

# Central Consolidated Schools

May 1, 2017 thru May 19, 2017

Base Menu Spreadsheet

High Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 05/01/2017																
High Lunch	Total	3														
Tyson Chicken Popcorn**1956	3.08 oz 1 4 pc	1	85	9	129	1.02	0.61	0.0	34	0.0	0	5.1	5.44	5.1	0.85	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	0.05	*N/A*
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	*N/A*
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	*N/A*
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	*N/A*
ChoFreshVeggie**1882	Servings	3	36	0	109	2.63	0.60	20.1	2838	10.84	*1	1.7	6.65	0.47	0.11	*N/A*
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	118	18	278	1.48	0.81	19.3	437	3.74	*0	7.25	9.92	5.26	0.93	*0.00
Choice of Pizza-HS**1437	1 Slice	1	117	12	210	1.33	0.75	108.3	133	0.0	*N/A*	6.0	12.0	5.0	2.33	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	80	502	2.76	1.51	87.7	6746	6.67	*4	9.7	15.93	6.95	2.93	*0.00
Weighted Daily Average			904	125	1667	15.12	5.97	558.8	10865	30.93	*32	42.89	125.14	28.04	8.60	*0.00
% of Calories											*14.2%	19.0%	55.3%	27.9%	8.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Tue - 05/02/2017																
High Lunch	Total	4														
AFS Tangerine Chicken	3.9 oz	1	48	11	95	0.50	0.36	0.0	0	0.0	3	3.5	6.25	1.0	0.25	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*
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	*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	*N/A*
Fortune Cookie***1162	1 Each	4	112	0	11	0.68	0.17	3.7	0	0.0	*N/A*	0.55	26.3	0.24	0.05	*N/A*
ChoFreshVeggie**1882	Servings	4	36	0	109	2.63	0.60	20.1	2838	10.84	*1	1.7	6.65	0.47	0.11	*N/A*
Milk-Variety**0489	1 Carton	4	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Burger/Deli Sand Choice**1891	1 Serving	1	100	13	263	1.11	0.59	29.2	345	3.56	*0	4.79	10.27	4.36	1.48	*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
Salad,Grill Chix & Fruit**1996	3 cup	1	102	24	127	2.10	1.10	74.5	2981	18.41	*2	9.23	11.66	2.53	0.91	*0.00
Weighted Daily Average			692	*56	*853	*12.26	*3.95	*475.2	*6889	*99.02	*26	*30.45	*109.30	13.08	*4.13	*0.00
% of Calories											*15.2%	*17.6%	*63.2%	17.0%	*5.4%	*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

May 1, 2017 thru May 19, 2017

Base Menu Spreadsheet

High Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/03/2017																
High Lunch	Total	4														
Lasagna w/ GB **1936	5x5	1	72	11	160	0.49	0.61	61.2	122	0.9	*N/A*	5.27	5.99	2.86	1.25	*0.00
Tossed Salad**0202	1 Cup	4	19	0	11	2.00	0.81	29.2	7776	6.1	2	1.17	3.89	0.28	0.03	*0.00
Peas, FRZ**0040	1/2 Cup	1	19	0	17	1.31	0.36	5.7	500	2.36	1	1.23	3.4	0.06	0.01	*N/A*
WG Breadsticks**1885	1 each	1	20	0	25	0.50	0.09	1.6	0	0.0	*N/A*	0.75	3.75	0.25	0.00	0.00
Fruit Cocktail**0419	1/2 Cup	4	69	0	7	1.20	0.35	7.2	246	2.28	17	0.48	17.95	0.08	0.01	*N/A*
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	0.02	*N/A*
ChoFreshVeggie**1882	Servings	4	36	0	109	2.63	0.60	20.1	2838	10.84	*1	1.7	6.65	0.47	0.11	*N/A*
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	88	13	209	1.11	0.61	14.5	328	2.81	*0	5.44	7.44	3.95	0.70	*0.00
Choice of Pizza-HS**1437	1 Slice	1	88	9	158	1.00	0.56	81.2	100	0.0	*N/A*	4.5	9.0	3.75	1.75	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
Fruit&Yogurt Salad HS **1987	1 Salad	1	125	8	134	2.41	0.85	172.8	6322	13.43	*5	3.97	21.01	2.98	1.17	*0.00
Weighted Daily Average			748	48	1062	16.06	5.29	733.6	18948	94.08	*35	34.31	112.75	18.77	6.36	*0.00
% of Calories											*18.9%	18.4%	60.3%	22.6%	7.7%	*0.0%
Nutrient Guideline			750-850		1420											<10.00

