

# Central Consolidated Schools

Apr 2, 2018 thru Apr 30, 2018

## Base Menu Spreadsheet

High 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 <sup>1</sup> (g)
Mon - 04/02/2018																
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
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	0.06	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	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	*0.00
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	0.00
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	0.00
Sec FreshVeggie**1882	Servings	3	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
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	276	1.48	0.81	19.8	436	3.79	*0	7.25	9.92	5.27	0.93	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	110	12	192	1.17	0.90	141.7	167	3.5	1	6.83	9.67	4.83	2.50	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	2.94	*0.00
Weighted Daily Average			900	125	1652	14.50	6.23	598.9	10903	33.78	*35	43.83	123.80	27.51	8.68	*0.00
% of Calories											*15.6%	19.5%	55.0%	27.5%	8.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Tue - 04/03/2018																
High Lunch	Total	4														
Philly Cheese Steak Sand**2010	1 sand	1	106	20	155	1.11	0.78	66.1	61	4.08	*1	8.94	11.35	2.57	1.25	0.00
Crinkle Cut Fries**0499	3 Oz.	1	30	0	8	0.50	0.18	0.0	0	1.5	0	0.5	4.75	1.12	0.38	0.00
Carrot Raisin Salad**0851	1/2 cup	1	29	0	60	0.66	0.17	9.8	2465	1.04	*5	0.39	7.44	0.08	0.02	*0.00
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	0.00
Mandarin Oranges**1163	1/2 Cup	1	14	0	1	0.26	0.08	1.7	278	4.2	*N/A*	0.12	3.45	0.03	0.00	*N/A*
Jello w/Topping**0385	1/2 Cup	1	24	0	0	0.00	0.00	0.0	0	7.5	*N/A*	0.5	4.75	0.5	0.50	*0.00
Sec FreshVeggie**1882	Servings	4	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
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	102	14	280	1.11	0.58	29.6	343	3.6	*0	5.07	10.36	4.41	1.50	*0.00
Salad,Grill Chix & Fruit**1996	3 cup	1	101	11	139	2.35	1.19	78.2	2993	18.71	*2	6.71	11.91	3.31	1.05	0.00
Weighted Daily Average			567	52	887	9.62	4.09	523.2	9491	95.51	*15	32.51	80.18	13.60	5.47	*0.00
% of Calories											*10.3%	22.9%	56.6%	21.6%	8.7%	*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Apr 2, 2018 thru Apr 30, 2018

