

Central Consolidated Schools

Jan 1, 2019 thru Jan 31, 2019

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)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/01/2019																
Middle 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			600-700		1360											<10.00

Wed - 01/02/2019																
Middle 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			600-700		1360											<10.00

Thu - 01/03/2019																
Middle 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			600-700		1360											<10.00

Fri - 01/04/2019																
Middle 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			600-700		1360											<10.00

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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 ¹ (g)
Mon - 01/07/2019																
Middle 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			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 ¹ (g)
Tue - 01/08/2019																
Middle 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*
Professional Day-WorkDay	1	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.00	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

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/09/2019																
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	*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
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 MS**1880	1 Serving	1	108	8	230	1.35	0.80	12.4	351	2.7	*1	4.76	9.41	5.35	0.94	*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	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	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			682	42	1037	8.25	4.30	671.8	4275	41.80	*29	31.12	94.96	20.51	5.99	*0.12
% of Calories											*17.1%	18.2%	55.7%	27.1%	7.9%	*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)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/10/2019																
Middle Lunch	Total	3														
Pork Riblet Sandwich**1830	1 Sandwich	1	110	13	223	1.33	0.72	20.0	67	0.4	3	6.33	11.67	3.83	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	0.00
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	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 Com H**1891	1 Serving	1	131	19	371	1.31	0.72	29.6	457	3.2	*1	6.93	11.66	6.05	1.99	*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			730	53	1300	12.21	5.07	538.9	11130	81.83	*15	34.91	89.98	25.84	7.50	*0.00
% of Calories											*8.3%	19.1%	49.3%	31.9%	9.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Fri - 01/11/2019																
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	257	2.51	1	0.91	3.95	0.1	0.03	0.00
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	*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
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 MS**1880	1 Serving	1	108	8	230	1.35	0.80	12.4	351	2.7	*1	4.76	9.41	5.35	0.94	*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	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	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			698	88	1161	14.98	6.48	690.4	7491	42.24	*25	32.26	96.61	21.92	8.20	*0.00
% of Calories											*14.3%	18.5%	55.4%	28.3%	10.6%	*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 ¹ (g)
Mon - 01/14/2019																
Middle Lunch	Total	3														
Chicken Alfredo w/ CFS **1887	1 Cup	1	118	28	278	1.52	0.91	36.2	234	6.5	*0	8.95	13.54	3.52	1.12	0.52
Tossed Salad**0202	1 Cup	2	13	0	8	1.33	0.54	19.4	5180	4.07	1	0.78	2.59	0.19	0.03	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	0.00
Sec FreshVeggie**1882	Servings	1	13	0	38	0.73	0.24	8.8	948	3.38	1	0.6	2.55	0.04	0.00	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
Choice of Chick Sand MS**1880	1 Serving	1	143	11	306	1.80	1.07	16.5	468	3.6	*1	6.34	12.55	7.13	1.25	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	104	11	196	1.11	0.90	133.3	144	2.47	1	6.67	9.44	4.44	2.22	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
Chef Salad**1907	1 Salad	1	162	77	431	2.87	*3.78	*51.5	*3865	*18.53	*5	10.12	18.01	6.91	2.61	*0.00
Weighted Daily Average			749	135	1488	11.87	*7.88	*571.8	*11364	*44.30	*14	43.17	89.31	25.70	8.38	*0.52
% of Calories											*7.5%	23.0%	47.7%	30.9%	10.1%	*0.6%
Nutrient Guideline			600-700		1360										<10.00	

