

# Central Consolidated Schools

Mar 1, 2017 thru Mar 31, 2017

## Base Menu Spreadsheet

Middle Lunch

### Weighted Values - Detailed

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Generated on: 2/9/2017 10:51:50 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 03/01/2017																
Middle 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	3	14	0	8	1.50	0.61	21.9	5832	4.58	1	0.88	2.91	0.21	0.02	*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
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	0.02	*N/A*
ChoFreshVeggie**1882	Servings	4	36	0	109	2.63	0.60	20.1	2838	10.84	*1	1.7	6.65	0.47	0.11	*N/A*
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 MS**1880	1 Serving	1	105	8	230	1.35	0.85	19.4	352	3.11	*0	4.51	9.28	5.28	0.94	*0.00
Choice of Pizza-HS**1437	1 Slice	1	88	9	158	1.00	0.56	81.2	100	0.0	*N/A*	4.5	9.0	3.75	1.75	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&YogurtSaladMuffin**0399	1 Salad	1	103	8	110	2.16	0.67	147.8	6197	13.43	*5	3.72	17.01	2.36	1.04	*0.00
Weighted Daily Average			616	43	981	12.49	4.31	692.4	16157	87.27	*17	30.68	83.57	17.91	6.17	*0.00
% of Calories											*11.2%	19.9%	54.2%	26.1%	9.0%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 03/02/2017																
Middle Lunch	Total	4														
Chicken Fajita-S**1059	1 Each	1	91	23	263	0.40	0.30	51.2	213	6.79	*0	6.95	7.88	3.37	1.16	*0.00
Santiago Refried Beans**1999	1/2 cup	3	118	0	111	7.39	1.69	37.3	0	0.65	0	7.39	21.42	0.37	0.00	0.00
ChoLettuce/Tomato**0283	1/2 Cup	3	10	0	4	1.09	0.47	16.0	4010	3.43	1	0.66	1.94	0.16	0.02	*N/A*
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	*N/A*
ChoFreshVeggie**1882	Servings	3	27	0	82	1.97	0.45	15.0	2128	8.13	*1	1.27	4.99	0.36	0.08	*N/A*
Milk-Variety**0489	1 Carton	4	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Burger/Deli Sand Choice**1891	1 Serving	1	100	13	263	1.11	0.59	29.2	345	3.56	*0	4.79	10.27	4.36	1.48	*0.00
French Fries S**1890	2	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	124	6	195	2.83	1.34	20.5	4952	5.01	*3	5.65	15.75	4.84	0.78	*0.00
Weighted Daily Average			669	50	1167	16.58	5.33	476.3	12192	47.56	*12	36.09	92.58	17.54	4.86	*0.00
% of Calories											*7.4%	21.6%	55.4%	23.6%	6.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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

