

Central Consolidated Schools

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Elementary 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 ¹ (g)
Wed - 03/01/2017																
Elementary Lunch	Total	2														
Chicken Alfredo**1887	1 Cup	1	143	20	347	2.29	1.32	27.6	46	1.58	*0	9.2	20.29	3.35	0.83	*0.77
Tossed Salad**0202	1 Cup	1	10	0	6	1.00	0.40	14.6	3888	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	*N/A*
Elem Fresh Veggie**1922	Servings	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Elem Bag Lunch**1997	lunch	1	121	12	322	1.48	0.85	136.4	150	0.0	*0	6.1	14.63	4.18	1.68	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			528	47	1022	8.09	3.53	500.3	6469	14.12	*10	26.91	73.39	14.81	4.29	*0.77
% of Calories											*7.5%	20.4%	55.6%	25.2%	7.3%	*1.3%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 03/02/2017																
Elementary Lunch	Total	2														
Hamburger All**0279	1 Sandwich	1	166	20	368	1.64	1.42	48.7	55	2.35	*0	7.36	15.29	8.07	3.02	*0.00
Crinkle Cut Fries**0499	3 Oz.	1	60	0	15	1.00	0.36	0.0	0	3.0	*N/A*	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	*N/A*
Pickles**1229	3 Each	1	1	0	92	0.12	0.04	4.4	19	0.08	0	0.06	0.27	0.01	0.00	*N/A*
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	*N/A*
Elem Fresh Veggie**1922	Servings	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Fruit&YogurtSaladMuffin**0399	1 Salad	1	205	16	220	4.32	1.33	295.5	12394	26.87	*10	7.44	34.02	4.71	2.08	*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			650	51	992	10.67	4.08	679.4	17335	45.18	*18	25.71	88.13	21.87	7.63	*0.00
% of Calories											*10.9%	15.8%	54.2%	30.3%	10.6%	*0.0%
Nutrient Guideline			550-650		1230										<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

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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 - 03/03/2017																
Elementary Lunch	Total	2														
Tony's Cheese Pizza **1536	1 Slice	1	145	7	270	2.00	1.35	150.0	250	0.0	*N/A*	7.5	17.0	5.5	2.00	0.00
Red Pepper Strips**1873	1/4 cup	1	12	0	1	0.78	0.16	2.6	1165	47.5	2	0.37	2.24	0.11	0.01	*N/A*
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	*N/A*
Elem Fresh Veggie**1922	Servings	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Elem Bag Lunch***1997	lunch	1	121	12	322	1.48	0.85	136.4	150	0.0	*0	6.1	14.63	4.18	1.68	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			501	34	911	6.27	3.23	614.4	3752	59.78	*10	23.45	65.89	16.07	5.20	*0.00
% of Calories											*8.1%	18.7%	52.6%	28.9%	9.3%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 03/06/2017																
Elementary Lunch	Total	2														
Roast Chicken**1912	2 oz	1	50	18	100	0.00	0.12	0.0	0	0.0	*N/A*	4.65	0.0	3.3	1.00	0.00
Baked Beans**8032	1/2 Cup	1	66	0	243	3.04	0.91	30.4	0	0.0	5	3.04	12.65	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	*N/A*
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	*N/A*
Elem Fresh Veggie**1922	Servings	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Fruit&YogurtSalad GraCrk**1903	1 Salad	1	237	8	279	4.44	1.68	392.9	12877	26.54	*10	7.27	40.47	5.6	2.34	*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			597	41	986	10.01	3.75	746.4	15067	35.55	*21	25.69	85.70	16.54	5.25	*0.00
% of Calories											*14.1%	17.2%	57.4%	24.9%	7.9%	*0.0%
Nutrient Guideline			550-650		1230										<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 - 03/07/2017																
Elementary Lunch	Total	2														
Sloppy Joe**0114	1 Sandwich	1	168	27	289	1.88	1.73	52.1	195	6.54	*3	9.62	17.22	6.64	2.30	*0.36
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
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	*N/A*
Elem Fresh Veggie**1922	Servings	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Fruit&YogurtSalad GraCrk**1903	1 Salad	1	237	8	279	4.44	1.68	392.9	12877	26.54	*10	7.27	40.47	5.6	2.34	*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			680	48	1015	9.98	4.10	780.9	15344	67.40	*18	27.10	95.94	21.01	6.65	*0.36
% of Calories											*10.8%	15.9%	56.4%	27.8%	8.8%	*0.5%
Nutrient Guideline			550-650		1230										<10.00	

