

Central Consolidated Schools

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

High Lunch

Weighted Values - Detailed

Page 1

Generated on: 2/13/2020 12:43:07 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | CalcM (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 03/02/2020 | | | | | | | | | | | | | | | | |
| High Lunch | Total | 4 | | | | | | | | | | | | | | |
| Salisbury Steak**0767 | 1 Each | 1 | 29 | 5 | 72 | 0.22 | 0.42 | 6.5 | 0 | 0.04 | 0 | 3.23 | 0.57 | 1.55 | 0.59 | 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 | 1 | 8 | 0 | 3 | 0.85 | 0.17 | 9.4 | 287 | 11.37 | 0 | 0.88 | 1.52 | 0.03 | 0.01 | 0.00 |
| 2 Oz Wheat Roll**8176 | 2 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 | 4 | 45 | 0 | 0 | 2.30 | 0.10 | 38.4 | 216 | 51.07 | 9 | 0.9 | 11.28 | 0.12 | 0.01 | 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 | 0.02 | 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 HS**2002 | 1 Serving | 1 | 93 | 13 | 271 | 1.23 | 0.56 | 13.7 | 376 | 2.4 | *1 | 5.47 | 9.81 | 3.38 | 0.54 | *0.00 |
| Choice of Pizza-Mid & HS**1437 | 1 Slice | 1 | 89 | 11 | 138 | 0.75 | 0.62 | 35.5 | 0 | 0.0 | 2 | 5.12 | 7.0 | 4.63 | 2.63 | 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 | | | 692 | 95 | 1279 | 12.29 | *6.63 | *492.1 | *7182 | *102.54 | *35 | 35.84 | 99.11 | 18.95 | 6.96 | *0.00 |
| % of Calories | | | | | | | | | | | *20.4% | 20.7% | 57.3% | 24.6% | 9.0% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------------|-----------|---|---------|----|------|-------|------|-------|-------|-------|--------|-------|--------|-------|--------|-------|
| Tue - 03/03/2020 | | | | | | | | | | | | | | | | |
| High 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 | 14.89 | 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 |
| Peaches**0437 | 1/2 Cup | 3 | 68 | 0 | 6 | 1.63 | 0.45 | 3.8 | 443 | 3.01 | 17 | 0.56 | 18.22 | 0.04 | 0.00 | 0.00 |
| Watermelon Wedges**1226 | 1/2 Cup | 3 | 45 | 0 | 1 | 0.60 | 0.36 | 10.5 | 852 | 12.12 | 9 | 0.91 | 11.3 | 0.22 | 0.02 | 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 | 0.02 | 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 | 124 | 17 | 381 | 1.32 | 0.85 | 32.7 | 457 | 3.2 | *1 | 8.03 | 11.68 | 4.82 | 1.44 | *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 | 132 | 13 | 205 | 3.13 | 1.56 | 70.9 | 3957 | 24.95 | 3 | 9.03 | 15.97 | 4.21 | 1.23 | 0.00 |
| Weighted Daily Average | | | 787 | 50 | 1421 | 15.06 | 6.28 | 649.6 | 11219 | 63.61 | *38 | 37.84 | 118.55 | 20.53 | 6.46 | *0.01 |
| % of Calories | | | | | | | | | | | *19.2% | 19.2% | 60.2% | 23.5% | 7.4% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <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