Thu - 05/04/2017																
High Lunch	Total	4														
Taco- 2 w GB***1974	2 Tacos	1	95	15	122	1.32	0.87	82.9	413	2.7	*0	6.01	7.33	4.8	2.03	*0.01
Spanish Rice M & HS**1939	1 Cup	1	56	0	152	0.95	0.48	7.6	187	5.97	*0	0.42	10.69	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	*N/A*
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	*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	*N/A*
ChoFreshVeggie**1882	Servings	4	36	0	109	2.63	0.60	20.1	2838	10.84	*1	1.7	6.65	0.47	0.11	*N/A*
Milk-Variety**0489	1 Carton	4	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Burger/Deli Sand Choice**1891	1 Serving	1	100	13	263	1.11	0.59	29.2	345	3.56	*0	4.79	10.27	4.36	1.48	*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
Crispy Chicken Salad**1909	1 Salad	1	124	6	195	2.83	1.34	20.5	4952	5.01	*3	5.65	15.75	4.84	0.78	*0.00
Weighted Daily Average			718	42	1138	15.94	5.73	506.0	10580	77.14	*24	30.75	105.58	20.15	5.89	*0.01
% of Calories											*13.4%	17.1%	58.8%	25.3%	7.4%	*0.0%
Nutrient Guideline			750-850		1420											<10.00

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Base Menu Spreadsheet

High Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/05/2017																
High Lunch	Total	4														
Chili Con Carne Dog**1998	1/2 Cup	1	77	12	284	1.19	0.87	68.2	222	4.52	*0	3.93	8.33	3.43	0.98	*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
Celery Sticks**0924	1/2 c	3	9	0	45	0.89	0.11	22.3	250	1.73	1	0.38	1.65	0.09	0.02	*N/A*
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	*N/A*
Cantaloupe Chunks**0656	1/2 Cup	4	54	0	25	1.43	0.33	14.3	5369	58.26	12	1.33	12.95	0.3	0.08	*N/A*
ChoFreshVeggie**1882	Servings	4	36	0	109	2.63	0.60	20.1	2838	10.84	*1	1.7	6.65	0.47	0.11	*N/A*
Friday Milk**1848	1 Carton	4	110	7	153	0.00	0.18	300.0	500	2.0	*N/A*	8.0	16.67	0.83	0.50	0.00
Choice of Chick Sand HS**2002	1 Serving	1	88	13	209	1.11	0.61	14.5	328	2.81	*0	5.44	7.44	3.95	0.70	*0.00
Choice of Pizza-HS**1437	1 Slice	1	88	9	158	1.00	0.56	81.2	100	0.0	*N/A*	4.5	9.0	3.75	1.75	0.00
Garden Salad**1910	1 Salad	1	120	50	198	3.34	1.34	111.5	5352	12.4	*5	6.15	16.05	3.96	1.49	*N/A*
Weighted Daily Average			759	91	1378	14.63	4.76	636.0	14966	96.53	*39	32.39	114.59	20.76	6.42	*0.00
% of Calories											*20.5%	17.1%	60.4%	24.6%	7.6%	*0.0%
Nutrient Guideline			750-850		1420											<10.00

