

Central Consolidated Schools

Mar 2, 2020 thru Mar 31, 2020

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)
Mon - 03/02/2020																
Middle 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	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	0.02	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 MS**1880	1 Serving	1	89	9	202	1.11	0.65	13.7	339	9.15	*1	*2.85	8.69	3.88	0.73	*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			637	91	1181	11.16	*6.77	*471.0	*7501	*80.96	*27	*33.41	85.61	18.94	7.07	*0.00
% of Calories											*16.9%	*21.0%	53.8%	26.8%	10.0%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Tue - 03/03/2020																
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	14.89	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
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			719	50	1415	13.43	5.83	645.8	10775	60.60	*21	37.28	100.33	20.50	6.45	*0.01
% of Calories											*11.8%	20.7%	55.8%	25.6%	8.1%	*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)	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																
Middle 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
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 MS**1880	1 Serving	1	89	9	202	1.11	0.65	13.7	339	9.15	*1	*2.85	8.69	3.88	0.73	*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&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			684	49	1304	8.49	3.48	580.6	4219	41.87	*23	*28.61	95.11	20.61	7.19	*0.00
% of Calories											*13.5%	*16.7%	55.6%	27.1%	9.5%	*0.0%
Nutrient Guideline			600-700		1360										<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																
Middle 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
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	0.02	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			730	64	1279	11.35	5.06	529.2	11041	99.78	*27	39.25	101.59	18.74	6.36	*0.00
% of Calories											*14.9%	21.5%	55.7%	23.1%	7.8%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Fri - 03/06/2020																
Middle 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
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*
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*
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*
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
Fortune Cookie***1162	1 Each	1	5	0	0	0.00	0.04	0.0	0	0.0	0	0.08	1.04	0.0	0.00	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 MS**1880	1 Serving	1	89	9	202	1.11	0.65	13.7	339	9.15	*1	*2.85	8.69	3.88	0.73	*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
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			583	*80	*881	*10.35	*5.54	*512.5	*8151	*64.59	*15	*26.16	*79.91	15.62	*5.71	*0.00
% of Calories											*10.5%	*17.9%	*54.8%	24.1%	*8.8%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Mon - 03/09/2020																
Middle 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
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 MS**1880	1 Serving	1	89	9	202	1.11	0.65	13.7	339	9.15	*1	*2.85	8.69	3.88	0.73	*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			650	90	1174	12.64	*6.75	*500.3	*11730	*96.31	*20	*32.89	89.42	19.49	7.52	*0.00
% of Calories											*12.5%	*20.2%	55.0%	27.0%	10.4%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Tue - 03/10/2020																
Middle 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
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
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			702	50	1229	14.19	5.72	477.2	13862	53.39	*25	38.01	101.19	17.80	5.56	*0.11
% of Calories											*14.2%	21.7%	57.6%	22.8%	7.1%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

Wed - 03/11/2020																
Middle 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
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	0.02	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 MS**1880	1 Serving	1	89	9	202	1.11	0.65	13.7	339	9.15	*1	*2.85	8.69	3.88	0.73	*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&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			666	49	1011	7.66	4.09	581.5	4132	46.40	*30	*28.94	93.40	19.63	6.94	*0.12
% of Calories											*17.9%	*17.4%	56.1%	26.5%	9.4%	*0.2%
Nutrient Guideline			600-700		1360										<10.00	

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Thu - 03/12/2020																
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	0.02	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			712	56	1323	11.87	5.18	463.0	11070	81.84	*15	35.37	89.07	23.82	7.34	*0.00
% of Calories											*8.3%	19.9%	50.1%	30.1%	9.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Fri - 03/13/2020																
Middle Lunch	Total	3														
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	2	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	

Mon - 03/16/2020																
Middle 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			600-700		1360										<10.00	

Tue - 03/17/2020																
Middle 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

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)
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			600-700		1360						0.0%	0.0%	0.0%	0.0%	0.0%	<10.00

Wed - 03/18/2020																	
Middle 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			600-700		1360						0.0%	0.0%	0.0%	0.0%	0.0%	<10.00	

Thu - 03/19/2020																	
Middle 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			600-700		1360						0.0%	0.0%	0.0%	0.0%	0.0%	<10.00	

Fri - 03/20/2020																	
Middle 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			600-700		1360						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