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

High 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 | | | | | | | | | | | | | | | | |
| High Lunch | Total | 4 | | | | | | | | | | | | | | |
| BBQ Sandwich-PP **1921 | 1 sand | 1 | 117 | 11 | 403 | 1.69 | 0.52 | 15.3 | 97 | 2.45 | *1 | 5.5 | 15.75 | 3.5 | 1.08 | 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 |
| 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 |
| 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 |
| Rice Krispy Treat**0299 | 2"x 2" | 4 | 123 | 0 | 97 | 0.04 | 3.31 | 1.6 | 538 | 6.89 | *1 | 1.06 | 23.46 | 3.08 | 0.55 | *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 | 0.02 | 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 HS**2002 | 1 Serving | 1 | 93 | 13 | 271 | 1.23 | 0.56 | 13.7 | 376 | 2.4 | *1 | 5.47 | 9.81 | 3.38 | 0.54 | *0.00 |
| Choice of Pizza-Mid & HS**1437 | 1 Slice | 1 | 89 | 11 | 138 | 0.75 | 0.62 | 35.5 | 0 | 0.0 | 2 | 5.12 | 7.0 | 4.63 | 2.63 | 0.00 |
| Fruit&Yogurt Salad HS **1987 | 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 | | | 882 | 53 | 1475 | 10.67 | 7.04 | 588.4 | 4795 | 42.89 | *39 | 32.53 | 138.68 | 23.22 | 7.55 | *0.00 |
| % of Calories | | | | | | | | | | | *17.7% | 14.8% | 62.9% | 23.7% | 7.7% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <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 | | | | | | | | | | | | | | | | |
| High Lunch | Total | 3 | | | | | | | | | | | | | | |
| Green Chile Chicken Ench**1118 | 1 Cup | 1 | 98 | 21 | 142 | 1.28 | 0.49 | 14.4 | 136 | 2.35 | *0 | 8.26 | 10.63 | 2.91 | 1.21 | *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 |
| 2 Oz Wheat Roll**8176 | 2 Oz. Roll | 1 | 61 | 0 | 94 | 1.06 | 0.55 | 3.8 | 1 | 0.0 | *1 | 1.76 | 11.02 | 1.24 | 0.17 | *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 |
| 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 | 3 | 38 | 0 | 114 | 2.19 | 0.72 | 26.3 | 2843 | 10.14 | 3 | 1.8 | 7.65 | 0.11 | 0.02 | 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 | 124 | 17 | 381 | 1.32 | 0.85 | 32.7 | 457 | 3.2 | *1 | 8.03 | 11.68 | 4.82 | 1.44 | *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 | 163 | 18 | 298 | 2.87 | 1.63 | 47.2 | 3822 | 18.53 | *3 | 9.32 | 17.49 | 6.8 | 2.40 | *0.00 |
| Weighted Daily Average | | | 832 | 64 | 1327 | 15.19 | 5.50 | 539.4 | 11116 | 106.13 | *42 | 40.50 | 126.16 | 19.59 | 6.48 | *0.00 |
| % of Calories | | | | | | | | | | | *20.2% | 19.5% | 60.7% | 21.2% | 7.0% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