Mon - 05/08/2017																
High Lunch	Total	4														
Salisbury Steak**0767	1 Each	1	39	11	76	0.25	0.50	11.2	10	0.25	*N/A*	3.5	1.25	2.25	0.85	0.15
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**0258	1/2 Cup	1	8	0	3	0.85	0.17	9.4	287	11.37	0	0.88	1.52	0.03	0.00	*N/A*
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	*N/A*
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	*N/A*
Fruit Cocktail**0419	1/2 Cup	4	69	0	7	1.20	0.35	7.2	246	2.28	17	0.48	17.95	0.08	0.01	*N/A*
ChoFreshVeggie**1882	Servings	4	36	0	109	2.63	0.60	20.1	2838	10.84	*1	1.7	6.65	0.47	0.11	*N/A*
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	88	13	209	1.11	0.61	14.5	328	2.81	*0	5.44	7.44	3.95	0.70	*0.00
Choice of Pizza-HS**1437	1 Slice	1	88	9	158	1.00	0.56	81.2	100	0.0	*N/A*	4.5	9.0	3.75	1.75	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	60	377	2.07	1.13	65.8	5060	5.01	*3	7.27	11.95	5.21	2.20	*0.00
Weighted Daily Average			686	100	1295	11.17	4.80	522.8	9432	38.84	*31	34.49	95.47	19.75	6.86	*0.15
% of Calories											*18.0%	20.1%	55.6%	25.9%	9.0%	*0.2%
Nutrient Guideline			750-850		1420											<10.00

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High Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/09/2017																
High Lunch	Total	3														
Frito Pie-Cnd Bean Gr BF**1937	Servings	1	126	9	355	3.20	1.31	77.9	130	3.1	*1	5.92	15.38	4.84	1.24	*0.06
WG Cornbread Mix**1981	2 oz	1	46	0	134	0.51	0.37	30.8	0	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	*N/A*
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	0.05	*N/A*
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	*N/A*
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	0.01	*N/A*
ChoFreshVeggie**1882	Servings	3	36	0	109	2.63	0.60	20.1	2838	10.84	*1	1.7	6.65	0.47	0.11	*N/A*
Milk-Variety**0489	1 Carton	3	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Burger/Deli Sand Choice**1904	1 Serving	1	114	17	469	1.06	0.94	49.3	*345	*3.36	*0	5.98	9.56	5.87	1.97	*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	136	33	169	2.80	1.47	99.3	3974	24.55	*3	12.31	15.55	3.38	1.22	*0.00
Weighted Daily Average			764	66	1445	14.96	6.23	601.5	*10972	*64.06	*35	38.18	115.51	19.60	6.25	*0.06
% of Calories											*18.4%	20.0%	60.5%	23.1%	7.4%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

Wed - 05/10/2017																
High Lunch	Total	4														
Sloppy Joe**0114	1 Sandwich	1	84	13	144	0.94	0.87	26.1	98	3.27	*1	4.81	8.61	3.32	1.15	*0.18
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	*N/A*
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	*N/A*
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	*N/A*
Rice Krispy Treat**0299	2"x 2"	4	122	0	95	0.04	3.19	1.6	825	6.65	*1	1.04	23.14	3.07	0.54	*0.00
ChoFreshVeggie**1882	Servings	4	36	0	109	2.63	0.60	20.1	2838	10.84	*1	1.7	6.65	0.47	0.11	*N/A*
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	88	13	209	1.11	0.61	14.5	328	2.81	*0	5.44	7.44	3.95	0.70	*0.00
Choice of Pizza-HS**1437	1 Slice	1	88	9	158	1.00	0.56	81.2	100	0.0	*N/A*	4.5	9.0	3.75	1.75	0.00
Fruit&Yogurt Salad HS **1987	1 Salad	1	125	8	134	2.41	0.85	172.8	6322	13.43	*5	3.97	21.01	2.98	1.17	*0.00
Weighted Daily Average			848	51	1182	12.41	7.44	639.4	11125	45.85	*34	31.16	132.38	22.84	6.99	*0.18
% of Calories											*15.9%	14.7%	62.5%	24.2%	7.4%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

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# Central Consolidated Schools

