

Central Consolidated Schools

Mar 2, 2020 thru Mar 31, 2020

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 ¹ (g)
Mon - 03/02/2020																
Elementary Lunch	Total	2														
GoldKist WG ChickPopcorn**1956	3.08 oz 1 4 pc	1	110	17	215	1.00	0.90	10.0	50	0.0	0	6.99	6.49	5.99	1.50	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
Cucumber Slices**5047	1/2 Cup	2	12	0	2	0.41	0.23	13.1	86	2.29	1	0.53	2.96	0.09	0.03	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
Watermelon Wedges**1226	1/2 Cup	2	45	0	1	0.60	0.36	10.5	852	12.12	9	0.91	11.3	0.22	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	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Bag Lunch***1997	lunch	1	183	23	582	1.75	1.05	68.5	102	0.0	*2	10.21	21.66	6.13	2.40	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			624	49	1144	7.06	3.86	426.6	3261	25.40	*15	30.47	79.26	21.16	6.22	*0.00
% of Calories											*9.8%	19.5%	50.8%	30.5%	9.0%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

Tue - 03/03/2020																
Elementary Lunch	Total	2														
Spag w/Meat Sauce **1025	1 1/2 Cup	1	234	18	425	4.80	1.83	31.1	721	6.55	*0	12.31	31.24	7.57	2.57	*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	2	71	0	6	2.00	0.35	6.3	0	0.88	15	0.24	18.99	0.04	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	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Power Box-Pizza**2019	box	1	160	15	416	*1.00	0.79	10.0	0	0.0	2	11.22	29.7	5.26	2.45	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			688	42	1182	*11.10	4.33	386.5	6778	18.47	*21	35.18	109.22	19.48	6.56	*0.17
% of Calories											*12.3%	20.4%	63.5%	25.5%	8.6%	*0.2%
Nutrient Guideline			600-650		1230											<10.00

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

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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 - 03/04/2020																
Elementary Lunch	Total	2														
Salisbury Steak**0767	1 Each	1	58	11	145	0.44	0.84	13.0	1	0.09	0	6.46	1.13	3.1	1.18	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
Mixed Veggies-FRZ**0646	1/2 Cup	1	19	0	15	0.76	0.14	0.0	476	1.37	2	0.38	4.19	0.0	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
Sidekick Smoothie**1944	4.4 oz ser ving	2	90	0	48	0.00	0.00	80.0	1500	60.0	19	0.0	22.0	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	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Fruit&YogurtSaladMuffin**0399	1 Salad	1	233	20	238	0.97	1.11	345.8	649	24.33	*15	7.72	36.97	6.49	2.32	*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			661	40	984	4.97	3.22	768.3	4823	95.56	*38	26.64	101.59	16.61	5.07	*0.00
% of Calories											*23.3%	16.1%	61.5%	22.6%	6.9%	*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 ¹ (g)
Thu - 03/05/2020																
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	2	59	0	1	2.72	0.14	6.8	61	5.22	12	0.29	15.66	0.19	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	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Bag Lunch***1997	lunch	1	183	23	582	1.75	1.05	68.5	102	0.0	*2	10.21	21.66	6.13	2.40	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			603	41	1165	12.59	3.77	518.9	5315	18.12	*18	29.05	87.01	16.71	5.90	0.00
% of Calories											*11.9%	19.3%	57.7%	24.9%	8.8%	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)	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 - 03/06/2020																
Elementary Lunch	Total	2														
Sloppy Joe**0114	1 Sandwich	1	178	27	294	1.89	1.56	22.3	201	4.75	*4	10.61	17.79	6.87	2.23	*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
Orange Wedges**0600	1 orange	2	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	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	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Power Box -Egg**2021	box	1	168	103	290	1.50	4.30	90.6	377	0.0	2	8.1	15.77	9.11	3.29	*0.00
Friday Milk**1848	1 Carton	2	110	6	146	0.00	0.13	300.0	500	1.5	*5	8.0	17.25	0.62	0.37	0.00
Weighted Daily Average			630	137	991	8.20	6.54	473.0	2965	64.11	*22	29.62	77.19	23.52	7.05	*0.34
% of Calories											*14.3%	18.8%	49.0%	33.6%	10.1%	*0.5%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 03/09/2020																
Elementary Lunch	Total	2														
Chicken Sand**0919	1 Each	1	175	17	341	2.50	1.44	20.0	50	27.0	*2	10.5	19.5	6.0	1.25	*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
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	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Bag Lunch***1997	lunch	1	183	23	582	1.75	1.05	68.5	102	0.0	*2	10.21	21.66	6.13	2.40	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			660	49	1402	8.66	3.99	443.0	7522	41.02	*11	31.65	81.24	22.95	6.24	*0.00
% of Calories											*6.5%	19.2%	49.2%	31.3%	8.5%	*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)	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 - 03/10/2020																
Elementary Lunch	Total	2														
Taco- 2 w GB***1974	2 Tacos	1	191	32	251	2.60	1.71	37.7	736	5.4	*0	11.66	14.81	10.07	4.53	*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	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Power Box-Pizza**2019	box	1	160	15	416	*1.00	0.79	10.0	0	0.0	2	11.22	29.7	5.26	2.45	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			597	56	1116	*7.12	3.91	390.3	5790	29.46	*9	33.50	79.59	22.05	8.48	*0.02
% of Calories											*6.0%	22.4%	53.3%	33.2%	12.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Wed - 03/11/2020																
Elementary Lunch	Total	2														
Yang'sSweet&Sour Chicken**2029	3.6	1	19	6	28	0.00	0.10	0.0	0	0.5	1	1.53	2.5	0.42	0.07	0.00
Uncle Ben's Brown Rice**1980	1 Cup	1	85	0	0	1.00	0.36	0.0	0	0.0	0	0.0	17.45	0.75	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
Mandarin Oranges**1163	1/2 Cup	2	54	0	5	1.03	0.32	6.9	1110	16.82	*N/A*	0.46	13.78	0.12	0.01	*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	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Fruit&YogurtSaladMuffin**0399	1 Salad	1	233	20	238	0.97	1.11	345.8	649	24.33	*15	7.72	36.97	6.49	2.32	*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			575	34	536	6.21	2.77	693.0	4504	72.36	*19	20.98	92.82	13.38	3.80	*0.00
% of Calories											*13.4%	14.6%	64.6%	20.9%	5.9%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Thu - 03/12/2020																
Elementary Lunch	Total	2														
Hamburger All**0279	1 Sandwich	1	165	20	427	1.66	1.62	24.3	50	0.68	*2	11.41	15.89	5.66	1.72	*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	2	59	0	1	2.72	0.14	6.8	61	5.22	12	0.29	15.66	0.19	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	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Bag Lunch**1997	lunch	1	183	23	582	1.75	1.05	68.5	102	0.0	*2	10.21	21.66	6.13	2.40	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			642	51	1287	9.36	4.03	431.9	5059	19.16	*18	32.85	83.09	19.87	6.30	*0.00
% of Calories											*11.1%	20.5%	51.7%	27.8%	8.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 03/13/2020																
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 - 03/16/2020																
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 - 03/17/2020																
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 2, 2020 thru Mar 31, 2020