High Lunch

Weighted Values - Detailed

Page 3

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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 | | | | | | | | | | | | | | | | |
| High Lunch | Total | 4 | | | | | | | | | | | | | | |
| Yang's Sweet&Sour Chicken**2029 | 3.6 | 1 | 10 | 3 | 14 | 0.00 | 0.05 | 0.0 | 0 | 0.25 | 1 | 0.76 | 1.25 | 0.21 | 0.03 | 0.00 |
| Oriental Blend**1109 | 1/2 Cup | 3 | 21 | 0 | 13 | 1.70 | 0.00 | 17.0 | 170 | 10.21 | *N/A* | 0.85 | 3.4 | 0.0 | 0.00 | *N/A* |
| Brown Rice**0687 | 1 Cup | 1 | 17 | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | *N/A* | 0.14 | *N/A* | *N/A* |
| Mandarin Oranges**1163 | 1/2 Cup | 4 | 54 | 0 | 5 | 1.03 | 0.32 | 6.9 | 1110 | 16.82 | *N/A* | 0.46 | 13.78 | 0.12 | 0.01 | *N/A* |
| Fresh Strawberries**1875 | 1/2 cup | 4 | 23 | 0 | 1 | 1.44 | 0.30 | 11.5 | 9 | 42.34 | 4 | 0.48 | 5.53 | 0.22 | 0.01 | 0.00 |
| Fortune Cookie**1162 | 1 Each | 4 | 18 | 0 | 2 | 0.00 | 0.18 | 0.0 | 0 | 0.0 | 2 | 0.33 | 4.16 | 0.0 | 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 | 0.02 | 0.00 |
| Friday Milk**1848 | 1 Carton | 4 | 110 | 6 | 146 | 0.00 | 0.13 | 300.0 | 500 | 1.5 | *5 | 8.0 | 17.25 | 0.62 | 0.37 | 0.00 |
| Choice of Chick Sand HS**2002 | 1 Serving | 1 | 93 | 13 | 271 | 1.23 | 0.56 | 13.7 | 376 | 2.4 | *1 | 5.47 | 9.81 | 3.38 | 0.54 | *0.00 |
| Choice of Pizza-Mid & HS**1437 | 1 Slice | 1 | 89 | 11 | 138 | 0.75 | 0.62 | 35.5 | 0 | 0.0 | 2 | 5.12 | 7.0 | 4.63 | 2.63 | 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 | 116 | 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 | | | 657 | *84 | *1003 | *12.46 | *6.01 | *524.9 | *8197 | *101.12 | *20 | *29.96 | *94.39 | 16.70 | *5.81 | *0.00 |
| % of Calories | | | | | | | | | | | *12.0% | *18.2% | *57.5% | 22.9% | *8.0% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------------|-----------|---|---------|----|------|-------|-------|--------|--------|--------|--------|-------|--------|-------|--------|-------|
| Mon - 03/09/2020 | | | | | | | | | | | | | | | | |
| High Lunch | Total | 4 | | | | | | | | | | | | | | |
| LosCaboBn&CheeBurrito**2000 | 1 each | 1 | 74 | 4 | 125 | 2.20 | 0.68 | 50.0 | 75 | 0.3 | 0 | 3.78 | 10.22 | 2.23 | 1.01 | 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 |
| Corn Salad**1945 | 1/2 cup | 3 | 63 | 0 | 70 | 1.91 | 0.41 | 14.0 | 1020 | 40.33 | *3 | 2.17 | 14.78 | 0.58 | 0.09 | *0.00 |
| Fruit Cocktail**0419 | 1/2 Cup | 4 | 69 | 0 | 7 | 1.20 | 0.35 | 7.2 | 250 | 2.28 | 17 | 0.48 | 17.95 | 0.08 | 0.01 | 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 | 4 | 38 | 0 | 114 | 2.19 | 0.72 | 26.3 | 2843 | 10.14 | 3 | 1.8 | 7.65 | 0.11 | 0.02 | 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 HS**2002 | 1 Serving | 1 | 93 | 13 | 271 | 1.23 | 0.56 | 13.7 | 376 | 2.4 | *1 | 5.47 | 9.81 | 3.38 | 0.54 | *0.00 |
| Choice of Pizza-Mid & HS**1437 | 1 Slice | 1 | 89 | 11 | 138 | 0.75 | 0.62 | 35.5 | 0 | 0.0 | 2 | 5.12 | 7.0 | 4.63 | 2.63 | 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 |
| 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 | | | 756 | 94 | 1301 | 14.51 | *7.14 | *508.3 | *12018 | *92.78 | *37 | 36.44 | 113.19 | 20.43 | 7.63 | *0.00 |
| % of Calories | | | | | | | | | | | *19.4% | 19.3% | 59.9% | 24.3% | 9.1% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 03/10/2020 | | | | | | | | | | | | | | | | |
| High Lunch | Total | 3 | | | | | | | | | | | | | | |
| Spag w/Meat Sauce **1025 | 1 1/2 Cup | 1 | 156 | 12 | 283 | 3.20 | 1.22 | 20.8 | 481 | 4.37 | *0 | 8.21 | 20.83 | 5.05 | 1.71 | *0.11 |
| 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 | 0.02 | 0.00 |
| Italian Veggies**1112 | 1/2 Cup | 2 | 16 | 0 | 19 | 0.00 | 0.00 | 10.8 | 404 | 4.85 | *N/A* | 0.54 | 2.69 | 0.0 | 0.00 | 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 |
| Orange Wedges**0600 | 1 orange | 3 | 45 | 0 | 0 | 2.30 | 0.10 | 38.4 | 216 | 51.07 | 9 | 0.9 | 11.28 | 0.12 | 0.01 | 0.00 |
| Peaches**0437 | 1/2 Cup | 3 | 68 | 0 | 6 | 1.63 | 0.45 | 3.8 | 443 | 3.01 | 17 | 0.56 | 18.22 | 0.04 | 0.00 | 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 | 0.02 | 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 | 124 | 17 | 381 | 1.32 | 0.85 | 32.7 | 457 | 3.2 | *1 | 8.03 | 11.68 | 4.82 | 1.44 | *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 | 132 | 13 | 205 | 3.13 | 1.56 | 70.9 | 3957 | 24.95 | 3 | 9.03 | 15.97 | 4.21 | 1.23 | 0.00 |
| Weighted Daily Average | | | 763 | 50 | 1247 | 16.50 | 5.82 | 526.3 | 14482 | 109.31 | *34 | 39.45 | 115.16 | 17.92 | 5.57 | *0.11 |
| % of Calories | | | | | | | | | | | *17.8% | 20.7% | 60.3% | 21.1% | 6.6% | *0.1% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <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) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 03/11/2020 | | | | | | | | | | | | | | | | |
| High Lunch | Total | 4 | | | | | | | | | | | | | | |
| Chicken Bowl**1795 | 1 Bowl | 1 | 112 | 11 | 221 | 1.18 | 0.63 | 13.3 | 78 | 2.22 | *1 | 5.75 | 12.91 | 4.55 | 1.30 | 0.12 |
| Peas, FRZ**0040 | 1/2 Cup | 1 | 19 | 0 | 17 | 1.07 | 0.36 | 5.7 | 500 | 2.36 | 1 | 1.23 | 3.4 | 0.06 | 0.01 | 0.00 |
| 2 Oz Wheat Roll**8176 | 2 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 |
| 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 |
| Fresh Apple**0064 | Apple | 4 | 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 | 4 | 38 | 0 | 114 | 2.19 | 0.72 | 26.3 | 2843 | 10.14 | 3 | 1.8 | 7.65 | 0.11 | 0.02 | 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 HS**2002 | 1 Serving | 1 | 93 | 13 | 271 | 1.23 | 0.56 | 13.7 | 376 | 2.4 | *1 | 5.47 | 9.81 | 3.38 | 0.54 | *0.00 |
| Choice of Pizza-Mid & HS**1437 | 1 Slice | 1 | 89 | 11 | 138 | 0.75 | 0.62 | 35.5 | 0 | 0.0 | 2 | 5.12 | 7.0 | 4.63 | 2.63 | 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&Yogurt Salad HS **1987 | 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 | | | 783 | 53 | 1134 | 12.57 | 4.73 | 596.9 | 4744 | 48.36 | *45 | 33.82 | 121.11 | 19.90 | 6.87 | *0.12 |
| % of Calories | | | | | | | | | | | *23.2% | 17.3% | 61.8% | 22.9% | 7.9% | *0.1% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <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

