

Central Consolidated Schools

Apr 1, 2019 thru Apr 30, 2019

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 - 04/01/2019																
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	2	54	0	5	1.03	0.32	6.9	1110	16.82	*N/A*	0.46	13.78	0.12	0.01	*N/A*
Elem Fresh Veggie**1922	Servings	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
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			511	*44	*869	*8.25	*3.15	*412.9	*5632	*53.72	*13	*25.68	*69.09	11.82	*3.49	*0.00
% of Calories											*10.2%	*20.1%	*54.1%	20.8%	*6.1%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 04/02/2019																
Elementary Lunch	Total	2														
Ham/Cheese Sand comm ham**0466	1	1	126	22	537	1.50	0.55	59.0	68	0.0	*1	9.02	14.09	3.71	1.64	0.00
Chick Veg Soup w/Frz veg**1959	1 CUP	1	54	15	63	1.00	0.59	12.1	392	3.75	*2	6.9	4.26	1.16	0.32	*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	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Power Box-Pizza**2019	box	1	207	15	706	1.00	1.15	30.0	375	3.0	*1	11.72	21.2	7.51	2.70	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			606	60	1657	7.67	3.34	458.7	4786	45.86	*13	38.84	69.86	18.01	6.06	*0.00
% of Calories											*8.5%	25.6%	46.1%	26.7%	9.0%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

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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 - 04/03/2019																
Elementary Lunch	Total	2														
Chick Alfredo w Dice Chk**2014	1 Cup	1	160	32	157	2.29	1.26	20.3	11	1.58	*0	13.79	19.8	3.72	1.21	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	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Fruit&YogurtSaladMuffin**0399	1 Salad	1	233	20	238	0.97	1.11	345.8	649	24.33	*15	7.72	36.97	6.49	2.32	*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			672	61	805	9.09	4.17	724.2	8610	44.03	*29	34.64	99.99	16.44	4.94	*0.77
% of Calories											*17.1%	20.6%	59.5%	22.0%	6.6%	*1.0%
Nutrient Guideline			600-650		1230										<10.00	

Thu - 04/04/2019																
Elementary Lunch	Total	2														
Hamburger All**0279	1 Sandwich	1	177	20	369	1.64	1.24	19.9	50	0.66	*2	8.37	15.84	8.33	3.02	*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
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	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
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			584	41	1055	9.24	3.75	421.4	6671	22.72	*14	26.41	74.24	20.14	6.77	*0.00
% of Calories											*9.4%	18.1%	50.8%	31.0%	10.4%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Fri - 04/05/2019																
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	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Power Box -Egg**2021	box	1	168	103	290	1.50	4.30	90.6	377	0.0	2	8.1	15.77	9.11	3.29	*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			704	136	1130	6.52	7.70	620.8	4747	26.00	*18	31.49	87.04	27.34	9.43	*0.00
% of Calories											*10.2%	17.9%	49.5%	35.0%	12.1%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 04/08/2019																
Elementary Lunch	Total	2														
Tyson WG Trad Drumstick**2004	1 each	1	95	25	225	0.50	0.54	0.0	50	0.0	0	8.0	2.5	5.5	1.25	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
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
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	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
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			546	46	1207	9.35	3.93	432.3	4461	21.37	*17	29.54	70.32	15.94	4.37	*0.00
% of Calories											*12.4%	21.6%	51.5%	26.3%	7.2%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Tue - 04/09/2019																
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	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Power Box-Pizza**2019	box	1	207	15	706	1.00	1.15	30.0	375	3.0	*1	11.72	21.2	7.51	2.70	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			649	52	1591	7.18	3.43	590.2	4807	39.70	*9	33.38	70.17	25.39	10.32	*0.00
% of Calories											*5.6%	20.6%	43.2%	35.2%	14.3%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Wed - 04/10/2019																
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
Sidekick Smoothie**1944	4.4 oz serving	1	45	0	24	0.00	0.00	40.0	750	30.0	9	0.0	11.0	0.0	0.00	0.00
Elem Fresh Veggie**1922	Servings	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Fruit&YogurtSaladMuffin**0399	1 Salad	1	233	20	238	0.97	1.11	345.8	649	24.33	*15	7.72	36.97	6.49	2.32	*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			698	44	1057	6.54	3.55	741.9	5746	71.05	*32	26.93	96.54	16.04	4.89	*0.00
% of Calories											*18.1%	15.4%	55.3%	20.7%	6.3%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Thu - 04/11/2019																
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	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
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			534	30	991	12.49	3.87	512.7	6927	21.69	*14	25.64	78.21	14.30	5.06	0.00
% of Calories											*10.5%	19.2%	58.6%	24.1%	8.5%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 04/12/2019																
Elementary Lunch	Total	2														
Tasty Cheese Stuff Stic**2017	2 Each	1	189	10	450	1.72	1.47	164.4	280	1.73	*2	9.72	20.97	7.08	3.36	0.00
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
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	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Power Box -Egg**2021	box	1	168	103	290	1.50	4.30	90.6	377	0.0	2	8.1	15.77	9.11	3.29	*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			600	121	1133	7.95	7.42	615.1	11070	47.08	*16	29.83	73.49	21.64	7.85	*0.00
% of Calories											*10.7%	19.9%	49.0%	32.5%	11.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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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 - 04/15/2019																
Elementary Lunch	Total	2														
Chicken Sand**0919	1 Each	1	208	12	322	2.98	1.43	29.7	49	0.0	*2	10.89	20.89	8.4	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	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
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			680	33	1210	10.93	4.15	448.1	9142	20.26	*18	28.73	88.43	23.05	5.39	*0.00
% of Calories											*10.4%	16.9%	52.1%	30.5%	7.1%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 04/16/2019																
Elementary Lunch	Total	2														
Roast Turkey**0178	2 Oz.	1	61	23	228	0.00	0.27	0.0	0	0.0	*N/A*	7.6	0.0	2.49	0.82	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
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
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
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
Elem Fresh Veggie**1922	Servings	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Power Box-Pizza**2019	box	1	207	15	706	1.00	1.15	30.0	375	3.0	*1	11.72	21.2	7.51	2.70	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			592	47	1410	7.35	3.51	395.2	4636	21.54	*16	33.29	73.83	16.90	5.11	*0.00
% of Calories											*10.5%	22.5%	49.9%	25.7%	7.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Central Consolidated Schools