Tue - 01/15/2019																
Middle 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 Elem**8189	1/2 Cup	1	28	0	89	0.47	0.24	3.8	94	2.97	*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	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	1	34	0	51	0.55	0.13	0.9	0	0.94	0	0.45	4.7	1.36	0.28	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			654	49	1161	16.05	5.87	574.8	8492	43.65	*15	36.70	89.60	16.82	6.03	*0.01
% of Calories											*9.2%	22.4%	54.8%	23.1%	8.3%	*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 ¹ (g)
Wed - 01/16/2019																
Middle Lunch	Total	4														
Chicken & Waffles***2023	1 serving	1	119	11	146	7.26	0.64	10.3	0	0.0	4	5.81	15.81	3.78	0.38	*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
Apricots**0248	1/2 Cup	4	84	0	5	2.12	0.52	14.6	1755	3.58	20	0.7	21.89	0.07	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 MS**1880	1 Serving	1	108	8	230	1.35	0.80	12.4	351	2.7	*1	4.76	9.41	5.35	0.94	*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&YogurtSaladMuffin**0399	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			733	45	1086	15.74	3.99	636.4	5882	34.64	*36	30.69	106.86	20.89	5.67	*0.00
% of Calories											*19.4%	16.7%	58.3%	25.6%	7.0%	*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 ¹ (g)
Thu - 01/17/2019																
Middle Lunch	Total	3														
Meatloaf**1941	3/4" SLICE	1	67	22	38	0.45	0.74	9.4	45	0.54	*0	5.28	2.43	3.94	1.45	*0.21
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	*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
Sec FreshVeggie**1882	Servings	1	13	0	38	0.73	0.24	8.8	948	3.38	1	0.6	2.55	0.04	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 Com H**1891	1 Serving	1	131	19	371	1.31	0.72	29.6	457	3.2	*1	6.93	11.66	6.05	1.99	*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			739	58	1235	10.21	4.90	367.4	7985	92.82	*29	30.93	104.50	22.28	6.41	*0.21
% of Calories											*15.7%	16.7%	56.6%	27.1%	7.8%	*0.3%
Nutrient Guideline			600-700		1360										<10.00	

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Central Consolidated Schools

Jan 1, 2019 thru Jan 31, 2019

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 ¹ (g)
Fri - 01/18/2019																
Middle 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	2	54	15	63	1.00	0.59	12.1	392	3.75	*2	6.9	4.26	1.16	0.32	*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	0.02	0.00
Pears,Fresh**0090	1 EACH	3	63	0	1	3.44	0.20	10.0	28	4.77	11	0.4	16.91	0.16	0.02	0.00
Sec FreshVeggie**1882	Servings	3	29	0	86	1.64	0.54	19.7	2132	7.61	3	1.35	5.73	0.08	0.01	0.00
Friday Milk**1848	1 Carton	3	82	5	115	0.00	0.13	225.0	375	1.5	*N/A*	6.0	12.5	0.62	0.37	0.00
Choice of Chick Sand MS**1880	1 Serving	1	108	8	230	1.35	0.80	12.4	351	2.7	*1	4.76	9.41	5.35	0.94	*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	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	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			650	99	1180	12.54	6.43	538.2	6716	39.85	*22	35.14	84.41	20.60	6.88	*0.00
% of Calories											*13.7%	21.6%	51.9%	28.5%	9.5%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Mon - 01/21/2019																
Middle 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			600-700		1360										<10.00	

Tue - 01/22/2019																
Middle 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
Green Beans-FRZ**0426	1/2 cup	2	15	0	1	1.63	0.36	22.9	228	2.23	1	0.81	3.51	0.09	0.02	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
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	*0.00
Grape Cluster**0422	1/2 Cup	3	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	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

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Central Consolidated Schools

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Middle Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			633	57	1313	11.34	4.69	510.5	7979	46.81	*17 *10.8%	36.04 22.8%	82.04 51.9%	18.35 26.1%	5.56 7.9%	*0.00 *0.0%
Nutrient Guideline			600-700		1360											<10.00

Wed - 01/23/2019																
	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)
Middle 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.	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	25	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	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 MS**1880	1 Serving	1	108	8	230	1.35	0.80	12.4	351	2.7	*1	4.76	9.41	5.35	0.94	*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&YogurtSaladMuffin**0399	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 % of Calories			713	44	1212	11.68	4.35	665.7	4166	32.62	*37 *20.9%	29.41 16.5%	107.11 60.1%	18.01 22.7%	5.70 7.2%	*0.00 *0.0%
Nutrient Guideline			600-700		1360											<10.00

Thu - 01/24/2019																
	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)
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	5827	4.58	1	0.88	2.91	0.21	0.03	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	0.01	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	1	34	0	51	0.55	0.13	0.9	0	0.94	0	0.45	4.7	1.36	0.28	0.00
Crispy Chicken Salad**1909	1 Salad	1	131	10	213	2.41	1.24	94.6	2911	13.9	*2	7.46	13.81	5.69	1.50	*0.00
Weighted Daily Average % of Calories			556	44	1100	10.93	4.23	577.6	12682	85.88	*17 *12.1%	31.09 22.3%	71.92 51.7%	16.69 27.0%	5.59 9.0%	*0.00 *0.0%
Nutrient Guideline			600-700		1360											<10.00

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Central Consolidated Schools

