

# Central Consolidated Schools

Dec 1, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

High Lunch

Weighted Values - Detailed

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Generated on: 11/8/2018 10:59:20 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)
Mon - 12/03/2018																
High Lunch	Total	4														
Philly Cheese Steak Sand**2010	1 sand	1	93	20	147	0.86	0.78	66.1	61	2.58	*1	8.69	7.84	2.7	1.25	0.00
Tater Tots**1299	3 Oz.	1	30	0	65	0.50	0.00	0.0	0	0.6	0	0.25	4.51	1.25	0.25	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
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
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	0.02	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
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			696	107	1187	10.33	*6.19	*564.7	*7997	*57.91	*38	38.43	97.20	18.28	6.66	*0.00
% of Calories											*21.8%	22.1%	55.9%	23.7%	8.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Tue - 12/04/2018																
High Lunch	Total	4														
Taco- 2 w GB***1974	2 Tacos	1	95	15	127	1.30	0.86	83.1	413	2.7	*0	6.01	7.3	4.83	2.09	*0.01
Spanish Rice M & HS**1939	1 Cup	1	56	0	150	0.94	0.48	7.6	187	5.93	*0	0.42	10.68	1.02	0.08	*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	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
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 Choice**1904	1 Serving	1	102	15	398	0.99	0.64	32.7	262	1.95	*1	5.57	8.82	4.85	1.74	*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
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			787	49	1280	19.07	6.59	585.7	8586	48.43	*30	37.58	118.61	18.72	6.36	*0.01
% of Calories											*15.4%	19.1%	60.3%	21.4%	7.3%	*0.0%
Nutrient Guideline			750-850		1420										<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

Dec 1, 2018 thru Dec 31, 2018

## 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 <sup>1</sup> (g)
Wed - 12/05/2018																
High Lunch	Total	4														
Chicken Alfredo w/ CFS **1887	1 Cup	1	89	21	209	1.14	0.68	27.2	176	4.87	*0	6.71	10.16	2.64	0.84	0.39
Tossed Salad**0202	1 Cup	1	5	0	3	0.50	0.20	7.3	1942	1.53	0	0.29	0.97	0.07	0.01	0.00
Italian Veggies**1112	1/2 Cup	1	6	0	7	0.00	0.00	4.0	152	1.82	*N/A*	0.2	1.01	0.0	0.00	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
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
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*
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			736	60	1070	12.20	4.31	663.6	7557	62.21	*27	34.03	111.92	17.98	5.76	*0.39
% of Calories											*14.7%	18.5%	60.8%	22.0%	7.0%	*0.5%
Nutrient Guideline			750-850		1420										<10.00	