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Middle Lunch

### Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 03/03/2017																
Middle Lunch	Total	4														
Hotdog**0162	1 Each	1	66	11	319	0.52	0.60	37.3	75	0.3	*N/A*	3.13	6.63	3.13	0.76	*0.00
Tater Tots**1299	3 Oz.	2	60	0	130	1.00	0.00	0.0	0	1.2	0	0.5	9.02	2.51	0.50	0.00
Baked Beans**8032	1/2 Cup	2	66	0	243	3.04	0.91	30.4	0	0.0	5	3.04	12.65	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	*N/A*
ChoFreshVeggie**1882	Servings	4	36	0	109	2.63	0.60	20.1	2838	10.84	*1	1.7	6.65	0.47	0.11	*N/A*
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 MS**1880	1 Serving	1	105	8	230	1.35	0.85	19.4	352	3.11	*0	4.51	9.28	5.28	0.94	*0.00
Choice of Pizza-HS**1437	1 Slice	1	88	9	158	1.00	0.56	81.2	100	0.0	*N/A*	4.5	9.0	3.75	1.75	0.00
Garden Salad**1910	1 Salad	1	120	50	198	3.34	1.34	111.5	5352	12.4	*5	6.15	16.05	3.96	1.49	*N/A*
Weighted Daily Average			737	85	1543	14.42	5.20	603.7	9225	32.02	*30	31.72	108.26	20.15	6.08	*0.00
% of Calories											*16.5%	17.2%	58.7%	24.6%	7.4%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 03/06/2017																
Middle 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**0258	1/2 Cup	3	24	0	9	2.55	0.52	28.1	860	34.1	1	2.64	4.55	0.1	0.01	*N/A*
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	1	23	0	35	0.40	0.21	1.4	0	0.0	*0	0.66	4.13	0.47	0.06	*N/A*
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	*N/A*
ChoFreshVeggie**1882	Servings	4	36	0	109	2.63	0.60	20.1	2838	10.84	*1	1.7	6.65	0.47	0.11	*N/A*
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 MS**1880	1 Serving	1	105	8	230	1.35	0.85	19.4	352	3.11	*0	4.51	9.28	5.28	0.94	*0.00
Choice of Pizza-HS**1437	1 Slice	1	88	9	158	1.00	0.56	81.2	100	0.0	*N/A*	4.5	9.0	3.75	1.75	0.00
French Fries S**1890	1 Serving	1	34	0	51	0.55	0.13	0.9	0	0.94	0	0.45	4.7	1.36	0.28	0.00
Chef Salad**1907	1 Salad	1	122	60	377	2.07	1.13	65.8	5060	5.01	*3	7.27	11.95	5.21	2.20	*0.00
Weighted Daily Average			644	93	1254	11.80	4.73	536.9	9770	66.68	*22	33.12	85.07	19.97	6.64	*0.00
% of Calories											*13.8%	20.6%	52.8%	27.9%	9.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 03/07/2017																
Middle Lunch	Total	3														
Frito Pie-Cnd Bean Gr BF**1937	Servings	1	126	9	355	3.20	1.31	77.9	130	3.1	*1	5.92	15.38	4.84	1.24	*0.06
WG Cornbread Mix**1981	2 oz	1	46	0	134	0.51	0.37	30.8	0	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	*N/A*
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	0.05	*N/A*
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	*N/A*
ChoFreshVeggie**1882	Servings	3	36	0	109	2.63	0.60	20.1	2838	10.84	*1	1.7	6.65	0.47	0.11	*N/A*
Milk-Variety**0489	1 Carton	3	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Burger/Deli Sand Choice**1891	1 Serving	1	134	18	351	1.48	0.78	39.0	459	4.74	*0	6.39	13.69	5.81	1.97	*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	136	33	169	2.80	1.47	99.3	3974	24.55	*3	12.31	15.55	3.38	1.22	*0.00
Weighted Daily Average			739	67	1325	14.77	5.71	580.7	10235	53.32	*26	37.68	108.34	19.32	6.24	*0.06
% of Calories											*14.0%	20.4%	58.6%	23.5%	7.6%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 03/08/2017																
Middle Lunch	Total	4														
Sloppy Joe**0114	1 Sandwich	1	84	13	144	0.94	0.87	26.1	98	3.27	*1	4.81	8.61	3.32	1.15	*0.18
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	*N/A*
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	*N/A*
Rice Krispy Treat**0299	2"x 2"	4	122	0	95	0.04	3.19	1.6	825	6.65	*1	1.04	23.14	3.07	0.54	*0.00
ChoFreshVeggie**1882	Servings	4	36	0	109	2.63	0.60	20.1	2838	10.84	*1	1.7	6.65	0.47	0.11	*N/A*
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 MS**1880	1 Serving	1	105	8	230	1.35	0.85	19.4	352	3.11	*0	4.51	9.28	5.28	0.94	*0.00
Choice of Pizza-HS**1437	1 Slice	1	88	9	158	1.00	0.56	81.2	100	0.0	*N/A*	4.5	9.0	3.75	1.75	0.00
Fruit&YogurtSaladMuffin**0399	1 Salad	1	103	8	110	2.16	0.67	147.8	6197	13.43	*5	3.72	17.01	2.36	1.04	*0.00
Weighted Daily Average			771	46	1174	10.40	7.15	613.1	11025	45.27	*19	29.74	111.22	23.51	7.10	*0.18
% of Calories											*9.7%	15.4%	57.7%	27.5%	8.3%	*0.2%
Nutrient Guideline			600-700		1360										<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 <sup>1</sup> (g)
Thu - 03/09/2017																
Middle Lunch	Total	3														
Green Chile Chicken Ench**1118	1 Cup	1	87	13	280	1.41	0.38	56.2	182	6.62	*0	5.29	10.8	2.66	1.08	*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	*N/A*
Kiwi Strawberry Sidekick**1944	4.4 oz serving	3	80	0	45	0.00	0.36	80.0	1000	60.0	*N/A*	0.0	20.0	0.0	0.00	0.00
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	1	30	0	47	0.53	0.28	1.9	0	0.0	*1	0.88	5.51	0.62	0.09	*N/A*
ChoFreshVeggie**1882	Servings	3	36	0	109	2.63	0.60	20.1	2838	10.84	*1	1.7	6.65	0.47	0.11	*N/A*
Milk-Variety**0489	1 Carton	3	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Burger/Deli Sand Choice**1891	1 Serving	1	134	18	351	1.48	0.78	39.0	459	4.74	*0	6.39	13.69	5.81	1.97	*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**1881	1 Salad	1	153	14	310	3.73	0.87	27.1	6172	5.6	*3	8.67	17.42	5.8	0.69	*0.00
Weighted Daily Average			706	52	1392	12.95	4.37	551.0	12934	93.37	*6	33.90	100.70	18.85	5.14	*0.00
% of Calories											*3.3%	19.2%	57.0%	24.0%	6.6%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 03/10/2017																
Middle Lunch	Total	4														
Asian 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
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*
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*
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*
ChoFreshVeggie**1882	Servings	4	36	0	109	2.63	0.60	20.1	2838	10.84	*1	1.7	6.65	0.47	0.11	*N/A*
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 MS**1880	1 Serving	1	105	8	230	1.35	0.85	19.4	352	3.11	*0	4.51	9.28	5.28	0.94	*0.00
Choice of Pizza-HS**1437	1 Slice	1	88	9	158	1.00	0.56	81.2	100	0.0	*N/A*	4.5	9.0	3.75	1.75	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
Garden Salad**1910	1 Salad	1	120	50	198	3.34	1.34	111.5	5352	12.4	*5	6.15	16.05	3.96	1.49	*N/A*
Weighted Daily Average			621	*87	*1020	*11.61	*4.26	*562.0	*10448	*56.61	*10	*30.36	*83.02	16.54	*5.33	*0.00
% of Calories											*6.5%	*19.5%	*53.4%	24.0%	*7.7%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Page 5

