

# Central Consolidated Schools

Jan 1, 2018 thru Jan 31, 2018

## Base Menu Spreadsheet

Middle School Breakfast

### 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)
Mon - 01/01/2018																
Middle School Breakfast	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			400-550		600											<10.00

Tue - 01/02/2018																
Middle School Breakfast	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			400-550		600											<10.00

Wed - 01/03/2018																
Middle School Breakfast	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			400-550		600											<10.00

Thu - 01/04/2018																
Middle School Breakfast	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			400-550		600											<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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# Central Consolidated Schools

Jan 1, 2018 thru Jan 31, 2018

## Base Menu Spreadsheet

Middle School Breakfast

### 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 - 01/05/2018																
Middle School Breakfast	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			400-550		600											<10.00

Mon - 01/08/2018																
Middle School Breakfast	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			400-550		600											<10.00

Tue - 01/09/2018																
Middle School Breakfast	Total	1														
FrenchToastSticks**0207	3 Ea. + 2 Tbsp	1	262	115	342	3.00	1.81	81.2	200	3.6	13	9.0	50.13	4.0	1.00	*0.00
Fruit Cocktail**0419	1/2 Cup	1	69	0	7	1.20	0.35	7.2	250	2.28	17	0.48	17.95	0.08	0.01	0.00
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	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			489	123	492	4.20	2.31	398.4	950	16.88	*30	17.48	95.74	5.33	1.76	*0.00
% of Calories											*24.7%	14.3%	78.4%	9.8%	3.2%	*0.0%
Nutrient Guideline			400-550		600											<10.00

Wed - 01/10/2018																
Middle School Breakfast	Total	1														
Bacon Scramble**1876	1 Ea	1	190	45	300	2.00	1.80	150.0	100	0.0	4	10.0	20.0	8.0	2.00	0.00
Applesauce**0356	1/2 Cup	1	87	0	3	1.53	0.15	3.8	8	2.17	19	0.2	22.31	0.22	0.04	0.00
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	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

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

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Jan 1, 2018 thru Jan 31, 2018

## Base Menu Spreadsheet

Middle School Breakfast

### 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)
Weighted Daily Average			435	53	445	3.53	2.10	463.8	608	13.17	*23	18.20	69.98	9.47	2.79	0.00
% of Calories											*20.9%	16.7%	64.3%	19.6%	5.8%	0.0%
Nutrient Guideline			400-550		600											<10.00

Thu - 01/11/2018																
Middle School Breakfast	Total	1														
Yogurt**1777	1 Each	1	90	0	75	0.00	0.00	300.0	0	0.0	*N/A*	3.0	19.0	0.0	0.00	0.00
Granola Pack -1oz**1977	1 oz pack	1	121	0	76	2.03	0.73	20.2	30	0.0	6	3.04	20.25	3.54	0.00	0.00
Cantaloupe Chunks**0656	1/2 Cup	1	54	0	25	1.43	0.33	14.3	5369	58.26	12	1.33	12.95	0.3	0.08	0.00
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	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			424	8	319	3.45	1.21	644.5	5900	69.26	*19	15.37	79.87	5.09	0.83	0.00
% of Calories											*17.5%	14.5%	75.4%	10.8%	1.8%	0.0%
Nutrient Guideline			400-550		600											<10.00

Fri - 01/12/2018																
Middle School Breakfast	Total	2														
Breakfast Burrito**5015	1 Ea.	1	234	270	492	1.97	2.19	274.5	623	3.8	*0	12.83	19.5	11.74	4.13	0.00
Cold Cereal**0013	1 Bowl	1	52	0	83	0.86	2.42	44.3	225	2.49	*1	0.72	10.89	0.74	0.04	0.00
Graham Crackers**0875	3 Ea.	1	45	0	48	0.50	0.36	50.0	250	0.0	*N/A*	0.5	8.0	1.25	0.25	0.00
Banana**0068	1 Each	2	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
Juice(Carton)**0103	1 Carton	2	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	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			583	278	837	6.46	5.56	693.9	1738	26.69	*13	23.15	90.13	15.30	5.29	0.00
% of Calories											*9.0%	15.9%	61.8%	23.6%	8.2%	0.0%
Nutrient Guideline			400-550		600											<10.00

Mon - 01/15/2018																
Middle School Breakfast	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

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Base Menu Spreadsheet

Middle School Breakfast

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)
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			400-550		600											<10.00

Tue - 01/16/2018																
Middle School Breakfast	Total	1														
Biscuits & Gravy**1186	1 Ea. + 1/2 Cup	1	351	27	1024	2.00	1.32	73.5	0	0.0	*24	9.4	28.0	21.8	9.05	0.50
Pears**0438	1/2 Cup	1	71	0	6	2.00	0.35	6.3	0	0.88	15	0.24	18.99	0.04	0.00	0.00
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	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			581	34	1172	4.00	1.82	389.8	500	11.88	*39	17.63	74.66	23.08	9.80	0.50
% of Calories											*26.9%	12.1%	51.4%	35.7%	15.2%	0.8%
Nutrient Guideline			400-550		600											<10.00