Jan 1, 2019 thru Jan 31, 2019

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 ¹ (g)
Fri - 01/25/2019																
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	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	3	29	0	86	1.64	0.54	19.7	2132	7.61	3	1.35	5.73	0.08	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 MS**1880	1 Serving	1	108	8	230	1.35	0.80	12.4	351	2.7	*1	4.76	9.41	5.35	0.94	*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			759	96	1309	17.52	7.93	655.9	10547	58.22	*16	41.25	102.63	20.89	6.53	*0.00
% of Calories											*8.6%	21.7%	54.1%	24.8%	7.7%	*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 ¹ (g)
Mon - 01/28/2019																
Middle Lunch	Total	4														
Salisbury Steak**0767	1 Each	1	56	8	75	0.25	0.36	5.0	1	0.0	0	2.75	0.75	1.25	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-Froz**0258	1/2 Cup	3	24	0	9	2.55	0.52	28.1	860	34.1	1	2.64	4.55	0.1	0.02	0.00
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	*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
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 MS**1880	1 Serving	1	108	8	230	1.35	0.80	12.4	351	2.7	*1	4.76	9.41	5.35	0.94	*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	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	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			671	89	1220	11.52	*6.91	*532.6	*7623	*76.31	*26	34.72	86.60	18.82	6.23	*0.00
% of Calories											*15.6%	20.7%	51.6%	25.2%	8.4%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Central Consolidated Schools

Jan 1, 2019 thru Jan 31, 2019

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 ¹ (g)
Tue - 01/29/2019																
Middle 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	2	44	0	1	1.31	0.26	1.6	108	1.91	2	1.39	10.51	0.36	0.06	0.00
Fresh Apple**0064	Apple	3	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	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 Com H**1891	1 Serving	1	131	19	371	1.31	0.72	29.6	457	3.2	*1	6.93	11.66	6.05	1.99	*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			756	54	1385	16.14	5.54	673.9	10032	54.82	*26	35.54	107.95	21.94	7.19	*0.01
% of Calories											*13.9%	18.8%	57.1%	26.1%	8.6%	*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 ¹ (g)
Wed - 01/30/2019																
Middle Lunch	Total	4														
Sloppy Joe**0114	1 Sandwich	1	89	13	147	0.94	0.78	11.2	100	2.37	*2	5.32	8.89	3.45	1.12	*0.17
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
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 MS**1880	1 Serving	1	108	8	230	1.35	0.80	12.4	351	2.7	*1	4.76	9.41	5.35	0.94	*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&YogurtSaladMuffin**0399	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			701	47	1089	9.62	4.14	638.8	4292	36.02	*31	30.13	99.27	20.60	6.43	*0.17
% of Calories											*17.5%	17.2%	56.7%	26.4%	8.3%	*0.2%
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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Central Consolidated Schools

Jan 1, 2019 thru Jan 31, 2019

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 ¹ (g)
Thu - 01/31/2019																
Middle Lunch	Total	3														
Green Chile Chicken Ench**1118	1 Cup	1	98	21	143	1.28	0.50	55.5	164	2.35	*0	8.38	10.57	2.78	1.09	*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	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
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	*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 Com H**1891	1 Serving	1	131	19	371	1.31	0.72	29.6	457	3.2	*1	6.93	11.66	6.05	1.99	*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			727	61	1282	12.21	4.18	547.2	13419	86.85	*27	37.63	101.43	18.84	5.09	*0.00
% of Calories											*14.8%	20.7%	55.8%	23.3%	6.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Weighted Average			697	66	1222	12.68	*5.43	*587.0	*8380	*56.17	*24	34.42	94.70	20.54	6.46	*0.06
											*30.9%	19.8%	54.3%	26.5%	8.3%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	697		600 - 700	100%				
Cholesterol (mg)	66							
Sodium 1 (mg)	1222		1360					
Sodium 2 (mg)	1222		1035				187	Correction Required - Sodium too High
Fiber (g)	12.68							
Iron (mg)	5.43				Missing			
Calcium (mg)	587.0				Missing			
Vitamin A (IU)	8380				Missing			
Sugars (g)	24	13.73%			Missing			
Vitamin C (mg)	56.17				Missing			
Protein (g)	34.42	19.75%						
Carbohydrate (g)	94.70	54.35%						
Total Fat (g)	20.54	26.53%						
Saturated Fat (g)	6.46	8.34%	<10.00%					
Trans Fat ¹ (g)	0.06	0.08%			Missing			

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