

Central Consolidated Schools

Apr 1, 2019 thru Apr 30, 2019

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 ¹ (g)
Mon - 04/01/2019																
High Lunch	Total	4														
Roast Chicken**1912	2 oz	1	25	9	50	0.00	0.06	0.0	0	0.0	*N/A*	2.33	0.0	1.65	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	91	13	208	1.11	0.56	7.4	327	2.4	*1	5.69	7.58	4.01	0.70	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	78	8	147	0.83	0.68	100.0	108	1.85	1	5.0	7.08	3.33	1.67	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	58	323	2.15	*2.84	*38.6	*2899	*13.9	*4	7.59	13.51	5.18	1.96	*0.00
Weighted Daily Average			675	96	1202	12.03	*6.33	*543.8	*7240	*104.35	*34	35.03	96.39	18.40	6.06	*0.00
% of Calories											*20.4%	20.8%	57.1%	24.5%	8.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Tue - 04/02/2019																
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
WG Cornbread Mix**1981	2 oz	1	46	0	134	0.51	0.37	30.8	10	0.0	2	0.51	8.22	1.28	0.51	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	136	20	531	1.32	0.86	43.6	349	2.6	*1	7.43	11.76	6.47	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			802	55	1551	15.07	6.32	693.8	11143	63.01	*38	37.16	118.52	22.39	7.50	*0.01
% of Calories											*18.9%	18.5%	59.1%	25.1%	8.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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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 ¹ (g)
Wed - 04/03/2019																
High Lunch	Total	4														
BBQ Sandwich-PP **1921	1 sand	1	117	11	403	1.69	0.52	15.3	97	2.45	*1	5.5	15.75	3.5	1.08	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
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	91	13	208	1.11	0.56	7.4	327	2.4	*1	5.69	7.58	4.01	0.70	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	78	8	147	0.83	0.68	100.0	108	1.85	1	5.0	7.08	3.33	1.67	0.00
Fruit&Yogurt Salad HS **1987	1 Salad	1	116	10	119	0.49	0.55	172.9	325	12.16	*7	3.86	18.49	3.24	1.16	*0.00
Weighted Daily Average			869	51	1421	10.63	7.10	646.7	4854	44.74	*38	32.62	136.53	22.57	6.75	*0.00
% of Calories											*17.7%	15.0%	62.9%	23.4%	7.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Thu - 04/04/2019																
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
Pinto Beans**1365	1/2 Cup	2	37	0	50	1.95	0.62	18.5	0	0.39	*N/A*	2.07	6.51	0.35	0.07	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
Sidekick Smoothie**1944	4.4 oz serving	3	90	0	48	0.00	0.00	80.0	1500	60.0	19	0.0	22.0	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	136	20	531	1.32	0.86	43.6	349	2.6	*1	7.43	11.76	6.47	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	174	14	285	3.21	1.66	126.2	3882	18.53	*3	9.95	18.42	7.59	2.01	*0.00
Weighted Daily Average			855	62	1465	15.54	5.54	670.4	11096	105.53	*42	40.65	127.11	21.90	6.85	*0.00
% of Calories											*19.8%	19.0%	59.5%	23.1%	7.2%	*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 ¹ (g)
Fri - 04/05/2019																
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	91	13	208	1.11	0.56	7.4	327	2.4	*1	5.69	7.58	4.01	0.70	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	78	8	147	0.83	0.68	100.0	108	1.85	1	5.0	7.08	3.33	1.67	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	117	50	197	3.03	2.87	112.3	3189	15.59	*4	5.78	15.15	4.56	1.63	*0.00
Weighted Daily Average			777	*90	*1046	*13.60	*6.40	*586.9	*8272	*103.22	*16	*33.01	*118.79	17.28	*5.39	*0.00
% of Calories											*8.0%	*17.0%	*61.2%	20.0%	*6.3%	*0.0%
Nutrient Guideline			750-850		1420											<10.00