Wed - 01/17/2018																
Middle School Breakfast	Total	1														
Hard Boiled Eggs**0370	1 Egg	1	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Choice of Muffin**0480	1 Each	1	117	18	73	1.78	0.74	5.1	33	0.59	*N/A*	2.37	19.4	3.22	0.46	0.00
Fruit Cocktail**0419	1/2 Cup	1	69	0	7	1.20	0.35	7.2	250	2.28	17	0.48	17.95	0.08	0.01	0.00
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	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			421	212	285	2.98	1.83	347.3	1043	13.87	*17	17.14	65.57	9.86	2.86	*0.00
% of Calories											*16.4%	16.3%	62.3%	21.1%	6.1%	*0.0%
Nutrient Guideline			400-550		600											<10.00

Thu - 01/18/2018																
Middle School Breakfast	Total	1														
Mini Waffle**1934	1 pouch	1	190	0	210	3.00	2.70	100.0	500	0.0	*N/A*	4.0	33.0	5.0	1.50	0.00
BkfFreshFruitMix**0336	1/2 Cup	1	33	0	5	0.92	0.19	6.6	542	17.14	6	0.53	8.39	0.17	0.04	0.00
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	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

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Middle School Breakfast

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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 Daily Average			382	8	358	3.92	3.04	416.6	1542	28.14	*6	12.53	69.06	6.42	2.29	0.00
% of Calories											*6.6%	13.1%	72.4%	15.1%	5.4%	0.0%
Nutrient Guideline			400-550		600											<10.00

Fri - 01/19/2018																
Middle School Breakfast	Total	1														
Pancake on Stick**0659	1 Each	1	198	25	307	2.97	1.78	19.8	20	0.0	4	6.94	16.84	9.91	2.48	0.00
Banana**0068	1 each	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	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			446	32	451	5.60	2.20	334.9	584	19.79	*16	16.04	67.58	11.49	3.34	0.00
% of Calories											*14.6%	14.4%	60.6%	23.2%	6.7%	0.0%
Nutrient Guideline			400-550		600											<10.00

Mon - 01/22/2018																
Middle School Breakfast	Total	1														
Cold Cereal**0013	1 Bowl	1	103	0	166	1.72	4.84	88.6	449	4.99	*1	1.44	21.78	1.47	0.08	0.00
WW Toast w/Jelly**1767	1 Slice/1 Pkt.	1	159	0	185	1.59	1.01	17.1	219	0.61	*1	2.69	25.29	5.65	0.92	*0.00
Applesauce**0356	1/2 Cup	1	87	0	3	1.53	0.15	3.8	8	2.17	19	0.2	22.31	0.22	0.04	0.00
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	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			507	8	496	4.83	6.14	419.5	1175	18.77	*21	12.33	97.05	8.59	1.79	*0.00
% of Calories											*16.8%	9.7%	76.6%	15.3%	3.2%	*0.0%
Nutrient Guideline			400-550		600											<10.00

Tue - 01/23/2018																
Middle School Breakfast	Total	1														
Egg&ChezEng Muf**1180	1 Each	1	242	129	592	3.02	2.04	207.7	310	0.0	*0	13.18	27.38	9.94	3.79	0.00
Orange Wedges**0600	1 orange	1	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	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

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Base Menu Spreadsheet

Middle School Breakfast

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 Daily Average			445	136	734	5.32	2.28	556.1	1026	62.07	*9	22.08	66.33	11.31	4.55	0.00
% of Calories											*8.1%	19.8%	59.6%	22.9%	9.2%	0.0%
Nutrient Guideline			400-550		600											<10.00

Wed - 01/24/2018																
Middle School Breakfast	Total	1														
Pancakes w/Syrup**1188	2PC+2T	1	232	10	252	2.00	1.45	1.2	0	0.0	12	4.0	52.13	4.0	0.00	*0.00
Fresh Strawberries**1875	1/2 cup	1	23	0	1	1.44	0.30	11.5	9	42.34	4	0.48	5.53	0.22	0.01	0.00
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	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			413	18	395	3.44	1.90	322.7	509	53.34	*16	12.48	85.32	5.47	0.76	*0.00
% of Calories											*15.4%	12.1%	82.6%	11.9%	1.7%	*0.0%
Nutrient Guideline			400-550		600											<10.00