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High 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 <sup>1</sup> (g)
Wed - 04/04/2018																
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	7770	6.1	2	1.17	3.89	0.28	0.04	0.00
Peas, FRZ**0040	1/2 Cup	1	19	0	17	1.07	0.36	5.7	500	2.36	1	1.23	3.4	0.06	0.01	0.00
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	250	2.28	17	0.48	17.95	0.08	0.01	0.00
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	0.01	0.00
Sec FreshVeggie**1882	Servings	4	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
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	207	1.11	0.61	14.9	327	2.84	*0	5.44	7.44	3.95	0.70	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	82	9	144	0.87	0.68	106.3	125	2.62	1	5.12	7.25	3.62	1.87	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			745	48	1051	15.25	5.51	765.2	18975	96.04	*38	35.04	111.99	18.28	6.40	*0.00
% of Calories											*20.4%	18.8%	60.1%	22.1%	7.7%	*0.0%
Nutrient Guideline			750-850		1420										<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 <sup>1</sup> (g)
Thu - 04/05/2018																
High Lunch	Total	3														
Chicken Fajita-S**1059	1 Each	1	122	31	351	0.53	0.40	68.3	284	9.06	*0	9.27	10.51	4.49	1.55	0.00
Santiago Refried Beans**1999	1/2 cup	2	105	0	98	6.57	1.50	33.2	0	0.58	0	6.57	19.04	0.33	0.00	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	0.00
Pineapple Chunks**0092	1/2 Cup	3	65	0	1	1.00	0.49	17.5	48	9.39	16	0.45	16.84	0.15	0.01	0.00
Honeydew Chunks**0662	1/2 Cup	3	31	0	16	0.70	0.15	5.2	44	15.72	7	0.47	7.94	0.12	0.03	0.00
Sec FreshVeggie**1882	Servings	3	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
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	136	19	374	1.48	0.78	39.5	457	4.79	*0	6.76	13.81	5.88	1.99	*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			812	65	1414	17.45	6.28	525.7	12561	61.54	*31	41.75	116.91	20.66	5.78	*0.00
% of Calories											*15.4%	20.6%	57.6%	22.9%	6.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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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 <sup>1</sup> (g)
Fri - 04/06/2018																
High Lunch	Total	4														
Corndog, Chicken, **0937	1 EACH	1	60	10	97	1.25	0.45	20.0	6	0.0	1	2.25	7.5	2.0	0.62	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
Baked Beans**8032	1/2 Cup	3	99	0	364	4.55	1.37	45.5	38	0.0	8	4.55	18.97	0.0	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	0.00
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	0.00
Sec FreshVeggie**1882	Servings	4	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
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	207	1.11	0.61	14.9	327	2.84	*0	5.44	7.44	3.95	0.70	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	82	9	144	0.87	0.68	106.3	125	2.62	1	5.12	7.25	3.62	1.87	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	1.50	*0.00
Weighted Daily Average			829	89	1501	17.78	5.82	642.6	14568	92.25	*49	35.60	130.32	18.75	6.08	*0.00
% of Calories											*23.7%	17.2%	62.9%	20.4%	6.6%	*0.0%
Nutrient Guideline			750-850		1420										<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 <sup>1</sup> (g)
Mon - 04/09/2018																
High Lunch	Total	4														
Salisbury Steak**0767	1 Each	1	56	8	75	0.25	0.36	5.0	1	0.0	0	2.75	0.75	1.25	0.50	0.00
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-Froz**0258	1/2 Cup	1	8	0	3	0.85	0.17	9.4	287	11.37	0	0.88	1.52	0.03	0.01	0.00
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	*0.00
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	0.01	0.00
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	0.00
Sec FreshVeggie**1882	Servings	4	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
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	207	1.11	0.61	14.9	327	2.84	*0	5.44	7.44	3.95	0.70	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	82	9	144	0.87	0.68	106.3	125	2.62	1	5.12	7.25	3.62	1.87	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			708	97	1276	12.24	4.97	589.7	9419	96.68	*34	35.02	95.61	18.26	6.51	*0.00
% of Calories											*19.0%	19.8%	54.0%	23.2%	8.3%	*0.0%
Nutrient Guideline			750-850		1420										<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 <sup>1</sup> (g)
Tue - 04/10/2018																
High Lunch	Total	3														
Frito Pie-Cnd Bean Gr BF**1937	Servings	1	141	13	379	3.17	1.25	164.8	265	3.11	*1	6.71	14.85	6.35	2.03	*0.01
Flour Tortilla-6***1051	1 Each	1	27	0	38	0.50	0.30	16.7	0	0.0	*N/A*	0.83	4.83	0.58	0.25	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	0.00
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	0.06	0.00
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	0.00
Watermelon Wedges**1226	1/2 Cup	3	45	0	1	0.60	0.36	10.5	852	12.12	9	0.91	11.3	0.22	0.02	0.00
Sec FreshVeggie**1882	Servings	3	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
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	141	20	534	1.48	0.91	53.5	349	4.2	*0	7.26	13.91	6.3	2.32	*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	134	14	185	3.13	1.59	104.2	3991	24.95	*3	8.95	15.89	4.41	1.40	0.00
Weighted Daily Average			787	55	1459	15.22	6.31	689.6	11133	64.60	*35	37.31	117.28	21.52	7.23	*0.01
% of Calories											*17.8%	19.0%	59.6%	24.6%	8.3%	*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 <sup>1</sup> (g)
Wed - 04/11/2018																
High Lunch	Total	4														
Sloppy Joe**0114	1 Sandwich	1	84	13	144	0.94	0.87	26.1	100	3.27	*1	4.81	8.61	3.32	1.12	*0.17
Crinkle Cut Fries**0499	3 Oz.	3	90	0	23	1.50	0.54	0.0	0	4.5	0	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	0.00
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	0.00
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	0.00
Rice Krispy Treat**0299	2"x 2"	4	123	0	97	0.04	3.31	1.6	538	6.89	*1	1.06	23.46	3.08	0.55	*0.00
Sec FreshVeggie**1882	Servings	4	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
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	207	1.11	0.61	14.9	327	2.84	*0	5.44	7.44	3.95	0.70	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	82	9	144	0.87	0.68	106.3	125	2.62	1	5.12	7.25	3.62	1.87	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			846	51	1001	11.84	8.32	671.1	10871	50.75	*37	32.67	132.65	21.97	7.38	*0.17
% of Calories											*17.3%	15.4%	62.7%	23.4%	7.8%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

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# Central Consolidated Schools