Mon - 04/08/2019																
High Lunch	Total	4														
Quesadilla M& HS**1938	1	1	92	15	217	0.83	0.62	29.4	9	0.0	*0	6.25	8.33	4.35	2.28	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	91	13	208	1.11	0.56	7.4	327	2.4	*1	5.69	7.58	4.01	0.70	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	78	8	147	0.83	0.68	100.0	108	1.85	1	5.0	7.08	3.33	1.67	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	58	323	2.15	*2.84	*38.6	*2899	*13.9	*4	7.59	13.51	5.18	1.96	*0.00
Weighted Daily Average			763	101	1338	13.10	*7.13	*546.0	*12011	*94.33	*36	39.01	109.15	21.89	8.08	*0.00
% of Calories											*18.8%	20.5%	57.2%	25.8%	9.5%	*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 ¹ (g)
Tue - 04/09/2019																
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	136	20	531	1.32	0.86	43.6	349	2.6	*1	7.43	11.76	6.47	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			783	56	1336	16.50	5.91	637.3	14473	108.70	*34	38.62	115.00	20.20	6.95	*0.11
% of Calories											*17.3%	19.7%	58.7%	23.2%	8.0%	*0.1%
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 ¹ (g)
Wed - 04/10/2019																
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	91	13	208	1.11	0.56	7.4	327	2.4	*1	5.69	7.58	4.01	0.70	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	78	8	147	0.83	0.68	100.0	108	1.85	1	5.0	7.08	3.33	1.67	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	116	10	119	0.49	0.55	172.9	325	12.16	*7	3.86	18.49	3.24	1.16	*0.00
Weighted Daily Average			779	47	1069	12.79	4.79	682.2	4826	50.21	*45	34.30	119.71	19.94	5.86	*0.12
% of Calories											*23.1%	17.6%	61.5%	23.1%	6.8%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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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 ¹ (g)
Thu - 04/11/2019																
High Lunch	Total	3														
Pork Riblet Sandwich**1830	1 Sandwich	1	110	13	223	1.33	0.72	20.0	67	0.4	3	6.33	11.67	3.83	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 Com H**1891	1 Serving	1	131	19	371	1.31	0.72	29.6	457	3.2	*1	6.93	11.66	6.05	1.99	*0.00
Crispy Chicken Salad**1909	1 Salad	1	174	14	285	3.21	1.66	126.2	3882	18.53	*3	9.95	18.42	7.59	2.01	*0.00
Weighted Daily Average			817	53	1303	13.74	5.22	542.8	11138	84.00	*34	35.11	112.29	26.06	7.53	*0.00
% of Calories											*16.6%	17.2%	55.0%	28.7%	8.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Fri - 04/12/2019																
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	91	13	208	1.11	0.56	7.4	327	2.4	*1	5.69	7.58	4.01	0.70	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	78	8	147	0.83	0.68	100.0	108	1.85	1	5.0	7.08	3.33	1.67	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	117	50	197	3.03	2.87	112.3	3189	15.59	*4	5.78	15.15	4.56	1.63	*0.00
Weighted Daily Average			926	103	1482	18.36	7.50	768.0	7839	94.58	*34	37.86	135.31	29.02	10.89	*0.00
% of Calories											*14.9%	16.4%	58.4%	28.2%	10.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Central Consolidated Schools

Apr 1, 2019 thru Apr 30, 2019

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 ¹ (g)
Mon - 04/15/2019																
High Lunch	Total	3														
Chicken Alfredo w/ CFS **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 Pizza-Mid & HS**1437	1 Slice	1	104	11	196	1.11	0.90	133.3	144	2.47	1	6.67	9.44	4.44	2.22	0.00
Choice of Chick Sand HS**2002	1 Serving	1	121	18	278	1.48	0.75	9.9	436	3.2	*1	7.58	10.1	5.35	0.93	*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	77	431	2.87	*3.78	*51.5	*3865	*18.53	*5	10.12	18.01	6.91	2.61	*0.00
Weighted Daily Average			864	141	1557	15.58	*8.19	*596.2	*12202	*74.53	*25	46.47	119.84	24.17	8.09	*0.52
% of Calories											*11.6%	21.5%	55.5%	25.2%	8.4%	*0.5%
Nutrient Guideline			750-850		1420										<10.00	

Tue - 04/16/2019																
High Lunch	Total	3														
Roast Turkey**0178	2 Oz.	1	41	15	152	0.00	0.18	0.0	0	0.0	*N/A*	5.07	0.0	1.66	0.55	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
Green Beans-FRZ**0426	1/2 cup	3	23	0	1	2.45	0.54	34.3	342	3.35	2	1.22	5.27	0.14	0.04	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
Sidekick Smoothie**1944	4.4 oz serving	3	90	0	48	0.00	0.00	80.0	1500	60.0	19	0.0	22.0	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	136	20	531	1.32	0.86	43.6	349	2.6	*1	7.43	11.76	6.47	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			771	57	1568	12.21	5.30	614.2	9590	115.27	*44	36.28	117.66	17.78	5.66	*0.00
% of Calories											*23.0%	18.8%	61.0%	20.8%	6.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Central Consolidated Schools

