

Central Consolidated Schools

Apr 1, 2019 thru Apr 30, 2019

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)
Mon - 04/01/2019																
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(Box)**2022	1 box	1	64	0	8	0.00	*0.00	20.0	0	60.0	15	0.0	16.2	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			537	13	438	7.31	*0.99	659.3	1050	79.54	*21	15.53	100.59	7.42	2.79	0.00
% of Calories											*15.7%	11.6%	74.9%	12.4%	4.7%	0.0%
Nutrient Guideline			450-600		640											<10.00

Tue - 04/02/2019																
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(Box)**2022	1 box	1	64	0	8	0.00	*0.00	20.0	0	60.0	15	0.0	16.2	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			552	8	360	6.12	*2.65	367.4	726	65.18	*43	15.69	103.99	9.07	2.05	*0.00
% of Calories											*31.3%	11.4%	75.3%	14.8%	3.3%	*0.0%
Nutrient Guideline			450-600		640											<10.00

Wed - 04/03/2019																
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(Box)**2022	1 box	1	64	0	8	0.00	*0.00	20.0	0	60.0	15	0.0	16.2	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			561	34	1162	4.30	*1.51	431.9	716	113.47	*48	18.30	68.48	23.16	9.81	0.50
% of Calories											*34.1%	13.1%	48.9%	37.2%	15.8%	0.8%
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 - 04/04/2019																
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(Box)**2022	1 box	1	64	0	8	0.00	*0.00	20.0	0	60.0	15	0.0	16.2	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			493	8	495	4.93	*6.38	429.5	1611	71.00	*34 *27.5%	12.69 10.3%	94.49 76.6%	8.41 15.3%	1.75 3.2%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

Fri - 04/05/2019																
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(Box)**2022	1 box	1	64	0	8	0.00	*0.00	20.0	0	60.0	15	0.0	16.2	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			579	23	588	4.62	*1.86	572.2	711	71.19	*27 *18.8%	21.45 14.8%	93.31 64.4%	15.25 23.7%	6.45 10.0%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

Mon - 04/08/2019																
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(Box)**2022	1 box	1	64	0	8	0.00	*0.00	20.0	0	60.0	15	0.0	16.2	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00

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

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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			564	148	747	4.20	*2.61	428.4	950	68.28	*45 *31.9%	24.48 17.4%	97.27 68.9%	10.33 16.5%	3.26 5.2%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

Tue - 04/09/2019																	
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(Box)**2022	1 box	1	64	0	8	0.00	*0.00	20.0	0	60.0	15	0.0	16.2	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			497	8	490	6.62	*6.10	434.0	1242	74.35	*32 *25.4%	12.49 10.0%	95.33 76.7%	8.60 15.6%	1.79 3.2%	*0.00 *0.0%	
Nutrient Guideline			450-600		640											<10.00	

Wed - 04/10/2019																	
High School Breakfast	Total	1															
Cheese Omelet**1176	1 Each	1	110	195	210	0.00	0.66	84.0	374	0.0	0	8.0	1.0	8.0	3.00	0.00	
Flour Tortilla-6***1051	1 Each	1	80	0	115	1.50	0.90	50.0	0	0.0	*N/A*	2.5	14.5	1.75	0.75	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(Box)**2022	1 box	1	64	0	8	0.00	*0.00	20.0	0	60.0	15	0.0	16.2	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 % of Calories			451	203	607	4.04	*2.17	478.0	1033	65.78	*34 *29.7%	18.70 16.6%	69.03 61.2%	11.22 22.4%	4.54 9.1%	0.00 0.0%	
Nutrient Guideline			450-600		640											<10.00	

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Thu - 04/11/2019																
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(Box)**2022	1 box	1	64	0	8	0.00	*0.00	20.0	0	60.0	15	0.0	16.2	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			429	8	314	3.45	*1.15	654.5	5900	120.66	*33	15.37	81.40	5.09	0.83	0.00
% of Calories											*31.1%	14.3%	75.8%	10.7%	1.7%	0.0%
Nutrient Guideline			450-600		640											<10.00

Fri - 04/12/2019																
High School Breakfast	Total	2														
Breakfast Burrito**5015	1 Ea.	1	234	271	456	1.97	2.18	274.5	623	3.8	*0	12.87	19.41	11.9	4.28	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(Box)**2022	1 box	2	64	0	8	0.00	*0.00	20.0	0	60.0	15	0.0	16.2	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			589	279	796	6.46	*5.50	703.9	1738	78.09	*28	23.19	91.58	15.47	5.44	0.00
% of Calories											*19.0%	15.7%	62.2%	23.6%	8.3%	0.0%
Nutrient Guideline			450-600		640											<10.00

Mon - 04/15/2019																
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(Box)**2022	1 box	1	64	0	8	0.00	*0.00	20.0	0	60.0	15	0.0	16.2	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			587	34	1168	4.00	*1.76	399.8	500	63.28	*54 *36.8%	17.63 12.0%	76.19 51.9%	23.08 35.4%	9.80 15.0%	0.50 0.8%
Nutrient Guideline			450-600		640											<10.00

Tue - 04/16/2019																
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(Box)**2022	1 box	1	64	0	8	0.00	*0.00	20.0	0	60.0	15	0.0	16.2	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			491	8	490	4.31	*6.42	443.2	1215	77.39	*33 *27.0%	12.58 10.3%	93.11 75.9%	8.52 15.6%	1.76 3.2%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