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

High Lunch

Weighted Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 03/12/2020 | | | | | | | | | | | | | | | | |
| High 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 |
| Applesauce**0356 | 1/2 Cup | 3 | 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 | 3 | 38 | 0 | 114 | 2.19 | 0.72 | 26.3 | 2843 | 10.14 | 3 | 1.8 | 7.65 | 0.11 | 0.02 | 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 | 124 | 17 | 381 | 1.32 | 0.85 | 32.7 | 457 | 3.2 | *1 | 8.03 | 11.68 | 4.82 | 1.44 | *0.00 |
| Crispy Chicken Salad**1909 | 1 Salad | 1 | 163 | 18 | 298 | 2.87 | 1.63 | 47.2 | 3822 | 18.53 | *3 | 9.32 | 17.49 | 6.8 | 2.40 | *0.00 |
| Weighted Daily Average | | | 798 | 56 | 1326 | 13.40 | 5.33 | 466.9 | 11077 | 84.01 | *33 | 35.57 | 111.38 | 24.03 | 7.37 | *0.00 |
| % of Calories | | | | | | | | | | | *16.8% | 17.8% | 55.8% | 27.1% | 8.3% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------|-----------|---|---------|---|------|------|------|-----|---|------|------|------|------|------|--------|------|
| Fri - 03/13/2020 | | | | | | | | | | | | | | | | |
| High 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 | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------------|-----------|---|---------|---|------|------|------|-----|---|------|------|------|------|------|--------|------|
| Mon - 03/16/2020 | | | | | | | | | | | | | | | | |
| High 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 | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------|-----------|---|---|---|---|------|------|-----|---|-----|---|-----|-----|-----|------|------|
| Tue - 03/17/2020 | | | | | | | | | | | | | | | | |
| High 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