Apr 1, 2019 thru Apr 30, 2019

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 - 04/17/2019																
Elementary Lunch	Total	2														
Pork Riblet Sandwich**1830	1 Sandwich	1	165	20	335	2.00	1.08	30.0	100	0.6	5	9.5	17.5	5.75	1.75	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
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	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Fruit&YogurtSaladMuffin**0399	1 Salad	1	233	20	238	0.97	1.11	345.8	649	24.33	*15	7.72	36.97	6.49	2.32	*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			687	49	1055	7.49	3.43	722.9	4616	44.39	*32	28.71	96.58	20.39	5.96	*0.00
% of Calories											*18.6%	16.7%	56.3%	26.7%	7.8%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

Thu - 04/18/2019																
Elementary Lunch	Total	2														
AFS Teriyaki Chicken**1839	2.85 oz s erving	1	73	26	207	0.00	0.54	10.0	50	0.6	7	7.5	7.0	1.25	0.50	0.00
Broccoli Florets**1871	1/2 cup	1	6	0	6	0.46	0.13	8.3	111	15.83	0	0.5	1.18	0.07	0.01	0.00
Uncle Ben's Brown Rice**1980	1 Cup	1	85	0	0	1.00	0.36	0.0	0	0.0	0	0.0	17.45	0.75	0.00	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	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
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			502	48	883	6.49	2.96	409.1	4632	39.01	*13	24.69	72.29	11.48	3.48	*0.00
% of Calories											*10.4%	19.7%	57.6%	20.6%	6.2%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

Fri - 04/19/2019																
Elementary Lunch	Total	1														
Good Friday	No School	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
NO SCHOOL TODAY	No School	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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Central Consolidated Schools

Apr 1, 2019 thru Apr 30, 2019

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)
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			600-650		1230						0.0%	0.0%	0.0%	0.0%	0.0%	<10.00

Mon - 04/22/2019																
Elementary Lunch	Total	2														
Chicken Fajita-S**1059	1 Each	1	189	48	534	1.03	0.64	41.5	413	19.19	1	14.14	16.86	7.04	2.53	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
Sidekick Smoothie**1944	4.4 oz serving	1	45	0	24	0.00	0.00	40.0	750	30.0	9	0.0	11.0	0.0	0.00	0.00
Elem Fresh Veggie**1922	Servings	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
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 % of Calories			629	69	1370	10.97	3.72	503.7	5155	64.40	*16 *10.2%	35.52 22.6%	82.92 52.7%	16.64 23.8%	5.49 7.9%	0.00 0.0%
Nutrient Guideline			600-650		1230											<10.00