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

High 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 <sup>1</sup> (g)
Thu - 04/12/2018																
High Lunch	Total	3														
Green Chile Chicken Ench**1118	1 Cup	1	98	21	143	1.28	0.50	55.5	164	2.35	*0	8.38	10.57	2.78	1.09	*0.00
Santiago Refried Beans**1999	1/2 cup	2	105	0	98	6.57	1.50	33.2	0	0.58	0	6.57	19.04	0.33	0.00	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	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	*0.00
Fresh Apple**0064	Apple	3	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
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
Sec FreshVeggie**1882	Servings	3	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
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	141	20	534	1.48	0.91	53.5	349	4.2	*0	7.26	13.91	6.3	2.32	*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			910	57	1489	20.87	6.96	596.2	13317	95.46	*24	42.56	142.37	20.58	5.81	*0.00
% of Calories											*10.4%	18.7%	62.6%	20.4%	5.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Fri - 04/13/2018																
High Lunch	Total	4														
AFS Tangerine Chicken**2001	3.9 oz	1	48	11	95	0.50	0.36	0.0	16	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	0.00
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	0.00
Sec FreshVeggie**1882	Servings	4	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
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	207	1.11	0.61	14.9	327	2.84	*0	5.44	7.44	3.95	0.70	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	82	9	144	0.87	0.68	106.3	125	2.62	1	5.12	7.25	3.62	1.87	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	1.50	*0.00
Weighted Daily Average			782	*90	*1043	*13.96	*4.92	*599.8	*10453	*101.25	*16	*33.26	*119.71	16.91	*5.47	*0.00
% of Calories											*8.1%	*17.0%	*61.3%	19.5%	*6.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Central Consolidated Schools

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

High 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 <sup>1</sup> (g)
Mon - 04/16/2018																
High Lunch	Total	4														
LosCaboBn&CheeBurrito**2000	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	0.00
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	*0.00
Fruit Cocktail**0419	1/2 Cup	4	69	0	7	1.20	0.35	7.2	250	2.28	17	0.48	17.95	0.08	0.01	0.00
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	0.00
Sec FreshVeggie**1882	Servings	4	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
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	207	1.11	0.61	14.9	327	2.84	*0	5.44	7.44	3.95	0.70	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	82	9	144	0.87	0.68	106.3	125	2.62	1	5.12	7.25	3.62	1.87	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			746	94	1296	14.44	5.53	607.5	14254	86.96	*35	36.10	109.50	20.04	7.27	*0.00
% of Calories											*18.8%	19.4%	58.7%	24.2%	8.8%	*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 <sup>1</sup> (g)
Tue - 04/17/2018																
High Lunch	Total	3														
Spag w/Meat Sauce **1025	1 1/2 Cup	1	161	14	242	3.20	1.28	87.4	547	4.37	*0	8.05	20.66	5.47	2.05	*0.11
Tossed Salad**0202	1 Cup	2	13	0	8	1.33	0.54	19.4	5180	4.07	1	0.78	2.59	0.19	0.03	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
WG Breadsticks**1885	1 Each	1	27	0	33	0.67	0.12	2.2	0	0.0	*N/A*	1.0	5.0	0.33	0.00	0.00
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	0.01	0.00
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	0.00
Sec FreshVeggie**1882	Servings	3	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
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	141	20	534	1.48	0.91	53.5	349	4.2	*0	7.26	13.91	6.3	2.32	*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	134	14	185	3.13	1.59	104.2	3991	24.95	*3	8.95	15.89	4.41	1.40	0.00
Weighted Daily Average			788	56	1339	16.67	5.97	647.2	14473	110.30	*33	38.45	117.15	20.03	6.95	*0.11
% of Calories											*16.8%	19.5%	59.4%	22.9%	7.9%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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# Central Consolidated Schools

Apr 2, 2018 thru Apr 30, 2018

## 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 <sup>1</sup> (g)
Wed - 04/18/2018																
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	1.07	0.36	5.7	500	2.36	1	1.23	3.4	0.06	0.01	0.00
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	*0.00
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	0.00
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	0.00
Sec FreshVeggie**1882	Servings	4	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
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	207	1.11	0.61	14.9	327	2.84	*0	5.44	7.44	3.95	0.70	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	82	9	144	0.87	0.68	106.3	125	2.62	1	5.12	7.25	3.62	1.87	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			789	46	1080	14.75	5.13	695.8	10840	52.71	*42	34.28	122.26	19.91	6.07	*0.12
% of Calories											*21.5%	17.4%	62.0%	22.7%	6.9%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