Wed - 04/17/2019																
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(Box)**2022	1 box	1	64	0	8	0.00	*0.00	20.0	0	60.0	15	0.0	16.2	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			457	32	613	3.92	*3.34	446.6	1542	79.54	*21 *18.5%	19.53 17.1%	70.59 61.7%	11.42 22.5%	3.79 7.5%	0.00 0.0%
Nutrient Guideline			450-600		640											<10.00

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Thu - 04/18/2019																
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(Box)**2022	1 box	1	64	0	8	0.00	*0.00	20.0	0	60.0	15	0.0	16.2	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			452	32	446	5.60	*2.14	344.9	584	71.19	*31	16.04	69.11	11.49	3.34	0.00
% of Calories											*27.5%	14.2%	61.2%	22.9%	6.6%	0.0%
Nutrient Guideline			450-600		640											<10.00

Fri - 04/19/2019																
High School Breakfast	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
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			450-600		640											<10.00

Mon - 04/22/2019																
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(Box)**2022	1 box	1	64	0	8	0.00	*0.00	20.0	0	60.0	15	0.0	16.2	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			512	8	491	4.83	*6.08	429.5	1175	70.17	*36	12.33	98.58	8.59	1.79	*0.00
% of Calories											*28.1%	9.6%	77.0%	15.1%	3.1%	*0.0%
Nutrient Guideline			450-600		640											<10.00

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Central Consolidated Schools

Apr 1, 2019 thru Apr 30, 2019

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 - 04/23/2019																
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(Box)**2022	1 box	1	64	0	8	0.00	*0.00	20.0	0	60.0	15	0.0	16.2	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			451	136	730	5.32	*2.22	566.1	1026	113.47	*24	22.08	67.86	11.31	4.55	0.00
% of Calories											*21.1%	19.6%	60.2%	22.6%	9.1%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Wed - 04/24/2019																
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(Box)**2022	1 box	1	64	0	8	0.00	*0.00	20.0	0	60.0	15	0.0	16.2	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			489	42	651	3.44	*2.20	352.7	509	104.74	*31	19.48	86.86	10.47	2.26	*0.00
% of Calories											*25.2%	15.9%	71.1%	19.3%	4.2%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Thu - 04/25/2019																
High School Breakfast	Total	1														
Choice of Muffin**0480	1 Each	1	237	22	227	0.00	1.32	240.1	0	0.0	18	4.0	39.69	7.34	1.00	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
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(Box)**2022	1 box	1	64	0	8	0.00	*0.00	20.0	0	60.0	15	0.0	16.2	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			522	29	456	0.70	*1.56	865.4	544	78.12	*40	15.47	95.83	8.71	1.78	0.00
% of Calories											*30.3%	11.9%	73.4%	15.0%	3.1%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Central Consolidated Schools

Apr 1, 2019 thru Apr 30, 2019

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)
Fri - 04/26/2019																
High School Breakfast	Total	1														
Cheese Omelet**1176	1 Each	1		195	210	0.00	0.66	84.0	374	0.0	0	8.0	1.0	8.0	3.00	0.00
Flour Tortilla-6***1051	1 Each	1	110	0	115	1.50	0.90	50.0	0	0.0	*N/A*	2.5	14.5	1.75	0.75	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(Box)**2022	1 box	1	64	0	8	0.00	*0.00	20.0	0	60.0	15	0.0	16.2	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			454	203	605	5.13	*2.27	479.2	1090	72.39	*27	19.60	69.78	11.33	4.61	0.00
% of Calories											*23.9%	17.3%	61.5%	22.5%	9.1%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Mon - 04/29/2019																
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(Box)**2022	1 box	1	64	0	8	0.00	*0.00	20.0	0	60.0	15	0.0	16.2	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			537	13	438	7.31	*0.99	659.3	1050	79.54	*21	15.53	100.59	7.42	2.79	0.00
% of Calories											*15.7%	11.6%	74.9%	12.4%	4.7%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Tue - 04/30/2019																
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(Box)**2022	1 box	1	64	0	8	0.00	*0.00	20.0	0	60.0	15	0.0	16.2	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			561	34	1162	4.30	*1.51	431.9	716	113.47	*48	18.30	68.48	23.16	9.81	0.50
% of Calories											*34.1%	13.1%	48.9%	37.2%	15.8%	0.8%
Nutrient Guideline			450-600		640										<10.00	

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Central Consolidated Schools

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

High School Breakfast

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)
Weighted Average			513	62	631	4.81	*2.92	503.7	1220	82.42	*34 *59.4%	17.45 13.6%	85.36 66.6%	11.88 20.9%	4.05 7.1%	*0.07 *0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	513		450 - 600	100%				
Cholesterol (mg)	62							
Sodium 1 (mg)	631		640					
Sodium 2 (mg)	631		570				61	Correction Required - Sodium too High
Fiber (g)	4.81							
Iron (mg)	2.92				Missing			
Calcium (mg)	503.7							
Vitamin A (IU)	1220							
Sugars (g)	34	26.38%			Missing			
Vitamin C (mg)	82.42							
Protein (g)	17.45	13.61%						
Carbohydrate (g)	85.36	66.59%						
Total Fat (g)	11.88	20.86%						
Saturated Fat (g)	4.05	7.10%	<10.00%					
Trans Fat ¹ (g)	0.07	0.13%			Missing			

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