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 03/13/2017																
Middle Lunch	Total	4														
Los Cabos Bean&Cheese Burrito	1 each	1	74	4	125	2.20	0.68	50.0	75	0.3	0	3.78	10.22	2.23	1.01	0.00
ChoLettuce/Tomato**0283	1/2 Cup	3	10	0	4	1.09	0.47	16.0	4010	3.43	1	0.66	1.94	0.16	0.02	*N/A*
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	*N/A*
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	*N/A*
ChoFreshVeggie**1882	Servings	4	36	0	109	2.63	0.60	20.1	2838	10.84	*1	1.7	6.65	0.47	0.11	*N/A*
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 MS**1880	1 Serving	1	105	8	230	1.35	0.85	19.4	352	3.11	*0	4.51	9.28	5.28	0.94	*0.00
Choice of Pizza-HS**1437	1 Slice	1	88	9	158	1.00	0.56	81.2	100	0.0	*N/A*	4.5	9.0	3.75	1.75	0.00
French Fries S**1890	1 Serving	1	34	0	51	0.55	0.13	0.9	0	0.94	0	0.45	4.7	1.36	0.28	0.00
Chef Salad**1907	1 Salad	1	122	60	377	2.07	1.13	65.8	5060	5.01	*3	7.27	11.95	5.21	2.20	*0.00
Weighted Daily Average			663	88	1269	13.50	5.07	572.7	13999	82.08	*16	33.50	89.45	20.42	7.16	*0.00
% of Calories											*9.4%	20.2%	53.9%	27.7%	9.7%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Tue - 03/14/2017																
Middle Lunch	Total	3														
Spag w/Meat Sauce **1025	1 1/2 Cup	1	161	14	242	3.20	1.28	87.4	545	4.37	*0	8.05	20.66	5.47	2.07	*0.12
Tossed Salad**0202	1 Cup	2	13	0	8	1.33	0.54	19.4	5184	4.07	1	0.78	2.59	0.19	0.02	*0.00
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	1	30	0	47	0.53	0.28	1.9	0	0.0	*1	0.88	5.51	0.62	0.09	*N/A*
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	*N/A*
ChoFreshVeggie**1882	Servings	3	36	0	109	2.63	0.60	20.1	2838	10.84	*1	1.7	6.65	0.47	0.11	*N/A*
Milk-Variety**0489	1 Carton	3	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Burger/Deli Sand Choice**1891	1 Serving	1	134	18	351	1.48	0.78	39.0	459	4.74	*0	6.39	13.69	5.81	1.97	*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	136	33	169	2.80	1.47	99.3	3974	24.55	*3	12.31	15.55	3.38	1.22	*0.00
Weighted Daily Average			723	71	1131	14.33	5.66	572.0	13945	55.23	*23	39.27	102.13	19.04	6.60	*0.12
% of Calories											*12.5%	21.7%	56.5%	23.7%	8.2%	*0.2%
Nutrient Guideline			600-700		1360										<10.00	