Thu - 12/06/2018																
High Lunch	Total	3														
Chicken Breast Filet**2026	1 each	1	67	15	98	1.01	0.36	0.0	0	0.0	0	6.41	3.04	3.04	0.51	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
Mixed Veggies-FRZ**0646	1/2 Cup	1	13	0	10	0.51	0.09	0.0	317	0.91	1	0.25	2.79	0.0	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
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
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			821	57	1518	11.36	5.10	601.8	9456	106.42	*44	37.50	119.42	22.03	6.19	*0.00
% of Calories											*21.6%	18.3%	58.2%	24.1%	6.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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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 - 12/07/2018																
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
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			1008	113	1504	16.77	7.41	919.4	*8198	50.57	*44	45.52	152.21	27.22	9.30	*0.00
% of Calories											*17.6%	18.1%	60.4%	24.3%	8.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Mon - 12/10/2018																
High Lunch	Total	4														
Tyson Chicken Popcorn**1956	3.08 oz 1 4 pc	1	64	6	97	0.77	0.46	0.0	26	0.0	0	3.83	4.08	3.83	0.64	0.00
Green Beans-FRZ**0426	1/2 cup	1	6	0	0	0.61	0.13	8.6	86	0.84	0	0.3	1.32	0.03	0.01	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
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
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
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			741	93	1303	12.26	*6.73	*501.4	*6853	*37.22	*33	35.62	104.63	21.89	6.52	*0.00
% of Calories											*18.0%	19.2%	56.5%	26.6%	7.9%	*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 <sup>1</sup> (g)
Tue - 12/11/2018																
High Lunch	Total	3														
EMTaqitoswChees Sauc**2018	2 each	1	113	10	423	1.33	0.72	53.3	67	1.6	1	5.33	12.0	5.17	1.67	0.00
Santiago Refried Beans**1999	1/2 cup	1	53	0	49	3.28	0.75	16.6	0	0.29	0	3.28	9.52	0.16	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
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
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*
Jello w/Topping**0385	1/2 Cup	3	95	0	0	0.00	0.00	0.0	0	30.0	*N/A*	2.0	19.0	2.0	2.00	*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			796	52	1508	14.94	5.72	570.7	10651	133.91	*12	38.63	115.25	21.79	8.55	*0.00
% of Calories											*6.2%	19.4%	57.9%	24.6%	9.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Wed - 12/12/2018																
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	1	33	0	121	1.52	0.46	15.2	13	0.0	3	1.52	6.32	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
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
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			748	89	1239	14.39	6.31	599.3	12363	94.62	*44	32.32	113.09	19.54	6.25	*0.00
% of Calories											*23.4%	17.3%	60.5%	23.5%	7.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Thu - 12/13/2018																
High Lunch	Total	3														
Lasagna w/ GB **1936	5x5	1	96	14	213	0.66	0.82	81.6	163	1.2	*N/A*	7.03	7.99	3.81	1.67	*0.00
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
Peas, FRZ**0040	1/2 Cup	1	25	0	23	1.43	0.48	7.6	667	3.14	1	1.64	4.53	0.09	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
Fruit Cocktail**0419	1/2 Cup	3	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	3	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	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			761	56	1407	14.38	5.63	643.9	11459	94.65	*35	39.23	105.14	21.75	7.19	*0.00
% of Calories											*18.6%	20.6%	55.2%	25.7%	8.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Fri - 12/14/2018																
High 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
Pinto Beans**1365	1/2 Cup	1	14	0	19	0.73	0.23	6.9	0	0.15	*N/A*	0.78	2.44	0.13	0.03	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
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
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
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 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
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
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			706	102	1222	11.45	6.59	634.0	8608	67.06	*32	36.04	99.28	19.39	6.31	*0.00
% of Calories											*18.3%	20.4%	56.2%	24.7%	8.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Central Consolidated Schools

Dec 1, 2018 thru Dec 31, 2018

## 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 <sup>1</sup> (g)
Mon - 12/17/2018																
High Lunch	Total	4														
LosCaboBn&CheeBurrito**2000	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	1	3	0	1	0.36	0.16	5.3	1337	1.14	0	0.22	0.65	0.05	0.01	0.00
Corn Salad**1945	1/2 cup	1	21	0	23	0.64	0.14	4.7	340	13.44	*1	0.72	4.93	0.19	0.03	*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
Sidekick Smoothie**1944	4.4 oz serving	4	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	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			754	91	1229	11.78	*6.45	*621.3	*10179	*109.73	*45	34.18	113.95	19.17	6.72	*0.00
% of Calories											*24.0%	18.1%	60.5%	22.9%	8.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Tue - 12/18/2018																
High Lunch	Total	1														
Roast Turkey**0178	2 Oz.	1	122	46	456	0.00	0.54	0.0	0	0.0	*N/A*	15.2	0.0	4.99	1.64	0.00
Mashed Potatoes**0171	1/2 Cup	1	75	0	101	0.99	0.36	9.9	50	3.58	*N/A*	1.99	15.91	0.6	0.10	0.00
Gravy - Variety**1859	1/4 Cup	1	20	0	315	0.00	0.00	0.0	0	0.0	*N/A*	0.5	4.0	0.5	0.00	0.00
Green Beans-FRZ**0426	1/2 cup	1	23	0	1	2.45	0.54	34.3	342	3.35	2	1.22	5.27	0.14	0.04	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
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
2 Oz Wheat Roll**8176	2 Oz. Roll	1	182	0	281	3.18	1.65	11.4	2	0.0	*3	5.29	33.05	3.73	0.52	*0.00
Gingerbread Cookie	1 each	1	90	5	55	1.00	0.36	0.0	0	0.0	7	2.0	14.0	3.0	1.00	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			750	58	1347	12.56	4.16	367.7	1412	18.68	*43	35.12	122.51	14.48	4.09	*0.00
% of Calories											*22.8%	18.7%	65.3%	17.4%	4.9%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Central Consolidated Schools