Thu - 01/25/2018																
Middle School Breakfast	Total	1														
Choice of Muffin**0480	1 Each	1	117	18	73	1.78	0.74	5.1	33	0.59	*N/A*	2.37	19.4	3.22	0.46	0.00
Yogurt**1777	1 Each	1	90	0	75	0.00	0.00	300.0	0	0.0	*N/A*	3.0	19.0	0.0	0.00	0.00
Cantaloupe Chunks**0656	1/2 Cup	1	54	0	25	1.43	0.33	14.3	5369	58.26	12	1.33	12.95	0.3	0.08	0.00
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	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			419	25	316	3.20	1.22	629.4	5902	69.85	*12	14.70	79.02	4.77	1.29	0.00
% of Calories											*11.9%	14.0%	75.4%	10.3%	2.8%	0.0%
Nutrient Guideline			400-550		600											<10.00

Fri - 01/26/2018																
Middle School Breakfast	Total	1														
BRK Taco/liq frz egg**1993	1 each	1	200	224	428	2.50	1.28	198.5	239	1.2	*0	12.36	16.79	10.35	4.39	0.00
Banana**0068	1 each	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	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
Salsa**0651	2 Tbsp.	1	10	0	141	1.01	0.36	20.1	151	1.21	*N/A*	0.0	2.01	0.0	0.00	0.00

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# Central Consolidated Schools

Jan 1, 2018 thru Jan 31, 2018

## Base Menu Spreadsheet

Middle School Breakfast

### 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 Daily Average % of Calories			458	232	712	6.13	2.05	533.7	955	22.19	*12 *10.8%	21.46 18.7%	69.53 60.7%	11.93 23.4%	5.26 10.3%	0.00 0.0%
Nutrient Guideline			400-550		600											<10.00

Mon - 01/29/2018																
Middle School Breakfast	Total	1														
UBR**1305	1 Each	1	250	5	220	6.39	0.71	32.7	9	0.0	*N/A*	4.0	44.0	6.0	2.00	0.00
Yogurt**1777	1 Each	1	90	0	75	0.00	0.00	300.0	0	0.0	*N/A*	3.0	19.0	0.0	0.00	0.00
BkfFreshFruitMix**0336	1/2 Cup	1	33	0	5	0.92	0.19	6.6	542	17.14	6	0.53	8.39	0.17	0.04	0.00
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	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 % of Calories			532	13	443	7.31	1.05	649.3	1050	28.14	*6 *4.7%	15.53 11.7%	99.06 74.5%	7.42 12.6%	2.79 4.7%	0.00 0.0%
Nutrient Guideline			400-550		600											<10.00

Tue - 01/30/2018																
Middle School Breakfast	Total	1														
Biscuits & Gravy**1186	1 Ea. + 1/2 Cup	1	351	27	1024	2.00	1.32	73.5	0	0.0	*24	9.4	28.0	21.8	9.05	0.50
Orange Wedges**0600	1 orange	1	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	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 % of Calories			555	34	1166	4.30	1.57	421.9	716	62.07	*33 *23.8%	18.30 13.2%	66.95 48.3%	23.16 37.6%	9.81 15.9%	0.50 0.8%
Nutrient Guideline			400-550		600											<10.00

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# Central Consolidated Schools

Jan 1, 2018 thru Jan 31, 2018

## Base Menu Spreadsheet

Middle School Breakfast

### 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)
Wed - 01/31/2018																
Middle School Breakfast	Total	1														
Oatmeal**1095	3/4 Cup	1	143	0	35	3.01	1.40	26.5	0	0.0	*8	4.8	27.19	1.96	0.35	*0.00
WW Toast w/Jelly**1767	1 Slice/1 Pkt.	1	159	0	185	1.59	1.01	17.1	219	0.61	*1	2.69	25.29	5.65	0.92	*0.00
Applesauce**0356	1/2 Cup	1	87	0	3	1.53	0.15	3.8	8	2.17	19	0.2	22.31	0.22	0.04	0.00
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	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			546	8	365	6.12	2.71	357.4	726	13.78	*28	15.69	102.46	9.07	2.05	*0.00
% of Calories											*20.8%	11.5%	75.0%	14.9%	3.4%	*0.0%
Nutrient Guideline			400-550		600											<10.00

Weighted Average			477	76	562	4.68	2.44	473.7	1558	33.12	*19	16.88	79.89	10.49	3.58	*0.06
											*35.6%	14.1%	67.0%	19.8%	6.7%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	477		400 - 550	100%				
Cholesterol (mg)	76							
Sodium 1 (mg)	562		600					
Sodium 2 (mg)	562		535				27	Correction Required - Sodium too High
Fiber (g)	4.68							
Iron (mg)	2.44							
Calcium (mg)	473.7							
Vitamin A (IU)	1558							
Sugars (g)	19	15.83%			Missing			
Vitamin C (mg)	33.12							
Protein (g)	16.88	14.15%						
Carbohydrate (g)	79.89	66.95%						
Total Fat (g)	10.49	19.77%						
Saturated Fat (g)	3.58	6.75%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.06	0.12%			Missing			

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