Wed - 03/08/2017																
Elementary Lunch	Total	2														
AP Meatloaf Slice	1 each	1	105	18	275	0.50	0.90	20.0	150	1.2	1	6.5	4.0	3.5	1.50	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	*N/A*
Kiwi Strawberry Sidekick**1944	4.4 oz ser ving	1	40	0	23	0.00	0.18	40.0	500	30.0	*N/A*	0.0	10.0	0.0	0.00	0.00
Elem Fresh Veggie**1922	Servings	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Fruit&YogurtSalad GraCrk**1903	1 Salad	1	237	8	279	4.44	1.68	392.9	12877	26.54	*10	7.27	40.47	5.6	2.34	*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			676	40	1164	8.50	4.04	777.4	16192	68.88	*15	25.97	96.80	17.20	5.77	*0.00
% of Calories											*8.8%	15.4%	57.3%	22.9%	7.7%	*0.0%
Nutrient Guideline			550-650		1230										<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)
Thu - 03/09/2017																
Elementary Lunch	Total	2														
Los Cabos Bean&Cheese Burrito	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	*N/A*
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	0.00	*N/A*
Elem Fresh Veggie**1922	Servings	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Fruit&YogurtSaladMuffin**0399	1 Salad	1	205	16	220	4.32	1.33	295.5	12394	26.87	*10	7.44	34.02	4.71	2.08	*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			584	40	835	12.43	3.74	729.3	14868	58.65	*15	25.54	86.02	16.19	5.91	*0.00
% of Calories											*10.0%	17.5%	58.9%	24.9%	9.1%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	
Fri - 03/10/2017																
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	227	1.67	1	0.61	2.63	0.07	0.02	*N/A*
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	*N/A*
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	*N/A*
Elem Fresh Veggie**1922	Servings	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Elem Bag Lunch***1997	lunch	1	121	12	322	1.48	0.85	136.4	150	0.0	*0	6.1	14.63	4.18	1.68	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			566	55	1149	6.79	2.59	672.6	2985	12.56	*8	26.16	63.93	23.09	9.68	*0.00
% of Calories											*5.6%	18.5%	45.2%	36.7%	15.4%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Mon - 03/13/2017																
Elementary Lunch	Total	2														
Taco- 2 w GB**1974	2 Tacos	1	191	30	244	2.64	1.74	165.8	825	5.4	*0	12.02	14.67	9.6	4.05	*0.03
Spanish Rice**8189	1/2 Cup	1	57	0	180	0.95	0.48	7.6	187	5.97	*0	0.44	10.74	1.02	0.08	*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	*N/A*
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	*N/A*
Elem Fresh Veggie**1922	Servings	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Fruit&YogurtSalad GraCrk**1903	1 Salad	1	237	8	279	4.44	1.68	392.9	12877	26.54	*10	7.27	40.47	5.6	2.34	*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			707	53	1070	12.12	5.01	907.2	18833	51.38	*18	29.57	95.94	23.04	8.25	*0.03
% of Calories											*10.3%	16.7%	54.3%	29.3%	10.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Tue - 03/14/2017																
Elementary Lunch	Total	2														
Spag w/Meat Sauce **1025	1 1/2 Cup	1	242	21	364	4.80	1.92	131.2	818	6.55	*0	12.08	30.99	8.2	3.10	*0.18
Tossed Salad**0202	1 Cup	1	10	0	6	1.00	0.40	14.6	3888	3.05	1	0.58	1.94	0.14	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	*N/A*
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	*N/A*
Elem Fresh Veggie**1922	Servings	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Elem Bag Lunch***1997	lunch	1	121	12	322	1.48	0.85	136.4	150	0.0	*0	6.1	14.63	4.18	1.68	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			633	47	1058	10.40	4.35	603.5	7242	19.09	*11	29.62	84.86	20.10	6.68	*0.18
% of Calories											*6.7%	18.7%	53.7%	28.6%	9.5%	*0.3%
Nutrient Guideline			550-650		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)	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 - 03/15/2017																
Elementary Lunch	Total	2														
HmdGrillCheese-Elem**0116	1 Sandwich	1	125	14	362	2.00	0.75	98.5	197	1.2	*2	5.16	14.24	6.3	3.03	*0.00
Chick Veg Soup w/Frz veg**1959	1 CUP	1	41	7	61	0.83	0.55	11.8	337	3.14	*2	4.14	4.36	0.77	0.21	*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	*N/A*
Elem Fresh Veggie**1922	Servings	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Fruit&YogurtSalad GraCrk**1903	1 Salad	1	237	8	279	4.44	1.68	392.9	12877	26.54	*10	7.27	40.47	5.6	2.34	*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			607	43	996	9.93	3.57	839.1	15683	64.40	*19	26.26	84.64	19.34	7.34	*0.00
% of Calories											*12.6%	17.3%	55.7%	28.7%	10.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Thu - 03/16/2017																
Elementary Lunch	Total	2														
Pork Riblet Sandwich**1830	1 Sandwich	1	190	20	350	2.50	1.08	30.0	100	3.6	*4	10.0	24.51	5.5	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
Red Pepper Strips**1873	1/4 Cup	1	12	0	1	0.78	0.16	2.6	1165	47.5	2	0.37	2.24	0.11	0.01	*N/A*
Honeydew Chunks**0662	1/2 Cup	1	16	0	8	0.35	0.07	2.6	22	7.86	4	0.24	3.97	0.06	0.01	*N/A*
Elem Fresh Veggie**1922	Servings	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Elem Bag Lunch***1997	lunch	1	121	12	322	1.48	0.85	136.4	150	0.0	*0	6.1	14.63	4.18	1.68	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			580	47	1105	7.62	2.70	488.3	3600	68.16	*9	26.46	74.30	18.98	5.71	*0.00
% of Calories											*6.4%	18.3%	51.3%	29.5%	8.9%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Central Consolidated Schools