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 % 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 - 03/18/2020																
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 - 03/19/2020																
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 - 03/20/2020																
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

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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 - 03/23/2020																
Elementary Lunch	Total	2														
Wild Mikes Cheese Bites**2031	1 serving	1	160	10	317	3.25	1.17	132.5	1888	20.25	*0	9.25	17.75	6.0	2.00	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
Apricots**0248	1/2 Cup	2	84	0	5	2.12	0.52	14.6	1755	3.58	20	0.7	21.89	0.07	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	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Bag Lunch**1997	lunch	1	183	23	582	1.75	1.05	68.5	102	0.0	*2	10.21	21.66	6.13	2.40	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			601	42	1165	8.84	3.40	543.8	5959	32.96	*24	29.93	81.86	17.78	5.81	0.00
% of Calories											*16.2%	19.9%	54.5%	26.6%	8.7%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 03/24/2020																
Elementary Lunch	Total	2														
GoldKist WG ChickPopcorn**1956	3.36 oz 1 2 pc	1	110	17	215	1.00	0.90	10.0	50	0.0	0	6.99	6.49	5.99	1.50	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	2	68	0	6	1.63	0.45	3.8	443	3.01	17	0.56	18.22	0.04	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	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Power Box-Pizza**2019	box	1	160	15	416	*1.00	0.79	10.0	0	0.0	2	11.22	29.7	5.26	2.45	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			598	41	1175	*6.43	3.28	353.2	2690	12.78	*22	30.85	91.71	18.31	5.52	*0.00
% of Calories											*14.5%	20.6%	61.4%	27.6%	8.3%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Central Consolidated Schools