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# Central Consolidated Schools

Mar 1, 2017 thru Mar 31, 2017

## Base Menu Spreadsheet

Middle Lunch

### Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 03/15/2017																
Middle 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
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	1	23	0	35	0.40	0.21	1.4	0	0.0	*0	0.66	4.13	0.47	0.06	*N/A*
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	*N/A*
ChoFreshVeggie**1882	Servings	4	36	0	109	2.63	0.60	20.1	2838	10.84	*1	1.7	6.65	0.47	0.11	*N/A*
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 MS**1880	1 Serving	1	105	8	230	1.35	0.85	19.4	352	3.11	*0	4.51	9.28	5.28	0.94	*0.00
Choice of Pizza-HS**1437	1 Slice	1	88	9	158	1.00	0.56	81.2	100	0.0	*N/A*	4.5	9.0	3.75	1.75	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&YogurtSaladMuffin**0399	1 Salad	1	103	8	110	2.16	0.67	147.8	6197	13.43	*5	3.72	17.01	2.36	1.04	*0.00
Weighted Daily Average			673	41	1034	10.54	4.23	628.7	10135	42.34	*24	30.12	94.26	20.34	6.04	*0.12
% of Calories											*14.2%	17.9%	56.0%	27.2%	8.1%	*0.2%
Nutrient Guideline			600-700		1360										<10.00	

Thu - 03/16/2017																
Middle Lunch	Total	3														
Pork Riblet Sandwich**1830	1 Sandwich	1	127	13	233	1.67	0.72	20.0	67	2.4	*2	6.67	16.34	3.67	1.17	0.00
Cucumber Slices**5047	1/2 Cup	2	8	0	1	0.27	0.15	8.7	57	1.52	1	0.35	1.98	0.06	0.02	*N/A*
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	*N/A*
ChoFreshVeggie**1882	Servings	3	36	0	109	2.63	0.60	20.1	2838	10.84	*1	1.7	6.65	0.47	0.11	*N/A*
Milk-Variety**0489	1 Carton	3	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Burger/Deli Sand Choice**1891	1 Serving	1	134	18	351	1.48	0.78	39.0	459	4.74	*0	6.39	13.69	5.81	1.97	*0.00
Crispy Chicken Salad**1909	1 Salad	1	165	8	260	3.77	1.78	27.4	6603	6.67	*4	7.54	21.0	6.45	1.04	*0.00
Weighted Daily Average			738	47	1261	13.72	5.14	443.3	13847	74.23	*12	32.19	98.26	24.67	6.59	*0.00
% of Calories											*6.7%	17.4%	53.3%	30.1%	8.0%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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# Central Consolidated Schools