Mar 1, 2017 thru Mar 31, 2017

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)
Fri - 03/17/2017																
Elementary Lunch	Total	2														
Tony's Pepperoni Pizza**1203	1 Slice	1	150	7	320	2.00	1.35	100.0	200	0.0	*N/A*	7.5	18.0	5.5	2.25	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	0.01	*N/A*
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	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Fruit&YogurtSalad GraCrk**1903	1 Salad	1	237	8	279	4.44	1.68	392.9	12877	26.54	*10	7.27	40.47	5.6	2.34	*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			612	29	919	8.66	3.94	819.6	15839	43.67	*12	24.52	90.43	17.41	6.11	*0.00
% of Calories											*7.6%	16.0%	59.1%	25.6%	9.0%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Mon - 03/20/2017																
Elementary Lunch	Total	1														
Spring Break	Break	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			550-650		1230										<10.00	

Tue - 03/21/2017																
Elementary Lunch	Total	1														
Spring Break	Break	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			550-650		1230										<10.00	

Wed - 03/22/2017																
Elementary Lunch	Total	1														
Spring Break	Break	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

Mar 1, 2017 thru Mar 31, 2017

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			550-650		1230						0.0%	0.0%	0.0%	0.0%	0.0%	<10.00

Thu - 03/23/2017																
Elementary Lunch	Total	1														
Spring Break	Break	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 % 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			550-650		1230						0.0%	0.0%	0.0%	0.0%	0.0%	<10.00

Fri - 03/24/2017																
Elementary Lunch	Total	1														
Spring Break	Break	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 % 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			550-650		1230						0.0%	0.0%	0.0%	0.0%	0.0%	<10.00

Mon - 03/27/2017																
Elementary Lunch	Total	2														
Quesadilla, cheese **1949	1	1	177	16	330	1.99	1.19	313.3	263	0.59	*N/A*	10.11	17.01	6.97	4.14	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
Kiwi Strawberry Sidekick**1944	4.4 oz serving	1	40	0	23	0.00	0.18	40.0	500	30.0	*N/A*	0.0	10.0	0.0	0.00	0.00
Elem Fresh Veggie**1922	Servings	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Elem Bag Lunch***1997	lunch	1	121	12	322	1.48	0.85	136.4	150	0.0	*0	6.1	14.63	4.18	1.68	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

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Central Consolidated Schools

Mar 1, 2017 thru Mar 31, 2017

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			603	42	1113	10.41	4.06	841.3	3152	39.61	*1 *0.4%	30.38 20.1%	76.86 51.0%	18.02 26.9%	7.58 11.3%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Tue - 03/28/2017																
Elementary Lunch	Total	2														
Tyson Chicken Popcorn**1956	3.36 oz 1 2 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	*N/A*
Pears**0438	1/2 Cup	1	36	0	3	1.00	0.18	3.1	0	0.44	8	0.12	9.5	0.02	0.00	*N/A*
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	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Fruit&YogurtSaladMuffin**0399	1 Salad	1	205	16	220	4.32	1.33	295.5	12394	26.87	*10	7.44	34.02	4.71	2.08	*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 % of Calories			690	44	990	9.65	3.56	623.1	14634	52.08	*20 *11.5%	28.04 16.3%	99.32 57.6%	21.49 28.0%	6.29 8.2%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