High 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 | | | 750-850 | | 1420 | | | | | | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | <10.00 |

| Wed - 03/18/2020 | | | | | | | | | | | | | | | | |
|--------------------------------------|-----------|---|---------|---|------|------|------|-----|---|------|------|------|------|------|------|--------|
| High 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 | | | 750-850 | | 1420 | | | | | | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | <10.00 |

| Thu - 03/19/2020 | | | | | | | | | | | | | | | | |
|--------------------------------------|-----------|---|---------|---|------|------|------|-----|---|------|------|------|------|------|------|--------|
| High 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 | | | 750-850 | | 1420 | | | | | | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | <10.00 |

| Fri - 03/20/2020 | | | | | | | | | | | | | | | | |
|--------------------------------------|-----------|---|---------|---|------|------|------|-----|---|------|------|------|------|------|------|--------|
| High 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 | | | 750-850 | | 1420 | | | | | | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | <10.00 |

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Central Consolidated Schools

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

High 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 | | | | | | | | | | | | | | | | |
| High Lunch | Total | 4 | | | | | | | | | | | | | | |
| Taco- 2 w GB**1974 | 2 Tacos | 1 | 95 | 16 | 126 | 1.30 | 0.85 | 18.9 | 368 | 2.7 | *0 | 5.83 | 7.41 | 5.04 | 2.27 | *0.01 |
| Spanish Rice M & HS**1939 | 1 Cup | 1 | 56 | 0 | 150 | 0.94 | 0.48 | 7.6 | 187 | 5.93 | *0 | 0.42 | 10.68 | 1.02 | 0.08 | *0.00 |
| Pinto Beans**1365 | 1/2 Cup | 3 | 41 | 0 | 56 | 2.20 | 0.70 | 20.8 | 0 | 0.44 | *N/A* | 2.33 | 7.32 | 0.39 | 0.08 | 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 |
| Fruit Cocktail**0419 | 1/2 Cup | 4 | 69 | 0 | 7 | 1.20 | 0.35 | 7.2 | 250 | 2.28 | 17 | 0.48 | 17.95 | 0.08 | 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 | 0.02 | 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 HS**2002 | 1 Serving | 1 | 93 | 13 | 271 | 1.23 | 0.56 | 13.7 | 376 | 2.4 | *1 | 5.47 | 9.81 | 3.38 | 0.54 | *0.00 |
| Choice of Pizza-Mid & HS**1437 | 1 Slice | 1 | 89 | 11 | 138 | 0.75 | 0.62 | 35.5 | 0 | 0.0 | 2 | 5.12 | 7.0 | 4.63 | 2.63 | 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 |
| 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 | | | 808 | 106 | 1420 | 13.88 | *7.77 | *482.8 | *8812 | *45.26 | *35 | 38.49 | 113.15 | 24.01 | 8.97 | *0.01 |
| % of Calories | | | | | | | | | | | *17.2% | 19.0% | 56.0% | 26.7% | 10.0% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------------|-----------|---|---------|----|------|-------|------|-------|-------|-------|--------|-------|--------|-------|--------|-------|
| Tue - 03/24/2020 | | | | | | | | | | | | | | | | |
| High Lunch | Total | 3 | | | | | | | | | | | | | | |
| Beef-A-Roni**0942 | 3/4 Cup | 1 | 85 | 19 | 103 | 0.53 | 0.90 | 33.2 | 232 | 4.31 | *0 | 6.46 | 4.58 | 4.53 | 1.82 | *0.22 |
| Tossed Salad**0202 | 1 Cup | 1 | 6 | 0 | 4 | 0.67 | 0.27 | 9.7 | 2590 | 2.03 | 1 | 0.39 | 1.3 | 0.09 | 0.01 | 0.00 |
| Italian Veggies**1112 | 1/2 Cup | 2 | 16 | 0 | 19 | 0.00 | 0.00 | 10.8 | 404 | 4.85 | *N/A* | 0.54 | 2.69 | 0.0 | 0.00 | 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 | 3 | 72 | 0 | 1 | 3.31 | 0.17 | 8.3 | 75 | 6.35 | 14 | 0.36 | 19.06 | 0.23 | 0.04 | 0.00 |
| Mandarin Oranges**1163 | 1/2 Cup | 3 | 54 | 0 | 5 | 1.03 | 0.32 | 6.9 | 1110 | 16.82 | *N/A* | 0.46 | 13.78 | 0.12 | 0.01 | *N/A* |
| Sec FreshVeggie**1882 | Servings | 3 | 38 | 0 | 114 | 2.19 | 0.72 | 26.3 | 2843 | 10.14 | 3 | 1.8 | 7.65 | 0.11 | 0.02 | 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 | 124 | 17 | 381 | 1.32 | 0.85 | 32.7 | 457 | 3.2 | *1 | 8.03 | 11.68 | 4.82 | 1.44 | *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 | 132 | 13 | 205 | 3.13 | 1.56 | 70.9 | 3957 | 24.95 | 3 | 9.03 | 15.97 | 4.21 | 1.23 | 0.00 |
| Weighted Daily Average | | | 699 | 57 | 1064 | 13.57 | 5.16 | 502.1 | 12169 | 76.31 | *22 | 36.67 | 100.97 | 17.51 | 5.69 | *0.22 |
| % of Calories | | | | | | | | | | | *12.8% | 21.0% | 57.8% | 22.5% | 7.3% | *0.3% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Central Consolidated Schools

