

Central Consolidated Schools

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

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)
Mon - 01/01/2018																
Elementary Lunch	Total	1														
HOLIDAY	SERVING	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			600-650		1230											<10.00

Tue - 01/02/2018																
Elementary Lunch	Total	1														
HOLIDAY	SERVING	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			600-650		1230											<10.00

Wed - 01/03/2018																
Elementary Lunch	Total	1														
HOLIDAY	SERVING	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			600-650		1230											<10.00

Thu - 01/04/2018																
Elementary Lunch	Total	1														
HOLIDAY	SERVING	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			600-650		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

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.

Central Consolidated Schools

Jan 1, 2018 thru Jan 31, 2018

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 - 01/05/2018																
Elementary Lunch	Total	1														
HOLIDAY	SERVING	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			600-650		1230											<10.00

Mon - 01/08/2018																
Elementary Lunch	Total	1														
Professional Day-WorkDay	1	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			600-650		1230											<10.00

Tue - 01/09/2018																
Elementary Lunch	Total	2														
Tyson WG Trad Drumstick**2004	1 each	1	95	25	225	0.50	0.54	0.0	50	0.0	0	8.0	2.5	5.5	1.25	0.00
Baked Beans**8032	1/2 Cup	1	66	0	243	3.04	0.91	30.4	25	0.0	5	3.04	12.65	0.0	0.00	0.00
Crinkle Cut Fries**0499	3 Oz.	1	60	0	15	1.00	0.36	0.0	0	3.0	0	1.0	9.5	2.25	0.75	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	*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	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	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-WWCrk**2013	1 Salad	1	232	8	354	4.94	4.96	296.9	12377	26.54	*12	7.77	39.47	6.1	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			710	48	1197	12.59	7.96	648.7	14846	39.02	*29	30.66	100.57	21.34	6.23	*0.00
% of Calories											*16.2%	17.3%	56.6%	27.0%	7.9%	*0.0%
Nutrient Guideline			600-650		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

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.

Central Consolidated Schools

Jan 1, 2018 thru Jan 31, 2018

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)
Wed - 01/10/2018																
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	171	1.67	1	0.61	2.63	0.07	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	*0.00
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	0.01	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	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	115	12	316	1.50	0.78	49.0	73	0.6	*1	5.7	15.11	3.78	1.58	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			539	56	1136	6.17	2.60	587.5	2833	31.72	*7	25.86	58.50	22.62	9.57	*0.00
% of Calories											*5.0%	19.2%	43.4%	37.8%	16.0%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Thu - 01/11/2018																
Elementary Lunch	Total	2														
Salisbury Steak**0767	1 Each	1	112	15	150	0.50	0.72	10.0	3	0.0	0	5.5	1.5	2.5	1.00	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
Broccoli-Froz**0258	1/2 Cup	1	16	0	6	1.70	0.35	18.7	573	22.74	1	1.76	3.03	0.07	0.01	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	*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	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	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	2.09	*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			644	46	964	9.32	3.71	688.7	15667	89.38	*15	26.52	85.85	15.30	5.03	*0.00
% of Calories											*9.2%	16.5%	53.3%	21.4%	7.0%	*0.0%
Nutrient Guideline			600-650		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

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.

Central Consolidated Schools

Jan 1, 2018 thru Jan 31, 2018

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 - 01/12/2018																
Elementary Lunch	Total	2														
LosCaboBn&CheeBurrito**2000	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	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	0.00
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	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	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	115	12	316	1.50	0.78	49.0	73	0.6	*1	5.7	15.11	3.78	1.58	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			515	36	926	10.98	3.42	491.0	5256	16.11	*12	24.14	72.63	15.26	5.43	*0.00
% of Calories											*9.0%	18.7%	56.4%	26.6%	9.5%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 01/15/2018																
Elementary Lunch	Total	1														
Martin Luther King's BD	1	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			600-650		1230										<10.00	

Tue - 01/16/2018																
Elementary Lunch	Total	2														
Spag w/Meat Sauce **1025	1 1/2 Cup	1	242	21	364	4.80	1.92	131.2	821	6.55	*0	12.08	30.99	8.2	3.07	*0.17
Tossed Salad**0202	1 Cup	1	10	0	6	1.00	0.40	14.6	3885	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	*0.00
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	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	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	115	12	316	1.50	0.78	49.0	73	0.6	*1	5.7	15.11	3.78	1.58	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

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.