Wed - 03/29/2017																
Elementary Lunch	Total	2														
Hotdog**0162	1 Each	1	131	22	639	1.05	1.19	74.6	150	0.6	*N/A*	6.25	13.27	6.26	1.51	*0.00
Crinkle Cut Fries**0499	3 Oz.	1	60	0	15	1.00	0.36	0.0	0	3.0	*N/A*	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	*N/A*
Elem Fresh Veggie**1922	Servings	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Fruit&YogurtSalad GraCrk**1903	1 Salad	1	237	8	279	4.44	1.68	392.9	12877	26.54	*10	7.27	40.47	5.6	2.34	*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 % of Calories			627	45	1227	8.22	3.85	787.8	15216	39.14	*15 *9.7%	23.94 15.3%	87.55 55.8%	20.82 29.9%	6.38 9.2%	*0.00 *0.0%
Nutrient Guideline			550-650		1230											<10.00

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Central Consolidated Schools

Mar 1, 2017 thru Mar 31, 2017

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)
Thu - 03/30/2017																
Elementary Lunch	Total	2														
Frito Pie-Cnd Bean Gr BF**1937	Servings	1	189	14	533	4.80	1.97	116.8	195	4.65	*1	8.88	23.07	7.26	1.86	*0.09
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	*N/A*
Honeydew Chunks**0662	1/2 Cup	1	16	0	8	0.35	0.07	2.6	22	7.86	4	0.24	3.97	0.06	0.01	*N/A*
Elem Fresh Veggie**1922	Servings	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Elem Bag Lunch***1997	lunch	1	121	12	322	1.48	0.85	136.4	150	0.0	*0	6.1	14.63	4.18	1.68	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			519	41	1229	9.36	3.92	593.3	5279	23.39	*6	24.91	63.90	18.23	5.32	*0.09
% of Calories											*4.5%	19.2%	49.3%	31.6%	9.2%	*0.2%
Nutrient Guideline			550-650		1230										<10.00	

Fri - 03/31/2017																
Elementary Lunch	Total	2														
Tony's Cheese Stuff Stic**1715	2 Each	1	189	23	540	1.72	1.29	164.4	280	1.73	*N/A*	8.72	19.47	8.08	3.86	0.00
Green Beans-FRZ**0426	1/2 cup	1	11	0	0	1.22	0.27	17.1	227	1.67	1	0.61	2.63	0.07	0.02	*N/A*
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	*N/A*
Elem Fresh Veggie**1922	Servings	1	31	0	99	1.51	0.45	16.7	1663	5.58	*1	1.25	6.42	0.12	0.00	*0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Fruit&YogurtSalad GraCrk**1903	1 Salad	1	237	8	279	4.44	1.68	392.9	12877	26.54	*10	7.27	40.47	5.6	2.34	*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			662	44	1137	9.39	4.12	899.9	15572	42.22	*19	26.08	94.58	20.03	7.72	*0.00
% of Calories											*11.7%	15.8%	57.2%	27.2%	10.5%	*0.0%
Nutrient Guideline			550-650		1230										<10.00	

Weighted Average			612	44	1051	9.36	3.79	716.9	11503	44.74	*14	26.46	83.79	19.12	6.54	*0.08
											*19.9%	17.3%	54.7%	28.1%	9.6%	*0.1%

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Central Consolidated Schools

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Elementary 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 ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	612		550 - 650	100%													
Cholesterol (mg)	44																
Sodium (mg)	1051		1230														
Fiber (g)	9.36																
Iron (mg)	3.79																
Calcium (mg)	716.9																
Vitamin A (IU)	11503																
Sugars (g)	14	8.86%			Missing												
Vitamin C (mg)	44.74																
Protein (g)	26.46	17.28%															
Carbohydrate (g)	83.79	54.73%															
Total Fat (g)	19.12	28.11%															
Saturated Fat (g)	6.54	9.62%															
Trans Fat ¹ (g)	0.08	0.12%															
			<10.00%														
					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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.