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)
Mon - 03/23/2020																
Middle 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
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 MS**1880	1 Serving	1	89	9	202	1.11	0.65	13.7	339	9.15	*1	*2.85	8.69	3.88	0.73	*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			703	102	1293	12.00	*7.39	*474.7	*8524	*48.79	*18	*34.94	89.38	23.07	8.86	*0.01
% of Calories											*10.4%	*19.9%	50.9%	29.5%	11.4%	*0.0%
Nutrient Guideline			600-700		1360										<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)
Tue - 03/24/2020																
Middle 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	2	13	0	8	1.33	0.54	19.4	5180	4.07	1	0.78	2.59	0.19	0.02	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	0.01	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	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			562	57	967	9.55	4.53	471.1	11299	45.68	*11	34.62	67.98	17.26	5.66	*0.22
% of Calories											*7.9%	24.6%	48.4%	27.6%	9.1%	*0.4%
Nutrient Guideline			600-700		1360										<10.00	

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Central Consolidated Schools

Mar 2, 2020 thru Mar 31, 2020

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)
Wed - 03/25/2020																
Middle 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.	3	90	0	195	1.50	0.00	0.0	0	1.8	0	0.75	13.53	3.76	0.75	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
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 MS**1880	1 Serving	1	89	9	202	1.11	0.65	13.7	339	9.15	*1	*2.85	8.69	3.88	0.73	*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&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			660	55	1070	8.06	3.56	578.4	5298	57.78	*24	*30.59	89.95	19.61	6.39	*0.01
% of Calories											*14.7%	*18.5%	54.5%	26.7%	8.7%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Thu - 03/26/2020																
Middle 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	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	0.01	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	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			753	48	1291	10.67	5.39	298.8	7921	92.79	*29	31.94	107.82	21.73	6.05	*0.00
% of Calories											*15.3%	17.0%	57.3%	26.0%	7.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Central Consolidated Schools

Mar 2, 2020 thru Mar 31, 2020

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)
Fri - 03/27/2020																
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	0.02	0.00
Friday Milk**1848	1 Carton	3	83	5	110	0.00	0.10	225.0	375	1.12	*3	6.0	12.94	0.47	0.28	0.00
Choice of Chick Sand MS**1880	1 Serving	1	89	9	202	1.11	0.65	13.7	339	9.15	*1	*2.85	8.69	3.88	0.73	*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
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			641	103	1139	12.21	6.19	475.0	6595	44.08	*27	*33.36	84.04	20.26	7.53	*0.00
% of Calories											*16.5%	*20.8%	52.4%	28.4%	10.6%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Mon - 03/30/2020																
Middle Lunch	Total	3														
GoldKist WG ChickPopcorn**1956	3.36 oz 1 2 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
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	0.02	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 MS**1880	1 Serving	1	119	12	270	1.48	0.87	18.3	451	12.2	*1	*3.79	11.59	5.17	0.97	*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			768	124	1527	11.88	*7.96	*486.4	*7990	*49.99	*21	*38.65	94.61	26.66	9.43	*0.00
% of Calories											*11.0%	*20.1%	49.3%	31.2%	11.1%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

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Central Consolidated Schools

Mar 2, 2020 thru Mar 31, 2020

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)
Tue - 03/31/2020																
Middle 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
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	3	68	0	106	1.19	0.62	4.3	1	0.0	*1	1.99	12.4	1.4	0.19	*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
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	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	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			563	52	1070	10.27	3.87	428.7	6720	87.83	*11	33.75	78.63	12.96	3.99	*0.00
% of Calories											*8.2%	24.0%	55.9%	20.7%	6.4%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Weighted Average			671	*70	*1197	*10.99	*5.46	*498.4	*8552	*65.79	*22	*33.61	*90.50	19.79	*6.75	*0.03
											*29.0%	*20.0%	*54.0%	26.6%	*9.1%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	671		600 - 700	100%				
Cholesterol (mg)	70				Missing			
Sodium 1 (mg)	1197		1360		Missing			
Sodium 2 (mg)	1197		1035		Missing	162		Correction Required - Sodium too High
Fiber (g)	10.99				Missing			
Iron (mg)	5.46				Missing			
Calcium (mg)	498.4				Missing			
Vitamin A (IU)	8552				Missing			
Sugars (g)	22	12.87%			Missing			
Vitamin C (mg)	65.79				Missing			
Protein (g)	33.61	20.04%			Missing			
Carbohydrate (g)	90.50	53.96%			Missing			
Total Fat (g)	19.79	26.55%						
Saturated Fat (g)	6.75	9.06%	<10.00%		Missing			
Trans Fat ¹ (g)	0.03	0.04%			Missing			

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.