Dec 1, 2018 thru Dec 31, 2018

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)	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)
Wed - 12/19/2018																
High Lunch	Total	4														
Pork Riblet Sandwich**1830	1 Sandwich	1	82	10	168	1.00	0.54	15.0	50	0.3	2	4.75	8.75	2.87	0.87	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			835	49	1186	9.93	7.12	646.4	4807	42.59	*40	31.87	129.53	21.94	6.55	*0.00
% of Calories											*19.1%	15.3%	62.1%	23.7%	7.1%	*0.0%
Nutrient Guideline			750-850		1420										<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)
Thu - 12/20/2018																
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	1	22	0	0	0.65	0.13	0.8	54	0.95	1	0.69	5.25	0.18	0.03	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			780	55	1551	14.41	6.19	693.0	11089	62.05	*37	36.47	113.27	22.20	7.47	*0.01
% of Calories											*19.0%	18.7%	58.1%	25.6%	8.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Central Consolidated Schools

Dec 1, 2018 thru Dec 31, 2018

## 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 <sup>1</sup> (g)
Fri - 12/21/2018																
High 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
Oriental Blend**1109	1/2 Cup	1	7	0	4	0.57	0.00	5.7	57	3.4	*N/A*	0.28	1.13	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			751	*92	*1046	*11.97	*6.32	*580.5	*8168	*96.71	*16	*32.69	*113.77	16.91	*5.39	*0.00
% of Calories											*8.5%	*17.4%	*60.6%	20.3%	*6.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Mon - 12/24/2018																
High Lunch	Total	1														
Winter Break	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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	

Tue - 12/25/2018																
High Lunch	Total	1														
Winter Break	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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	

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# Central Consolidated Schools

Dec 1, 2018 thru Dec 31, 2018

## Base Menu Spreadsheet

High Lunch

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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 - 12/26/2018																
High Lunch	Total	1														
Winter Break	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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

Thu - 12/27/2018																
High Lunch	Total	1														
Winter Break	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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

Fri - 12/28/2018																
High Lunch	Total	1														
Winter Break	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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

Mon - 12/31/2018																
High Lunch	Total	1														
Winter Break	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
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

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Central Consolidated Schools

Dec 1, 2018 thru Dec 31, 2018

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 <sup>1</sup> (g)
Weighted Average			778	*75	*1307	*13.19	*6.05	*612.9	*8492	*72.18	*35 *40.3%	*36.35 *18.7%	*115.32 *59.3%	20.22 23.4%	*6.62 *7.7%	*0.03 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	778		750 - 850	100%				
Cholesterol (mg)	75				Missing			
Sodium 1 (mg)	1307		1420		Missing			
Sodium 2 (mg)	1307		1080		Missing		227	Correction Required - Sodium too High
Fiber (g)	13.19				Missing			
Iron (mg)	6.05				Missing			
Calcium (mg)	612.9				Missing			
Vitamin A (IU)	8492				Missing			
Sugars (g)	35	17.89%			Missing			
Vitamin C (mg)	72.18				Missing			
Protein (g)	36.35	18.69%			Missing			
Carbohydrate (g)	115.32	59.29%			Missing			
Total Fat (g)	20.22	23.39%						
Saturated Fat (g)	6.62	7.66%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	0.03	0.03%			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

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

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