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

High 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 | | | | | | | | | | | | | | | | |
| High Lunch | Total | 4 | | | | | | | | | | | | | | |
| Chicken Salad Sand **1864 | 1/2 CUP | 1 | 81 | 17 | 121 | 0.87 | 0.55 | 7.7 | 39 | 0.24 | *2 | 7.0 | 7.88 | 2.51 | 0.33 | *0.01 |
| Tater Tots**1299 | 3 Oz. | 1 | 30 | 0 | 65 | 0.50 | 0.00 | 0.0 | 0 | 0.6 | 0 | 0.25 | 4.51 | 1.25 | 0.25 | 0.00 |
| Coleslaw**0220 | 1/2 Cup | 1 | 11 | 0 | 48 | 0.56 | 0.02 | 11.9 | 400 | 9.76 | *0 | 0.29 | 2.42 | 0.01 | 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 |
| Watermelon Wedges**1226 | 1/2 Cup | 4 | 45 | 0 | 1 | 0.60 | 0.36 | 10.5 | 852 | 12.12 | 9 | 0.91 | 11.3 | 0.22 | 0.02 | 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 | 0.02 | 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 HS**2002 | 1 Serving | 1 | 93 | 13 | 271 | 1.23 | 0.56 | 13.7 | 376 | 2.4 | *1 | 5.47 | 9.81 | 3.38 | 0.54 | *0.00 |
| Choice of Pizza-Mid & HS**1437 | 1 Slice | 1 | 89 | 11 | 138 | 0.75 | 0.62 | 35.5 | 0 | 0.0 | 2 | 5.12 | 7.0 | 4.63 | 2.63 | 0.00 |
| Fruit&Yogurt Salad HS **1987 | 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 | | | 691 | 59 | 1011 | 8.72 | 3.62 | 582.2 | 5343 | 52.00 | *43 | 32.92 | 104.37 | 16.82 | 5.74 | *0.01 |
| % of Calories | | | | | | | | | | | *24.8% | 19.1% | 60.4% | 21.9% | 7.5% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | | <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 | | | | | | | | | | | | | | | | |
| High Lunch | Total | 3 | | | | | | | | | | | | | | |
| Steak Fingers**1166 | 4 Each | 1 | 100 | 10 | 71 | 1.25 | 1.12 | 16.7 | 42 | 0.5 | 0 | 5.83 | 6.67 | 5.42 | 1.25 | 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 | 2 | 13 | 0 | 210 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.33 | 2.67 | 0.33 | 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 |
| 2 Oz Wheat Roll**8176 | 2 Oz. Roll | 1 | 61 | 0 | 94 | 1.06 | 0.55 | 3.8 | 1 | 0.0 | *1 | 1.76 | 11.02 | 1.24 | 0.17 | *0.00 |
| Sidekick Smoothie**1944 | 4.4 oz ser ving | 3 | 90 | 0 | 48 | 0.00 | 0.00 | 80.0 | 1500 | 60.0 | 19 | 0.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Pineapple Chunks**0092 | 1/2 Cup | 3 | 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 | 3 | 38 | 0 | 114 | 2.19 | 0.72 | 26.3 | 2843 | 10.14 | 3 | 1.8 | 7.65 | 0.11 | 0.02 | 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 | 124 | 17 | 381 | 1.32 | 0.85 | 32.7 | 457 | 3.2 | *1 | 8.03 | 11.68 | 4.82 | 1.44 | *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 | 163 | 18 | 298 | 2.87 | 1.63 | 47.2 | 3822 | 18.53 | *3 | 9.32 | 17.49 | 6.8 | 2.40 | *0.00 |
| Weighted Daily Average | | | 862 | 53 | 1479 | 12.26 | 6.02 | 528.6 | 10180 | 109.35 | *46 | 37.55 | 128.95 | 22.13 | 6.45 | *0.00 |
| % of Calories | | | | | | | | | | | *21.5% | 17.4% | 59.8% | 23.1% | 6.7% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | | <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