Tue - 04/23/2019																
Elementary Lunch	Total	2														
Tyson Chicken Popcorn**1956	3.36 oz 1 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
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	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Power Box-Pizza**2019	box	1	207	15	706	1.00	1.15	30.0	375	3.0	*1	11.72	21.2	7.51	2.70	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

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Central Consolidated Schools

Apr 1, 2019 thru Apr 30, 2019

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)
Weighted Daily Average			705	37	1533	7.65	3.88	378.0	4516	34.86	*15	33.98	90.86	23.24	6.55	*0.00
% of Calories											*8.7%	19.3%	51.6%	29.7%	8.4%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

Wed - 04/24/2019																
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	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Fruit&YogurtSaladMuffin**0399	1 Salad	1	233	20	238	0.97	1.11	345.8	649	24.33	*15	7.72	36.97	6.49	2.32	*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	49	800	7.72	3.44	727.7	4530	41.92	*26	24.14	90.52	18.40	5.74	*0.00
% of Calories											*16.7%	15.4%	57.8%	26.5%	8.2%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

Thu - 04/25/2019																
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	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
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			597	41	1311	12.83	4.40	659.9	7174	25.75	*14	28.14	80.06	19.36	6.09	*0.01
% of Calories											*9.6%	18.9%	53.7%	29.2%	9.2%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

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Central Consolidated Schools

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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 - 04/26/2019																
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	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Power Box -Egg**2021	box	1	168	103	290	1.50	4.30	90.6	377	0.0	2	8.1	15.77	9.11	3.29	*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			563	126	846	7.54	7.18	676.3	5067	25.40	*15	30.92	67.39	20.45	7.46	*0.00
% of Calories											*10.9%	22.0%	47.9%	32.7%	11.9%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 04/29/2019																
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	2	54	0	5	1.03	0.32	6.9	1110	16.82	*N/A*	0.46	13.78	0.12	0.01	*N/A*
Elem Fresh Veggie**1922	Servings	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
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			511	*44	*869	*8.25	*3.15	*412.9	*5632	*53.72	*13	*25.68	*69.09	11.82	*3.49	*0.00
% of Calories											*10.2%	*20.1%	*54.1%	20.8%	*6.1%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Central Consolidated Schools

Apr 1, 2019 thru Apr 30, 2019

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)
Tue - 04/30/2019																
Elementary Lunch	Total	2														
Ham/Cheese Sand comm ham**0466	1	1	126	22	537	1.50	0.55	59.0	68	0.0	*1	9.02	14.09	3.71	1.64	0.00
Chick Veg Soup w/Frz veg**1959	1 CUP	1	54	15	63	1.00	0.59	12.1	392	3.75	*2	6.9	4.26	1.16	0.32	*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	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Power Box-Pizza**2019	box	1	207	15	706	1.00	1.15	30.0	375	3.0	*1	11.72	21.2	7.51	2.70	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			606	60	1657	7.67	3.34	458.7	4786	45.86	*13	38.84	69.86	18.01	6.06	*0.00
% of Calories											*8.5%	25.6%	46.1%	26.7%	9.0%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Weighted Average			610	*59	*1164	*8.53	*4.16	*539.2	*5874	*38.59	*17	*30.24	*79.56	18.42	*5.90	*0.04
											*25.7%	*19.8%	*52.2%	27.2%	*8.7%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	610		600 - 650	100%				
Cholesterol (mg)	59				Missing			
Sodium 1 (mg)	1164		1230		Missing			
Sodium 2 (mg)	1164		935		Missing		229	Correction Required - Sodium too High
Fiber (g)	8.53				Missing			
Iron (mg)	4.16				Missing			
Calcium (mg)	539.2				Missing			
Vitamin A (IU)	5874				Missing			
Sugars (g)	17	11.41%			Missing			
Vitamin C (mg)	38.59				Missing			
Protein (g)	30.24	19.84%			Missing			
Carbohydrate (g)	79.56	52.20%			Missing			
Total Fat (g)	18.42	27.19%						
Saturated Fat (g)	5.90	8.72%	<10.00%		Missing			
Trans Fat ¹ (g)	0.04	0.06%			Missing			

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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