Apr 1, 2019 thru Apr 30, 2019

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 ¹ (g)
Wed - 04/17/2019																
High Lunch	Total	4														
AFS Teriyaki Chicken**1839	2.85 oz serving	1	37	13	104	0.00	0.27	5.0	25	0.3	4	3.75	3.5	0.62	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
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	91	13	208	1.11	0.56	7.4	327	2.4	*1	5.69	7.58	4.01	0.70	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	78	8	147	0.83	0.68	100.0	108	1.85	1	5.0	7.08	3.33	1.67	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	116	10	119	0.49	0.55	172.9	325	12.16	*7	3.86	18.49	3.24	1.16	*0.00
Weighted Daily Average			755	*52	*953	*10.56	*3.91	*652.4	*5417	*100.49	*19	*31.35	*115.71	16.01	*5.18	*0.00
% of Calories											*10.1%	*16.6%	*61.3%	19.1%	*6.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Thu - 04/18/2019																
High Lunch	Total	4														
Grill Ham & Cheese Sand**2007	1 Sandwich	1	79	12	290	0.50	0.37	39.3	98	0.0	*1	4.25	7.18	3.93	1.61	*0.00
Chick Veg Soup w/Frz veg**1959	1 CUP	3	82	22	95	1.50	0.88	18.2	588	5.63	*3	10.35	6.4	1.74	0.49	*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
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 Com H**1891	1 Serving	1	98	14	278	0.98	0.54	22.2	343	2.4	*1	5.2	8.75	4.54	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
Crispy Chicken Salad**1909	1 Salad	1	131	10	213	2.41	1.24	94.6	2911	13.9	*2	7.46	13.81	5.69	1.50	*0.00
Weighted Daily Average			941	67	1420	15.19	4.99	816.4	*7828	47.43	*42	41.72	141.29	25.96	8.56	*0.00
% of Calories											*17.9%	17.7%	60.1%	24.8%	8.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Central Consolidated Schools

Apr 1, 2019 thru Apr 30, 2019

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 ¹ (g)
Fri - 04/19/2019																
High 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
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			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 ¹ (g)
Mon - 04/22/2019																
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
Green Beans-FRZ**0426	1/2 cup	2	15	0	1	1.63	0.36	22.9	228	2.23	1	0.81	3.51	0.09	0.02	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	121	18	278	1.48	0.75	9.9	436	3.2	*1	7.58	10.1	5.35	0.93	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	104	11	196	1.11	0.90	133.3	144	2.47	1	6.67	9.44	4.44	2.22	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	77	431	2.87	*3.78	*51.5	*3865	*18.53	*5	10.12	18.01	6.91	2.61	*0.00
Weighted Daily Average			869	122	1586	14.89	*8.55	*565.6	*8119	*44.33	*36	43.84	118.86	26.89	8.05	*0.00
% of Calories											*16.5%	20.2%	54.7%	27.8%	8.3%	*0.0%
Nutrient Guideline			750-850		1420											<10.00

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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 ¹ (g)
Tue - 04/23/2019																
High Lunch	Total	4														
Fiesta Bowl**1991	1 bowl	1	99	13	167	1.87	0.86	107.1	154	0.28	*0	5.05	13.7	2.25	0.81	0.00
Corn-FRZ**0271	1/2 Cup	1	17	0	0	0.49	0.10	0.6	41	0.71	1	0.52	3.94	0.14	0.02	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
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
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 Com H**1891	1 Serving	1	98	14	278	0.98	0.54	22.2	343	2.4	*1	5.2	8.75	4.54	1.50	*0.00
French Fries S**1890	1 Serving	3	101	0	153	1.64	0.39	2.6	0	2.81	0	1.35	14.1	4.08	0.85	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			662	45	1055	12.38	4.83	558.4	8497	92.64	*11	31.27	95.68	17.40	5.64	*0.00
% of Calories											*6.9%	18.9%	57.8%	23.6%	7.7%	*0.0%
Nutrient Guideline			750-850		1420											<10.00