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Middle Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 03/17/2017																
Middle Lunch	Total	4														
Mac & Cheese-HMD**0285	2/3 Cup	1	89	14	231	0.21	0.23	98.1	207	0.15	*0	4.37	5.32	5.6	3.04	*0.00
Green Beans-FRZ**0426	1/2 cup	3	17	0	1	1.84	0.40	25.7	341	2.51	1	0.91	3.95	0.1	0.02	*N/A*
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	1	23	0	35	0.40	0.21	1.4	0	0.0	*0	0.66	4.13	0.47	0.06	*N/A*
Pears,Fresh**0090	1 EACH	4	95	0	2	5.15	0.30	14.9	42	7.14	16	0.6	25.28	0.23	0.03	*N/A*
ChoFreshVeggie**1882	Servings	4	36	0	109	2.63	0.60	20.1	2838	10.84	*1	1.7	6.65	0.47	0.11	*N/A*
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 MS**1880	1 Serving	1	105	8	230	1.35	0.85	19.4	352	3.11	*0	4.51	9.28	5.28	0.94	*0.00
Choice of Pizza-HS**1437	1 Slice	1	88	9	158	1.00	0.56	81.2	100	0.0	*N/A*	4.5	9.0	3.75	1.75	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
Garden Salad**1910	1 Salad	1	120	50	198	3.34	1.34	111.5	5352	12.4	*5	6.15	16.05	3.96	1.49	*N/A*
Weighted Daily Average			716	88	1168	16.47	4.80	673.2	9732	39.08	*24	31.84	101.03	22.06	8.23	*0.00
% of Calories											*13.4%	17.8%	56.5%	27.7%	10.4%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Mon - 03/20/2017																
Middle 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			600-700		1360										<10.00	

Tue - 03/21/2017																
Middle 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			600-700		1360										<10.00	

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# Central Consolidated Schools

Mar 1, 2017 thru Mar 31, 2017

## Base Menu Spreadsheet

Middle Lunch

### Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 03/22/2017																
Middle 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			600-700		1360											<10.00

Thu - 03/23/2017																
Middle 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			600-700		1360											<10.00

Fri - 03/24/2017																
Middle 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			600-700		1360											<10.00

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# Central Consolidated Schools