Central Consolidated Schools

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

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)
Weighted Daily Average			626	48	1045	10.60	4.23	517.4	6951	18.63	*13	29.06	84.89	19.61	6.56	*0.17
% of Calories											*8.1%	18.6%	54.3%	28.2%	9.4%	*0.2%
Nutrient Guideline			600-650		1230											<10.00

Wed - 01/17/2018																
Elementary Lunch	Total	2														
Chicken Sand**0919	1 Each	1	198	12	317	2.97	1.60	59.5	49	1.79	*0	9.88	20.33	8.14	1.23	*0.00
Simplot Swt Pot CC Fries**1958	4 oz	1	109	0	132	1.84	0.54	12.5	2486	2.48	*N/A*	0.79	15.06	5.05	1.15	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	0.00
Pickles**1229	3 Each	1	1	0	85	0.11	0.03	6.0	13	0.24	0	0.05	0.25	0.03	0.01	0.00
Applesauce**0356	1/2 Cup	1	43	0	1	0.77	0.08	1.9	4	1.08	9	0.1	11.16	0.11	0.02	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	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-WWCrk**2013	1 Salad	1	232	8	354	4.94	4.96	296.9	12377	26.54	*12	7.77	39.47	6.1	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			768	35	1178	12.85	8.07	704.2	19775	42.40	*25	28.28	106.64	26.08	6.52	*0.00
% of Calories											*13.1%	14.7%	55.5%	30.5%	7.6%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

Thu - 01/18/2018																
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
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	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	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	115	12	316	1.50	0.78	49.0	73	0.6	*1	5.7	15.11	3.78	1.58	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			573	47	1084	7.87	2.47	399.1	2375	16.00	*13	25.60	75.56	18.42	5.60	*0.00
% of Calories											*8.9%	17.9%	52.7%	28.9%	8.8%	*0.0%
Nutrient Guideline			600-650		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
 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.

Central Consolidated Schools

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

Page 6

Generated on: 12/8/2017 2:21:52 PM

	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 - 01/19/2018																
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
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	0.02	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	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	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	115	12	316	1.50	0.78	49.0	73	0.6	*1	5.7	15.11	3.78	1.58	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			532	49	1170	5.75	3.04	538.5	2789	12.56	*12	24.22	67.92	18.04	6.97	*0.00
% of Calories											*9.3%	18.2%	51.1%	30.5%	11.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 01/22/2018																
Elementary Lunch	Total	2														
Sloppy Joe**0114	1 Sandwich	1	168	27	289	1.88	1.73	52.1	201	6.54	*3	9.62	17.22	6.64	2.24	*0.34
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
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	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	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-WWCrk**2013	1 Salad	1	232	8	354	4.94	4.96	296.9	12377	26.54	*12	7.77	39.47	6.1	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			685	48	1087	10.33	7.51	668.9	14750	42.30	*25	27.26	97.96	21.38	6.59	*0.34
% of Calories											*14.7%	15.9%	57.2%	28.1%	8.7%	*0.4%
Nutrient Guideline			600-650		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

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.

Central Consolidated Schools

Jan 1, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

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)
Tue - 01/23/2018																
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	*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	0.00
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	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	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	2.09	*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			685	44	983	9.46	3.61	621.9	14864	53.15	*22	28.20	98.09	21.41	6.30	*0.00
% of Calories											*13.0%	16.5%	57.3%	28.1%	8.3%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Wed - 01/24/2018																
Elementary Lunch	Total	2														
Corndog, Chicken, **0937	1 EACH	1	120	20	195	2.50	0.90	40.0	12	0.0	2	4.5	15.0	4.0	1.25	0.00
Crinkle Cut Fries**0499	3 Oz.	1	60	0	15	1.00	0.36	0.0	0	3.0	0	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	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	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-WWCrk**2013	1 Salad	1	232	8	354	4.94	4.96	296.9	12377	26.54	*12	7.77	39.47	6.1	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			608	43	851	10.18	6.84	657.2	14587	38.54	*21	22.68	87.44	18.97	6.13	*0.00
% of Calories											*14.0%	14.9%	57.6%	28.1%	9.1%	*0.0%
Nutrient Guideline			600-650		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
 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.