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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 - 03/25/2020																
Elementary Lunch	Total	2														
Hotdog**0162	1 Each	1	142	27	430	1.56	1.38	45.0	150	3.0	*2	7.28	15.88	5.76	1.26	*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	2	34	0	1	0.46	0.15	7.2	51	2.05	8	0.32	8.78	0.18	0.06	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	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Fruit&YogurtSaladMuffin**0399	1 Salad	1	233	20	238	0.97	1.11	345.8	649	24.33	*15	7.72	36.97	6.49	2.32	*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	56	943	5.50	3.54	719.6	3022	55.36	*27	26.83	99.72	21.22	6.78	*0.00
% of Calories											*16.0%	15.7%	58.3%	27.9%	8.9%	*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 ¹ (g)
Thu - 03/26/2020																
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	22.33	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
Apple Wedges**1238	4 Wedges	2	59	0	1	2.72	0.14	6.8	61	5.22	12	0.29	15.66	0.19	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	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Bag Lunch***1997	lunch	1	183	23	582	1.75	1.05	68.5	102	0.0	*2	10.21	21.66	6.13	2.40	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			666	51	1485	12.94	4.29	666.1	5562	22.18	*18	31.55	88.91	21.77	6.93	*0.01
% of Calories											*11.1%	18.9%	53.4%	29.4%	9.4%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Fri - 03/27/2020																
Elementary Lunch	Total	2														
NardoneWWPeppPizzaWedge**2034	slice	1	184	25	334	1.50	1.00	118.0	0	0.0	3	10.0	13.5	10.0	5.00	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	2	65	0	1	1.00	0.49	17.5	48	9.39	16	0.45	16.84	0.15	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	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Power Box -Egg**2021	box	1	168	103	290	1.50	4.30	90.6	377	0.0	2	8.1	15.77	9.11	3.29	*0.00
Friday Milk**1848	1 Carton	2	110	6	146	0.00	0.13	300.0	500	1.5	*5	8.0	17.25	0.62	0.37	0.00
Weighted Daily Average			607	135	915	5.51	6.37	555.9	2899	20.11	*28	28.46	71.47	24.17	9.31	*0.00
% of Calories											*18.4%	18.7%	47.1%	35.8%	13.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 03/30/2020																
Elementary Lunch	Total	2														
Yang's Teriyaki Chicken**2030	2.4 oz	1	67	41	192	0.00	0.42	0.0	0	0.0	3	8.75	3.5	2.04	0.58	0.00
Uncle Ben's Brown Rice**1980	1 Cup	1	85	0	0	1.00	0.36	0.0	0	0.0	0	0.0	17.45	0.75	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
Mandarin Oranges**1163	1/2 Cup	2	54	0	5	1.03	0.32	6.9	1110	16.82	*N/A*	0.46	13.78	0.12	0.01	*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	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Bag Lunch***1997	lunch	1	183	23	582	1.75	1.05	68.5	102	0.0	*2	10.21	21.66	6.13	2.40	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	73	1045	6.99	3.04	415.7	3957	47.54	*8	30.68	78.50	14.65	4.39	*0.00
% of Calories											*5.7%	21.4%	54.8%	23.0%	6.9%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Elementary Lunch

Weighted Values - Detailed

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Tue - 03/31/2020																
Elementary Lunch	Total	2														
Pork Riblet Sandwich**1830	1 Sandwich	1	165	20	335	2.00	1.08	30.0	100	0.6	5	9.5	17.5	5.75	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
Cantaloupe Chunks**0656	1/2 Cup	2	54	0	25	1.43	0.33	14.3	5369	58.26	12	1.33	12.95	0.3	0.08	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	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Power Box-Pizza**2019	box	1	160	15	416	*1.00	0.79	10.0	0	0.0	2	11.22	29.7	5.26	2.45	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			607	44	1166	*6.94	2.75	376.0	7641	68.05	*21	32.06	88.26	19.35	6.17	0.00
% of Calories											*14.1%	21.1%	58.2%	28.7%	9.1%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Weighted Average			626	59	1106	*8.03	3.94	510.1	4859	40.16	*20	30.02	86.97	19.56	6.28	*0.03
											*28.9%	19.2%	55.6%	28.1%	9.0%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	626		600 - 650	100%				
Cholesterol (mg)	59							
Sodium 1 (mg)	1106		1230					
Sodium 2 (mg)	1106		935				171	Correction Required - Sodium too High
Fiber (g)	8.03				Missing			
Iron (mg)	3.94							
Calcium (mg)	510.1							
Vitamin A (IU)	4859							
Sugars (g)	20	12.83%			Missing			
Vitamin C (mg)	40.16							
Protein (g)	30.02	19.18%						
Carbohydrate (g)	86.97	55.55%						
Total Fat (g)	19.56	28.12%						
Saturated Fat (g)	6.28	9.03%	<10.00%					
Trans Fat ¹ (g)	0.03	0.05%			Missing			

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