Thu - 04/19/2018																
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	0.00
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	0.00
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	0.00
Sec FreshVeggie**1882	Servings	3	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
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	136	19	374	1.48	0.78	39.5	457	4.79	*0	6.76	13.81	5.88	1.99	*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			830	48	1291	14.80	5.41	453.9	13859	75.75	*33	32.86	121.69	24.58	6.57	*0.00
% of Calories											*15.9%	15.8%	58.7%	26.7%	7.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Central Consolidated Schools

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

High Lunch

Weighted Values - Detailed

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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 <sup>1</sup> (g)
Fri - 04/20/2018																
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	257	2.51	1	0.91	3.95	0.1	0.03	0.00
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	0.00
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	*0.00
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	0.01	0.00
Pears,Fresh**0090	1 EACH	4	84	0	1	4.59	0.27	13.3	37	6.36	14	0.53	22.54	0.21	0.03	0.00
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
Sec FreshVeggie**1882	Servings	4	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
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	207	1.11	0.61	14.9	327	2.84	*0	5.44	7.44	3.95	0.70	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	82	9	144	0.87	0.68	106.3	125	2.62	1	5.12	7.25	3.62	1.87	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	1.50	*0.00
Weighted Daily Average			931	103	1478	18.71	6.02	780.9	10020	92.61	*35	38.11	136.23	28.65	10.97	*0.00
% of Calories											*14.9%	16.4%	58.5%	27.7%	10.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Mon - 04/23/2018																
High Lunch	Total	4														
BBQ Sandwich-PP **1921	1 sand	1	98	9	364	1.57	0.55	27.6	73	3.03	*0	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	0.00
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	0.02	0.00
Sec FreshVeggie**1882	Servings	4	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
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	207	1.11	0.61	14.9	327	2.84	*0	5.44	7.44	3.95	0.70	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	82	9	144	0.87	0.68	106.3	125	2.62	1	5.12	7.25	3.62	1.87	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			702	98	1452	10.99	4.30	567.0	10187	50.70	*36	33.29	102.47	18.47	6.66	*0.00
% of Calories											*20.3%	19.0%	58.4%	23.7%	8.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Central Consolidated Schools

Apr 2, 2018 thru Apr 30, 2018

## Base Menu Spreadsheet

High 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 <sup>1</sup> (g)
Tue - 04/24/2018																
High Lunch	Total	4														
Taco- 2 w GB***1974	2 Tacos	1	95	15	127	1.30	0.86	83.1	413	2.7	*0	6.01	7.3	4.83	2.09	*0.01
Spanish Rice M & HS**1939	1 Cup	1	56	0	150	0.94	0.48	7.6	187	5.93	*0	0.42	10.68	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	0.00
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	0.00
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	0.00
Sec FreshVeggie**1882	Servings	4	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
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	102	14	280	1.11	0.58	29.6	343	3.6	*0	5.07	10.36	4.41	1.50	*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	101	11	139	2.35	1.19	78.2	2993	18.71	*2	6.71	11.91	3.31	1.05	0.00
Weighted Daily Average			787	48	1162	19.19	6.53	582.6	8667	50.07	*30	37.08	120.14	18.28	6.12	*0.01
% of Calories											*15.1%	18.8%	61.1%	20.9%	7.0%	*0.0%
Nutrient Guideline			750-850		1420										<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 <sup>1</sup> (g)
Wed - 04/25/2018																
High Lunch	Total	3														
Chicken Alfredo**1887	1 Cup	1	118	28	278	1.52	0.91	36.2	234	6.5	*0	8.95	13.54	3.52	1.12	0.52
Tossed Salad**0202	1 Cup	1	6	0	4	0.67	0.27	9.7	2590	2.03	1	0.39	1.3	0.09	0.01	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
WG Breadsticks**1885	1 Each	1	27	0	33	0.67	0.12	2.2	0	0.0	*N/A*	1.0	5.0	0.33	0.00	0.00
Fresh Apple**0064	Apple	3	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	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*
Sec FreshVeggie**1882	Servings	3	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
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	276	1.48	0.81	19.8	436	3.79	*0	7.25	9.92	5.27	0.93	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	110	12	192	1.17	0.90	141.7	167	3.5	1	6.83	9.67	4.83	2.50	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
Fruit&Yogurt Salad HS **1987	1 Salad	1	167	11	178	3.21	1.13	230.4	8429	17.91	*7	5.29	28.01	3.98	1.56	*0.00
Weighted Daily Average			871	76	1299	15.97	5.60	793.3	16788	75.54	*27	41.48	129.88	21.55	7.31	*0.52
% of Calories											*12.3%	19.1%	59.7%	22.3%	7.6%	*0.5%
Nutrient Guideline			750-850		1420										<10.00	

