakfast	Total	1														
Cold Cereal**0013	1 Bowl	1	103	0	166	1.72	4.84	88.6	449	4.99	*1	1.44	21.78	1.47	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	0.00
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			485	8	495	4.31	6.48	433.2	1215	25.99	*18 *15.1%	12.58 10.4%	91.58 75.5%	8.52 15.8%	1.76 3.3%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

Wed - 04/18/2018																
High 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	250	2.28	17	0.48	17.95	0.08	0.01	0.00
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			421	212	285	2.98	1.83	347.3	1043	13.87	*17 *16.4%	17.14 16.3%	65.57 62.3%	9.86 21.1%	2.86 6.1%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

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Thu - 04/19/2018																
High School Breakfast	Total	1														
Mini Waffle**1934	pouch	1	190	0	210	3.00	2.70	100.0	500	0.0	*N/A*	4.0	33.0	5.0	1.50	0.00
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
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	0.00
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			452	32	618	3.92	3.40	436.6	1542	28.14	*6 *5.6%	19.53 17.3%	69.06 61.1%	11.42 22.7%	3.79 7.5%	0.00 0.0%
Nutrient Guideline			450-600		640											<10.00

Fri - 04/20/2018																
High School Breakfast	Total	1														
Pancake on Stick**0659	1 Each	1	198	25	307	2.97	1.78	19.8	20	0.0	4	6.94	16.84	9.91	2.48	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	0.00
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			446	32	451	5.60	2.20	334.9	584	19.79	*16 *14.6%	16.04 14.4%	67.58 60.6%	11.49 23.2%	3.34 6.7%	0.00 0.0%
Nutrient Guideline			450-600		640											<10.00

Mon - 04/23/2018																
High School Breakfast	Total	1														
Cold Cereal**0013	1 Bowl	1	103	0	166	1.72	4.84	88.6	449	4.99	*1	1.44	21.78	1.47	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	0.00
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			507	8	496	4.83	6.14	419.5	1175	18.77	*21 *16.8%	12.33 9.7%	97.05 76.6%	8.59 15.3%	1.79 3.2%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

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Central Consolidated Schools

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

High 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)
Tue - 04/24/2018																
High School Breakfast	Total	1														
Egg&ChezEng Muf**1180	1 Each	1	242	129	592	3.02	2.04	207.7	310	0.0	*0	13.18	27.38	9.94	3.79	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	0.01	0.00
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			445	136	734	5.32	2.28	556.1	1026	62.07	*9	22.08	66.33	11.31	4.55	0.00
% of Calories											*8.1%	19.8%	59.6%	22.9%	9.2%	0.0%
Nutrient Guideline			450-600		640											<10.00

Wed - 04/25/2018																
High School Breakfast	Total	1														
Pancakes w/Syrup**1188	2PC+2T	1	232	10	252	2.00	1.45	1.2	0	0.0	12	4.0	52.13	4.0	0.00	*0.00
Sausage Patty**0643	1 Patty	1	70	25	260	0.00	0.36	20.0	0	0.0	0	7.0	0.0	5.0	1.50	0.00
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	0.00
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			483	42	655	3.44	2.26	342.7	509	53.34	*16	19.48	85.32	10.47	2.26	*0.00
% of Calories											*13.2%	16.1%	70.6%	19.5%	4.2%	*0.0%
Nutrient Guideline			450-600		640											<10.00

Thu - 04/26/2018																
High 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
Honeydew Chunks**0662	1/2 Cup	1	31	0	16	0.70	0.15	5.2	44	15.72	7	0.47	7.94	0.12	0.03	0.00
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			396	25	306	2.47	1.04	620.4	576	27.32	*7	13.84	74.01	4.59	1.24	0.00
% of Calories											*7.2%	14.0%	74.7%	10.4%	2.8%	0.0%
Nutrient Guideline			450-600		640											<10.00

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Central Consolidated Schools

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

High 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 - 04/27/2018																
High School Breakfast	Total	1														
Breakfast Taco**1951	1 each	1	166	103	422	2.50	1.61	220.6	382	1.24	*N/A*	9.46	17.51	6.59	3.09	*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	0.00
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			425	111	706	6.13	2.38	555.8	1097	22.24	*12	18.56	70.26	8.17	3.95	*0.00
% of Calories											*11.6%	17.5%	66.2%	17.3%	8.4%	*0.0%
Nutrient Guideline			450-600		640										<10.00	
Mon - 04/30/2018																
High 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	0.00
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	2.79	0.00
% of Calories											*4.7%	11.7%	74.5%	12.6%	4.7%	0.0%
Nutrient Guideline			450-600		640										<10.00	
Weighted Average			493	59	584	4.85	2.96	482.9	1218	28.76	*18	17.24	83.01	10.81	3.57	*0.05
											*32.1%	14.0%	67.3%	19.7%	6.5%	*0.1%

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Central Consolidated Schools

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

High School Breakfast

Weighted Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	493		450 - 600	100%													
Cholesterol (mg)	59																
Sodium 1 (mg)	584		640														
Sodium 2 (mg)	584		570						14	Correction Required - Sodium too High							
Fiber (g)	4.85																
Iron (mg)	2.96																
Calcium (mg)	482.9																
Vitamin A (IU)	1218																
Sugars (g)	18	14.28%				Missing											
Vitamin C (mg)	28.76																
Protein (g)	17.24	13.98%															
Carbohydrate (g)	83.01	67.30%															
Total Fat (g)	10.81	19.72%															
Saturated Fat (g)	3.57	6.51%	<10.00%														
Trans Fat ¹ (g)	0.05	0.09%				Missing											

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