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Middle Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 03/27/2017																
Middle Lunch	Total	4														
Taco- 2 w GB***1974	2 Tacos	1	95	15	122	1.32	0.87	82.9	413	2.7	*0	6.01	7.33	4.8	2.03	*0.01
Spanish Rice**8189	1/2 Cup	1	28	0	90	0.48	0.24	3.8	94	2.98	*0	0.22	5.37	0.51	0.04	*0.00
Santiago Refried Beans**1999	1/2 cup	3	118	0	111	7.39	1.69	37.3	0	0.65	0	7.39	21.42	0.37	0.00	0.00
ChoLettuce/Tomato**0283	1/2 Cup	1	3	0	1	0.36	0.16	5.3	1337	1.14	0	0.22	0.65	0.05	0.01	*N/A*
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	*N/A*
ChoFreshVeggie**1882	Servings	4	36	0	109	2.63	0.60	20.1	2838	10.84	*1	1.7	6.65	0.47	0.11	*N/A*
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 MS**1880	1 Serving	1	105	8	230	1.35	0.85	19.4	352	3.11	*0	4.51	9.28	5.28	0.94	*0.00
Choice of Pizza-HS**1437	1 Slice	1	88	9	158	1.00	0.56	81.2	100	0.0	*N/A*	4.5	9.0	3.75	1.75	0.00
French Fries S**1890	1 Serving	1	34	0	51	0.55	0.13	0.9	0	0.94	0	0.45	4.7	1.36	0.28	0.00
Chef Salad**1907	1 Salad	1	122	60	377	2.07	1.13	65.8	5060	5.01	*3	7.27	11.95	5.21	2.20	*0.00
Weighted Daily Average			763	99	1379	17.61	6.48	623.9	10744	31.81	*14	40.59	98.12	23.24	8.16	*0.01
% of Calories											*7.1%	21.3%	51.4%	27.4%	9.6%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 03/28/2017																
Middle Lunch	Total	3														
Chicken Alfredo**1887	1 Cup	1	95	13	231	1.52	0.88	18.4	31	1.06	*0	6.13	13.52	2.23	0.56	*0.52
Tossed Salad**0202	1 Cup	2	13	0	8	1.33	0.54	19.4	5184	4.07	1	0.78	2.59	0.19	0.02	*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	1	24	0	0	1.10	0.06	2.8	25	2.12	5	0.12	6.35	0.08	0.01	*N/A*
ChoFreshVeggie**1882	Servings	1	12	0	36	0.88	0.20	6.7	946	3.61	*0	0.57	2.22	0.16	0.04	*N/A*
Milk-Variety**0489	1 Carton	3	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Burger/Deli Sand Choice**1891	1 Serving	1	134	18	351	1.48	0.78	39.0	459	4.74	*0	6.39	13.69	5.81	1.97	*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	136	33	169	2.80	1.47	99.3	3974	24.55	*3	12.31	15.55	3.38	1.22	*0.00
Weighted Daily Average			585	71	1028	10.52	4.32	488.8	11120	43.80	*9	35.89	78.19	15.24	4.94	*0.52
% of Calories											*6.4%	24.5%	53.4%	23.4%	7.6%	*0.8%
Nutrient Guideline			600-700		1360										<10.00	

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# Central Consolidated Schools

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Middle Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 03/29/2017																
Middle Lunch	Total	4														
BBQ Sandwich-PP **1921	1 sand	1	92	11	203	1.50	0.70	47.8	97	1.25	*N/A*	6.0	9.75	3.38	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
Coleslaw**0220	1/2 Cup	1	11	0	48	0.56	0.02	11.9	400	9.76	*0	0.29	2.42	0.01	0.00	*0.00
Watermelon Wedges**1226	1/2 Cup	4	45	0	1	0.60	0.36	10.5	852	12.12	9	0.91	11.3	0.22	0.01	*N/A*
ChoFreshVeggie**1882	Servings	4	36	0	109	2.63	0.60	20.1	2838	10.84	*1	1.7	6.65	0.47	0.11	*N/A*
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 MS**1880	1 Serving	1	105	8	230	1.35	0.85	19.4	352	3.11	*0	4.51	9.28	5.28	0.94	*0.00
Choice of Pizza-HS**1437	1 Slice	1	88	9	158	1.00	0.56	81.2	100	0.0	*N/A*	4.5	9.0	3.75	1.75	0.00
Fruit&YogurtSaladMuffin**0399	1 Salad	1	103	8	110	2.16	0.67	147.8	6197	13.43	*5	3.72	17.01	2.36	1.04	*0.00
Weighted Daily Average			669	44	1185	11.31	3.85	638.6	11336	54.72	*17	30.38	91.93	20.48	6.43	*0.00
% of Calories											*9.9%	18.2%	54.9%	27.5%	8.6%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Thu - 03/30/2017																
Middle Lunch	Total	3														
AP Meatloaf Slice	1 each	1	70	12	183	0.33	0.60	13.3	100	0.8	1	4.33	2.67	2.33	1.00	0.00
Mashed Potatoes**0171	1/2 Cup	2	50	0	68	0.66	0.24	6.6	33	2.39	*N/A*	1.33	10.61	0.4	0.07	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
Mixed Veggies-FRZ**0646	1/2 Cup	3	38	0	30	1.52	0.27	0.0	951	2.74	3	0.76	8.37	0.0	0.00	0.00
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	3	91	0	141	1.59	0.83	5.7	1	0.0	*2	2.65	16.53	1.87	0.26	*N/A*
Kiwi Strawberry Sidekick**1944	4.4 oz serving	3	80	0	45	0.00	0.36	80.0	1000	60.0	*N/A*	0.0	20.0	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	33	3	43	0.00	0.03	100.0	167	0.8	*N/A*	2.67	4.33	0.42	0.25	0.00
Burger/Deli Sand Choice**1891	1 Serving	1	134	18	351	1.48	0.78	39.0	459	4.74	*0	6.39	13.69	5.81	1.97	*0.00
French Fries S**1890	1 Serving	1	45	0	68	0.73	0.17	1.2	0	1.25	0	0.6	6.27	1.81	0.38	0.00
Crispy Chicken Salad**1909	1 Salad	1	165	8	260	3.77	1.78	27.4	6603	6.67	*4	7.54	21.0	6.45	1.04	*0.00
Weighted Daily Average			712	40	1295	10.09	5.07	273.2	9315	79.39	*10	26.43	104.79	19.26	4.97	*0.00
% of Calories											*5.6%	14.8%	58.8%	24.3%	6.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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