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

High Lunch

Weighted Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 03/27/2020 | | | | | | | | | | | | | | | | |
| High 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 | 3 | 82 | 22 | 95 | 1.50 | 0.88 | 18.2 | 588 | 5.63 | *3 | 10.35 | 6.4 | 1.74 | 0.49 | *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 |
| Peaches**0437 | 1/2 Cup | 4 | 68 | 0 | 6 | 1.63 | 0.45 | 3.8 | 443 | 3.01 | 17 | 0.56 | 18.22 | 0.04 | 0.00 | 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 |
| Pudding**1149 | 1/2 cup | 4 | 185 | 0 | 189 | 0.00 | 0.00 | 287.3 | *0 | 0.0 | *N/A* | 2.27 | 32.13 | 5.67 | 2.08 | *N/A* |
| Sec FreshVeggie**1882 | Servings | 4 | 38 | 0 | 114 | 2.19 | 0.72 | 26.3 | 2843 | 10.14 | 3 | 1.8 | 7.65 | 0.11 | 0.02 | 0.00 |
| Friday Milk**1848 | 1 Carton | 4 | 110 | 6 | 146 | 0.00 | 0.13 | 300.0 | 500 | 1.5 | *5 | 8.0 | 17.25 | 0.62 | 0.37 | 0.00 |
| Choice of Chick Sand HS**2002 | 1 Serving | 1 | 93 | 13 | 271 | 1.23 | 0.56 | 13.7 | 376 | 2.4 | *1 | 5.47 | 9.81 | 3.38 | 0.54 | *0.00 |
| Choice of Pizza-Mid & HS**1437 | 1 Slice | 1 | 89 | 11 | 138 | 0.75 | 0.62 | 35.5 | 0 | 0.0 | 2 | 5.12 | 7.0 | 4.63 | 2.63 | 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 | 116 | 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 | | | 1020 | 116 | 1551 | 16.81 | 7.31 | 861.1 | *8139 | 48.22 | *50 | 45.43 | 154.95 | 27.66 | 9.99 | *0.00 |
| % of Calories | | | | | | | | | | | *19.5% | 17.8% | 60.8% | 24.4% | 8.8% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------------|----------------|---|---------|-----|------|-------|-------|--------|-------|--------|--------|-------|--------|-------|--------|-------|
| Mon - 03/30/2020 | | | | | | | | | | | | | | | | |
| High Lunch | Total | 3 | | | | | | | | | | | | | | |
| GoldKist WG ChickPopcorn**1956 | 3.08 oz 1 4 pc | 1 | 73 | 12 | 143 | 0.67 | 0.60 | 6.7 | 33 | 0.0 | 0 | 4.66 | 4.33 | 4.0 | 1.00 | 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 |
| 2 Oz Wheat Roll**8176 | 2 Oz. Roll | 1 | 61 | 0 | 94 | 1.06 | 0.55 | 3.8 | 1 | 0.0 | *1 | 1.76 | 11.02 | 1.24 | 0.17 | *0.00 |
| Pears**0438 | 1/2 Cup | 3 | 71 | 0 | 6 | 2.00 | 0.35 | 6.3 | 0 | 0.88 | 15 | 0.24 | 18.99 | 0.04 | 0.00 | 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 | 0.02 | 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 HS**2002 | 1 Serving | 1 | 124 | 17 | 361 | 1.64 | 0.75 | 18.3 | 501 | 3.2 | *1 | 7.29 | 13.09 | 4.5 | 0.72 | *0.00 |
| Choice of Pizza-Mid & HS**1437 | 1 Slice | 1 | 119 | 15 | 184 | 1.00 | 0.83 | 47.3 | 0 | 0.0 | 2 | 6.83 | 9.33 | 6.17 | 3.50 | 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 | | | 875 | 129 | 1672 | 14.58 | *8.47 | *494.6 | *8040 | *41.87 | *37 | 43.27 | 120.61 | 26.66 | 9.27 | *0.00 |
| % of Calories | | | | | | | | | | | *16.7% | 19.8% | 55.2% | 27.4% | 9.5% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