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# Central Consolidated Schools

Apr 2, 2018 thru Apr 30, 2018

## Base Menu Spreadsheet

High 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 <sup>1</sup> (g)
Thu - 04/26/2018																
High Lunch	Total	3														
Steak Fingers**1166	4 Each	1	100	10	71	1.25	1.12	16.7	42	0.5	0	5.83	6.67	5.42	1.25	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	*0.00
Kiwi Strawberry Sidekick**1944	4.4 oz serving	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
Pineapple Chunks**0092	1/2 Cup	3	65	0	1	1.00	0.49	17.5	48	9.39	16	0.45	16.84	0.15	0.01	0.00
Sec FreshVeggie**1882	Servings	3	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
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	141	20	534	1.48	0.91	53.5	349	4.2	*0	7.26	13.91	6.3	2.32	*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			872	47	1591	13.34	6.59	529.7	12353	98.49	*28	35.01	132.69	23.26	5.97	*0.00
% of Calories											*12.8%	16.1%	60.9%	24.0%	6.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Fri - 04/27/2018																
High Lunch	Total	4														
Grill Ham & Cheese Sand**2007	1 Sandwich	1	74	12	292	1.00	0.37	49.3	103	0.6	*1	4.25	7.68	3.43	1.61	*0.00
Chick Veg Soup w/Frz veg**1959	1 CUP	3	61	10	88	1.50	0.71	18.2	588	5.63	*3	6.21	6.4	1.18	0.33	*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	0.00
Peaches**0437	1/2 Cup	4	68	0	6	1.63	0.45	3.8	443	3.01	17	0.56	18.22	0.04	0.00	0.00
Pears,Fresh**0090	1 EACH	4	84	0	1	4.59	0.27	13.3	37	6.36	14	0.53	22.54	0.21	0.03	0.00
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*
Sec FreshVeggie**1882	Servings	4	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
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	207	1.11	0.61	14.9	327	2.84	*0	5.44	7.44	3.95	0.70	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	82	9	144	0.87	0.68	106.3	125	2.62	1	5.12	7.25	3.62	1.87	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	1.50	*0.00
Weighted Daily Average			987	101	1497	17.63	5.75	942.3	*10383	49.20	*45	41.62	153.63	25.78	9.22	*0.00
% of Calories											*18.1%	16.9%	62.2%	23.5%	8.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Central Consolidated Schools

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

High 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 <sup>1</sup> (g)
Mon - 04/30/2018																
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
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	0.06	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	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	*0.00
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	0.00
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	0.00
Sec FreshVeggie**1882	Servings	3	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
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	276	1.48	0.81	19.8	436	3.79	*0	7.25	9.92	5.27	0.93	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	110	12	192	1.17	0.90	141.7	167	3.5	1	6.83	9.67	4.83	2.50	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	2.94	*0.00
Weighted Daily Average			900	125	1652	14.50	6.23	598.9	10903	33.78	*35	43.83	123.80	27.51	8.68	*0.00
% of Calories											*15.6%	19.5%	55.0%	27.5%	8.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	
Weighted Average			814	*75	*1329	*15.22	*5.83	*638.1	*12115	*74.47	*33	*37.22	*120.97	21.24	*6.98	*0.04
											*36.4%	*18.3%	*59.5%	23.5%	*7.7%	*0.0%

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# Central Consolidated Schools

Apr 2, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

High Lunch

Weighted Values - Detailed

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Nutrient	Menu AVG	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 <sup>1</sup> (g)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	814		750 - 850	100%														
Cholesterol (mg)	75				Missing													
Sodium 1 (mg)	1329		1420		Missing													
Sodium 2 (mg)	1329		1080		Missing		249			Correction Required - Sodium too High								
Fiber (g)	15.22				Missing													
Iron (mg)	5.83				Missing													
Calcium (mg)	638.1				Missing													
Vitamin A (IU)	12115				Missing													
Sugars (g)	33	16.17%			Missing													
Vitamin C (mg)	74.47				Missing													
Protein (g)	37.22	18.30%			Missing													
Carbohydrate (g)	120.97	59.46%			Missing													
Total Fat (g)	21.24	23.50%																
Saturated Fat (g)	6.98	7.72%	<10.00%		Missing													
Trans Fat <sup>1</sup> (g)	0.04	0.05%			Missing													

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