

# Central Consolidated Schools

Mar 1, 2018 thru Mar 30, 2018

## Base Menu Spreadsheet

Elementary 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)
Thu - 03/01/2018																
Elementary Lunch	Total	2														
Hamburger All**0279	1 Sandwich	1	166	20	364	1.63	1.42	49.7	50	2.45	*0	7.36	15.28	8.08	3.02	*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
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*
Fruit&YogurtSalad-VWCrk**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			673	43	1023	11.16	7.66	677.4	17304	44.87	*21	25.96	92.45	23.17	7.90	*0.00
% of Calories											*12.6%	15.4%	55.0%	31.0%	10.6%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 03/02/2018																
Elementary Lunch	Total	2														
Nardone WW PeppPizza 4x6**2005	piece	1	175	20	290	1.50	1.35	175.0	200	4.5	3	11.0	14.5	8.5	3.50	0.00
Italian Veggies**1112	1/2 Cup	1	12	0	14	0.00	0.00	8.1	303	3.64	*N/A*	0.4	2.02	0.0	0.00	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*
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
Hope'sCChipCookie**1836	1 Each	2	110	5	160	0.00	0.72	0.0	0	0.0	*N/A*	1.0	18.0	4.5	1.50	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			633	52	1091	5.01	3.72	557.5	2771	21.02	*14	27.58	80.80	22.97	8.09	*0.00
% of Calories											*9.0%	17.4%	51.1%	32.7%	11.5%	*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

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

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Mar 1, 2018 thru Mar 30, 2018

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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 <sup>1</sup> (g)
Mon - 03/05/2018																
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
Coleslaw**0220	1/2 Cup	1	22	0	96	1.11	0.04	23.8	800	19.51	*1	0.58	4.83	0.02	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
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&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			662	48	1275	13.04	7.46	689.8	15533	79.57	*26	30.41	92.44	19.15	5.49	*0.00
% of Calories											*15.5%	18.4%	55.9%	26.0%	7.5%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 03/06/2018																
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	

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

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### 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 - 03/07/2018																
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 ser ving	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

Thu - 03/08/2018																
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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 03/09/2018																
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
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
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			666	48	1084	9.56	7.41	669.3	14775	42.89	*22	27.31	92.85	21.45	6.62	*0.34
% of Calories											*13.0%	16.4%	55.7%	29.0%	8.9%	*0.5%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 03/12/2018																
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
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	

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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)
Tue - 03/13/2018																
Elementary Lunch	Total	2														
Taco- 2 w GB**1974	2 Tacos	1	191	30	254	2.60	1.72	166.2	825	5.4	*0	12.01	14.6	9.67	4.18	*0.02
Spanish Rice Elem**8189	1/2 Cup	1	57	0	178	0.94	0.48	7.6	187	5.93	*0	0.44	10.73	1.02	0.08	*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
Honeydew Chunks**0662	1/2 Cup	1	16	0	8	0.35	0.07	2.6	22	7.86	4	0.24	3.97	0.06	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
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			685	53	1155	11.56	8.28	810.8	18333	56.60	*19	30.15	90.15	23.49	8.39	*0.02
% of Calories											*11.2%	17.6%	52.6%	30.9%	11.0%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Wed - 03/14/2018																
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	

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# Central Consolidated Schools

Mar 1, 2018 thru Mar 30, 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 <sup>1</sup> (g)
Thu - 03/15/2018																
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

Fri - 03/16/2018																
Elementary Lunch	Total	1														
Professional Day-NonWork	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
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 - 03/19/2018																
Elementary Lunch	Total	1														
Spring Break	Break	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
NO SCHOOL TODAY	No School	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			600-650		1230											<10.00

Tue - 03/20/2018																
Elementary Lunch	Total	1														
Spring Break	Break	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
NO SCHOOL TODAY	No School	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00

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# Central Consolidated Schools

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Elementary 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)
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			600-650		1230						0.0%	0.0%	0.0%	0.0%	0.0%	<10.00

Wed - 03/21/2018																
Elementary Lunch	Total	1														
Spring Break	Break	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
NO SCHOOL TODAY	No School	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			600-650		1230						0.0%	0.0%	0.0%	0.0%	0.0%	<10.00

Thu - 03/22/2018																
Elementary Lunch	Total	1														
Spring Break	Break	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
NO SCHOOL TODAY	No School	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			600-650		1230						0.0%	0.0%	0.0%	0.0%	0.0%	<10.00

Fri - 03/23/2018																
Elementary Lunch	Total	1														
Spring Break	Break	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
NO SCHOOL TODAY	No School	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			600-650		1230						0.0%	0.0%	0.0%	0.0%	0.0%	<10.00

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# Central Consolidated Schools

Mar 1, 2018 thru Mar 30, 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 <sup>1</sup> (g)
Mon - 03/26/2018																
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*
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			491	47	813	6.74	2.65	409.3	2283	12.61	*10	20.62	63.08	16.66	5.37	*0.00
% of Calories											*8.2%	16.8%	51.4%	30.6%	9.8%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

Tue - 03/27/2018																
Elementary Lunch	Total	2														
Frito Pie-Cnd Bean Gr BF**1937	Servings	1	211	20	569	4.75	1.88	247.1	397	4.66	*1	10.06	22.28	9.53	3.05	*0.01
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
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&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
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			706	42	1306	13.40	8.25	922.7	18277	73.50	*17	28.56	101.01	22.54	7.20	*0.01
% of Calories											*9.9%	16.2%	57.2%	28.7%	9.2%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

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# Central Consolidated Schools

Mar 1, 2018 thru Mar 30, 2018

## Base Menu Spreadsheet

Elementary Lunch

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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 - 03/28/2018																
Elementary Lunch	Total	2														
Roast Turkey**0178	2 Oz.	1	61	23	228	0.00	0.27	0.0	0	0.0	*N/A*	7.6	0.0	2.49	0.82	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
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
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			629	54	1017	9.16	3.23	639.0	14984	54.82	*23	28.75	92.56	16.31	5.86	*0.00
% of Calories											*14.3%	18.3%	58.8%	23.3%	8.4%	*0.0%
Nutrient Guideline			600-650		1230										<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 - 03/29/2018																
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
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
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
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			497	42	812	6.87	3.23	608.6	6410	18.34	*13	26.69	62.63	16.14	6.12	*0.00
% of Calories											*10.5%	21.5%	50.4%	29.2%	11.1%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 03/30/2018																
Elementary Lunch	Total	1														
Good Friday	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
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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# Central Consolidated Schools

Mar 1, 2018 thru Mar 30, 2018

Base Menu Spreadsheet

Elementary 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 Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			600-650		1230						0.0%	0.0%	0.0%	0.0%	0.0%	<10.00

Weighted Average			621	46	1061	9.62	5.09	624.8	10902	41.23	*17 *24.1%	27.03 17.4%	83.47 53.8%	19.94 28.9%	6.65 9.6%	*0.04 *0.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	621		600 - 650	100%				
Cholesterol (mg)	46							
Sodium 1 (mg)	1061		1230					
Sodium 2 (mg)	1061		935			126		Correction Required - Sodium too High
Fiber (g)	9.62							
Iron (mg)	5.09							
Calcium (mg)	624.8							
Vitamin A (IU)	10902							
Sugars (g)	17	10.70%			Missing			
Vitamin C (mg)	41.23							
Protein (g)	27.03	17.42%						
Carbohydrate (g)	83.47	53.80%						
Total Fat (g)	19.94	28.92%						
Saturated Fat (g)	6.65	9.64%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.04	0.05%			Missing			

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