Central Consolidated Schools

Jan 1, 2018 thru Jan 31, 2018

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 - 01/25/2018																
Elementary Lunch	Total	2														
Navajo Taco w GB**1990	1 Nav Taco	1	171	15	342	3.19	1.64	86.5	89	2.92	*2	9.29	22.25	5.3	1.87	*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	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	0.00
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	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	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	115	12	316	1.50	0.78	49.0	73	0.6	*1	5.7	15.11	3.78	1.58	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			539	42	1019	9.77	3.71	477.6	5195	18.43	*13	25.87	74.45	16.10	5.28	*0.00
% of Calories											*9.5%	19.2%	55.3%	26.9%	8.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 01/26/2018																
Elementary Lunch	Total	2														
Nardone Cheese Pizza 4x6**2006	peice/serv	1	155	15	180	1.50	1.35	225.0	250	4.5	3	11.0	15.0	6.0	3.00	0.00
Green Beans-FRZ**0426	1/2 cup	1	11	0	0	1.22	0.27	17.1	171	1.67	1	0.61	2.63	0.07	0.02	0.00
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	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	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-WWCrk**2013	1 Salad	1	232	8	354	4.94	4.96	296.9	12377	26.54	*12	7.77	39.47	6.1	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			619	37	845	9.67	7.46	864.5	14994	44.99	*26	28.85	88.27	18.36	6.87	*0.00
% of Calories											*17.0%	18.6%	57.0%	26.7%	10.0%	*0.0%
Nutrient Guideline			600-650		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
 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.

Central Consolidated Schools

Jan 1, 2018 thru Jan 31, 2018

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)
Mon - 01/29/2018																
Elementary Lunch	Total	2														
AF Japan Cher Bloz Chick**1964	3.9 oz	1	100	23	175	1.00	0.63	0.0	0	1.2	*N/A*	6.5	13.5	2.0	0.50	0.00
Brown Rice**0687	1 Cup	1	35	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.28	*N/A*	*N/A*
Broccoli-Froz**0258	1/2 Cup	1	16	0	6	1.70	0.35	18.7	573	22.74	1	1.76	3.03	0.07	0.01	0.00
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	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	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-WWCrk**2013	1 Salad	1	232	8	354	4.94	4.96	296.9	12377	26.54	*12	7.77	39.47	6.1	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			588	*45	*825	*9.66	*6.64	*635.7	*15677	*66.87	*16	*25.51	*81.97	15.05	*4.61	*0.00
% of Calories											*10.6%	*17.4%	*55.8%	23.0%	*7.1%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 01/30/2018																
Elementary Lunch	Total	2														
HmdGrillCheese-Elem**0116	1 Sandwich	1	125	14	362	2.00	0.75	98.5	207	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	59	1.00	0.47	12.1	392	3.75	*2	4.14	4.26	0.79	0.22	*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	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	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	2.09	*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			572	52	928	9.98	3.14	742.1	15272	65.35	*21	26.44	77.24	18.40	7.09	*0.00
% of Calories											*14.6%	18.5%	54.1%	29.0%	11.2%	*0.0%
Nutrient Guideline			600-650		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

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.

Central Consolidated Schools

Jan 1, 2018 thru Jan 31, 2018

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)
Wed - 01/31/2018																
Elementary Lunch	Total	2														
Chicken Alfredo**1887	1 Cup	1	177	42	417	2.29	1.36	54.3	351	9.74	*0	13.42	20.31	5.28	1.68	0.77
Tossed Salad**0202	1 Cup	1	10	0	6	1.00	0.40	14.6	3885	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	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	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	115	12	316	1.50	0.78	49.0	73	0.6	*1	5.7	15.11	3.78	1.58	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			554	69	1079	8.11	3.50	439.7	6702	22.88	*13	30.74	73.06	16.25	5.04	*0.77
% of Calories											*9.2%	22.2%	52.8%	26.4%	8.2%	*1.3%
Nutrient Guideline			600-650		1230										<10.00	

Weighted Average			610	*47	*1020	*9.58	*4.87	*605.2	*10783	*38.65	*18	*26.87	*83.19	18.91	*6.24	*0.08
											*26.0%	*17.6%	*54.6%	27.9%	*9.2%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	610		600 - 650	100%				
Cholesterol (mg)	47				Missing			
Sodium 1 (mg)	1020		1230		Missing			
Sodium 2 (mg)	1020		935		Missing	85		Correction Required - Sodium too High
Fiber (g)	9.58				Missing			
Iron (mg)	4.87				Missing			
Calcium (mg)	605.2				Missing			
Vitamin A (IU)	10783				Missing			
Sugars (g)	18	11.55%			Missing			
Vitamin C (mg)	38.65				Missing			
Protein (g)	26.87	17.62%			Missing			
Carbohydrate (g)	83.19	54.57%			Missing			
Total Fat (g)	18.91	27.91%						
Saturated Fat (g)	6.24	9.21%	<10.00%		Missing			
Trans Fat ¹ (g)	0.08	0.12%			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.