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Central Consolidated Schools

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

High 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) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 03/31/2020 | | | | | | | | | | | | | | | | |
| High Lunch | Total | 4 | | | | | | | | | | | | | | |
| Ramen Bowl***2035 | bowl | 1 | 84 | 22 | 229 | 1.57 | 0.22 | 8.1 | 57 | 3.4 | *1 | 7.73 | 9.87 | 1.36 | 0.23 | *0.00 |
| 2 Oz Wheat Roll**8176 | 2 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 | 4 | 23 | 0 | 1 | 1.44 | 0.30 | 11.5 | 9 | 42.34 | 4 | 0.48 | 5.53 | 0.22 | 0.01 | 0.00 |
| Mandarin Oranges**1163 | 1/2 Cup | 1 | 14 | 0 | 1 | 0.26 | 0.08 | 1.7 | 278 | 4.2 | *N/A* | 0.12 | 3.45 | 0.03 | 0.00 | *N/A* |
| Jello w/Topping**0385 | 1/2 Cup | 1 | 24 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 7.5 | *N/A* | 0.5 | 4.75 | 0.5 | 0.50 | *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 | 0.02 | 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 Com H**1891 | 1 Serving | 1 | 93 | 12 | 285 | 0.99 | 0.64 | 24.5 | 343 | 2.4 | *1 | 6.02 | 8.76 | 3.62 | 1.08 | *0.00 |
| French Fries S**1890 | 1 Serving | 3 | 101 | 0 | 153 | 1.64 | 0.39 | 2.6 | 0 | 2.81 | 0 | 1.35 | 14.1 | 4.08 | 0.85 | 0.00 |
| Salad,Grill Chix & Fruit**1996 | 3 cup | 1 | 99 | 10 | 154 | 2.35 | 1.17 | 53.2 | 2968 | 18.71 | 2 | 6.77 | 11.98 | 3.15 | 0.92 | 0.00 |
| Weighted Daily Average | | | 621 | 52 | 1138 | 11.23 | 4.00 | 430.7 | 6998 | 93.91 | *11 | 34.10 | 87.34 | 15.24 | 4.49 | *0.00 |
| % of Calories | | | | | | | | | | | *7.1% | 22.0% | 56.3% | 22.1% | 6.5% | *0.0% |
| Nutrient Guideline | | | 750-850 | | 1420 | | | | | | | | | | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------|--|--|-----|-----|-------|--------|-------|--------|-------|--------|--------|--------|---------|-------|-------|-------|
| Weighted Average | | | 783 | *73 | *1303 | *13.36 | *6.05 | *548.4 | *9032 | *76.10 | *35 | *36.90 | *115.50 | 20.71 | *6.96 | *0.03 |
| | | | | | | | | | | | *40.7% | *18.9% | *59.0% | 23.8% | *8.0% | *0.0% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|---------------------------------------|
| Calories | 783 | | 750 - 850 | 100% | | | | |
| Cholesterol (mg) | 73 | | | | Missing | | | |
| Sodium 1 (mg) | 1303 | | 1420 | | Missing | | | |
| Sodium 2 (mg) | 1303 | | 1080 | | Missing | | 223 | Correction Required - Sodium too High |
| Fiber (g) | 13.36 | | | | Missing | | | |
| Iron (mg) | 6.05 | | | | Missing | | | |
| Calcium (mg) | 548.4 | | | | Missing | | | |
| Vitamin A (IU) | 9032 | | | | Missing | | | |
| Sugars (g) | 35 | 18.10% | | | Missing | | | |
| Vitamin C (mg) | 76.10 | | | | Missing | | | |
| Protein (g) | 36.90 | 18.85% | | | Missing | | | |
| Carbohydrate (g) | 115.50 | 59.01% | | | Missing | | | |
| Total Fat (g) | 20.71 | 23.80% | | | Missing | | | |
| Saturated Fat (g) | 6.96 | 8.00% | <10.00% | | Missing | | | |
| Trans Fat ¹ (g) | 0.03 | 0.03% | | | Missing | | | |

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