Wed - 04/24/2019																
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	91	13	208	1.11	0.56	7.4	327	2.4	*1	5.69	7.58	4.01	0.70	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	78	8	147	0.83	0.68	100.0	108	1.85	1	5.0	7.08	3.33	1.67	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	116	10	119	0.49	0.55	172.9	325	12.16	*7	3.86	18.49	3.24	1.16	*0.00
Weighted Daily Average			735	50	1040	13.29	5.18	751.6	12961	93.55	*41	35.05	109.44	18.32	6.19	*0.00
% of Calories											*22.1%	19.1%	59.6%	22.4%	7.6%	*0.0%
Nutrient Guideline			750-850		1420											<10.00

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Central Consolidated Schools

Apr 1, 2019 thru Apr 30, 2019

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 ¹ (g)
Thu - 04/25/2019																
High Lunch	Total	3														
Chicken Fajita-S**1059	1 Each	1	126	32	356	0.69	0.42	27.6	275	12.79	1	9.43	11.24	4.69	1.69	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 Com H**1891	1 Serving	1	131	19	371	1.31	0.72	29.6	457	3.2	*1	6.93	11.66	6.05	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	174	14	285	3.21	1.66	126.2	3882	18.53	*3	9.95	18.42	7.59	2.01	*0.00
Weighted Daily Average			820	72	1441	16.88	6.13	573.9	9831	75.53	*32	44.49	112.91	22.17	6.88	*0.00
% of Calories											*15.5%	21.7%	55.1%	24.3%	7.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Fri - 04/26/2019																
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	91	13	208	1.11	0.56	7.4	327	2.4	*1	5.69	7.58	4.01	0.70	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	78	8	147	0.83	0.68	100.0	108	1.85	1	5.0	7.08	3.33	1.67	0.00
Garden Salad**1910	1 Salad	1	117	50	197	3.03	2.87	112.3	3189	15.59	*4	5.78	15.15	4.56	1.63	*0.00
Weighted Daily Average			824	89	1505	17.42	7.31	629.7	12388	94.22	*49	35.36	129.40	19.13	6.00	*0.00
% of Calories											*23.7%	17.2%	62.8%	20.9%	6.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Central Consolidated Schools

Apr 1, 2019 thru Apr 30, 2019

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 ¹ (g)
Mon - 04/29/2019																
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	91	13	208	1.11	0.56	7.4	327	2.4	*1	5.69	7.58	4.01	0.70	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	78	8	147	0.83	0.68	100.0	108	1.85	1	5.0	7.08	3.33	1.67	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	58	323	2.15	*2.84	*38.6	*2899	*13.9	*4	7.59	13.51	5.18	1.96	*0.00
Weighted Daily Average			706	94	1227	12.28	*6.63	*548.8	*7242	*104.35	*35	35.45	97.14	18.00	6.06	*0.00
% of Calories											*19.6%	20.1%	55.0%	22.9%	7.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Tue - 04/30/2019																
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
WG Cornbread Mix**1981	2 oz	1	46	0	134	0.51	0.37	30.8	10	0.0	2	0.51	8.22	1.28	0.51	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	136	20	531	1.32	0.86	43.6	349	2.6	*1	7.43	11.76	6.47	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			802	55	1551	15.07	6.32	693.8	11143	63.01	*38	37.16	118.52	22.39	7.50	*0.01
% of Calories											*18.9%	18.5%	59.1%	25.1%	8.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Central Consolidated Schools

Apr 1, 2019 thru Apr 30, 2019

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 ¹ (g)
Weighted Average			800	*74	*1339	*14.15	*6.17	*634.2	*9434	*83.71	*34 *38.8%	*37.23 *18.6%	*117.39 *58.7%	21.33 24.0%	*6.94 *7.8%	*0.04 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	800		750 - 850	100%				
Cholesterol (mg)	74				Missing			
Sodium 1 (mg)	1339		1420		Missing		259	Correction Required - Sodium too High
Sodium 2 (mg)	1339		1080		Missing			
Fiber (g)	14.15				Missing			
Iron (mg)	6.17				Missing			
Calcium (mg)	634.2				Missing			
Vitamin A (IU)	9434				Missing			
Sugars (g)	34	17.23%			Missing			
Vitamin C (mg)	83.71				Missing			
Protein (g)	37.23	18.62%			Missing			
Carbohydrate (g)	117.39	58.71%			Missing			
Total Fat (g)	21.33	24.00%						
Saturated Fat (g)	6.94	7.81%	<10.00%		Missing			
Trans Fat ¹ (g)	0.04	0.04%			Missing			

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