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# Central Consolidated Schools

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Middle Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 03/31/2017																
Middle Lunch	Total	4														
ChickFajitaWrap**1930	1 Wrap	1	75	15	233	1.01	0.90	65.6	654	1.78	*0	6.35	7.31	2.28	0.79	*0.00
Crinkle Cut Fries**0499	3 Oz.	2	60	0	15	1.00	0.36	0.0	0	3.0	*N/A*	1.0	9.5	2.25	0.75	0.00
Cucumber Slices**5047	1/2 Cup	2	6	0	1	0.20	0.11	6.5	43	1.14	1	0.27	1.48	0.04	0.01	*N/A*
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	0.02	*N/A*
ChoFreshVeggie**1882	Servings	4	36	0	109	2.63	0.60	20.1	2838	10.84	*1	1.7	6.65	0.47	0.11	*N/A*
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 MS**1880	1 Serving	1	105	8	230	1.35	0.85	19.4	352	3.11	*0	4.51	9.28	5.28	0.94	*0.00
Choice of Pizza-HS**1437	1 Slice	1	88	9	158	1.00	0.56	81.2	100	0.0	*N/A*	4.5	9.0	3.75	1.75	0.00
Garden Salad**1910	1 Salad	1	120	50	198	3.34	1.34	111.5	5352	12.4	*5	6.15	16.05	3.96	1.49	*N/A*
Weighted Daily Average			645	89	1097	12.84	5.01	642.8	10055	85.34	*17	33.36	87.21	18.99	6.36	*0.00
% of Calories											*10.3%	20.7%	54.1%	26.5%	8.9%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Weighted Average			688	*67	*1206	*13.11	*5.04	*565.2	*11456	*59.45	*17	*33.16	*95.45	19.86	*6.28	*0.06
											*22.3%	*19.3%	*55.5%	26.0%	*8.2%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	688		600 - 700	100%				
Cholesterol (mg)	67				Missing			
Sodium (mg)	1206		1360		Missing			
Fiber (g)	13.11				Missing			
Iron (mg)	5.04				Missing			
Calcium (mg)	565.2				Missing			
Vitamin A (IU)	11456				Missing			
Sugars (g)	17	9.92%			Missing			
Vitamin C (mg)	59.45				Missing			
Protein (g)	33.16	19.27%			Missing			
Carbohydrate (g)	95.45	55.46%			Missing			
Total Fat (g)	19.86	25.97%						
Saturated Fat (g)	6.28	8.21%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	0.06	0.07%			Missing			

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