May 1, 2017 thru May 19, 2017

## 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 <sup>1</sup> (g)
Thu - 05/11/2017																
High Lunch	Total	3														
Green Chile Chicken Ench**1118	1 Cup	1	87	13	280	1.41	0.38	56.2	182	6.62	*0	5.29	10.8	2.66	1.08	*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	*N/A*
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	*N/A*
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	*N/A*
Kiwi Strawberry Sidekick**1944	4.4 oz serving	3	80	0	45	0.00	0.36	80.0	1000	60.0	*N/A*	0.0	20.0	0.0	0.00	0.00
ChoFreshVeggie**1882	Servings	3	36	0	109	2.63	0.60	20.1	2838	10.84	*1	1.7	6.65	0.47	0.11	*N/A*
Milk-Variety**0489	1 Carton	3	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Burger/Deli Sand Choice**1904	1 Serving	1	114	17	469	1.06	0.94	49.3	*345	*3.36	*0	5.98	9.56	5.87	1.97	*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	165	8	260	3.77	1.78	27.4	6603	6.67	*4	7.54	21.0	6.45	1.04	*0.00
Weighted Daily Average			800	46	1508	16.42	5.88	571.8	*13325	*99.41	*22	33.60	124.72	20.41	5.62	*0.00
% of Calories											*10.9%	16.8%	62.3%	22.9%	6.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Fri - 05/12/2017																
High Lunch	Total	4														
Asian Teriyaki Chicken**1839	2.85 oz serving	1	37	13	104	0.00	0.27	5.0	25	0.3	4	3.75	3.5	0.62	0.25	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	*N/A*
Fortune Cookie**1162	1 Each	4	112	0	11	0.68	0.17	3.7	0	0.0	*N/A*	0.55	26.3	0.24	0.05	*N/A*
ChoFreshVeggie**1882	Servings	4	36	0	109	2.63	0.60	20.1	2838	10.84	*1	1.7	6.65	0.47	0.11	*N/A*
Friday Milk**1848	1 Carton	4	110	7	153	0.00	0.18	300.0	500	2.0	*N/A*	8.0	16.67	0.83	0.50	0.00
Choice of Chick Sand HS**2002	1 Serving	1	88	13	209	1.11	0.61	14.5	328	2.81	*0	5.44	7.44	3.95	0.70	*0.00
Choice of Pizza-HS**1437	1 Slice	1	88	9	158	1.00	0.56	81.2	100	0.0	*N/A*	4.5	9.0	3.75	1.75	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	120	50	198	3.34	1.34	111.5	5352	12.4	*5	6.15	16.05	3.96	1.49	*N/A*
Weighted Daily Average			773	*92	*1062	*14.03	*4.61	*573.1	*10432	*99.59	*14	*32.78	*117.72	17.02	*5.43	*0.00
% of Calories											*7.0%	*17.0%	*60.9%	19.8%	*6.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Central Consolidated Schools

May 1, 2017 thru May 19, 2017

## 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 <sup>1</sup> (g)
Mon - 05/15/2017																
High Lunch	Total	4														
Los Cabos Bean&Cheese Burrito	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	*N/A*
Corn Salad**1945	1/2 cup	3	64	0	70	1.91	0.41	14.0	1020	40.33	*3	2.17	14.78	0.58	0.08	*N/A*
Fruit Cocktail**0419	1/2 Cup	4	69	0	7	1.20	0.35	7.2	246	2.28	17	0.48	17.95	0.08	0.01	*N/A*
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	*N/A*
ChoFreshVeggie**1882	Servings	4	36	0	109	2.63	0.60	20.1	2838	10.84	*1	1.7	6.65	0.47	0.11	*N/A*
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	88	13	209	1.11	0.61	14.5	328	2.81	*0	5.44	7.44	3.95	0.70	*0.00
Choice of Pizza-HS**1437	1 Slice	1	88	9	158	1.00	0.56	81.2	100	0.0	*N/A*	4.5	9.0	3.75	1.75	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	60	377	2.07	1.13	65.8	5060	5.01	*3	7.27	11.95	5.21	2.20	*0.00
Weighted Daily Average			749	94	1306	15.01	5.31	575.8	14221	85.00	*32	35.37	110.26	20.53	7.21	*0.00
% of Calories											*17.2%	18.9%	58.9%	24.7%	8.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Tue - 05/16/2017																
High Lunch	Total	3														
Spag w/Meat Sauce **1025	1 1/2 Cup	1	161	14	242	3.20	1.28	87.4	545	4.37	*0	8.05	20.66	5.47	2.07	*0.12
Tossed Salad**0202	1 Cup	2	13	0	8	1.33	0.54	19.4	5184	4.07	1	0.78	2.59	0.19	0.02	*0.00
Green Beans-FRZ**0426	1/2 cup	2	15	0	1	1.63	0.36	22.9	303	2.23	1	0.81	3.51	0.09	0.02	*N/A*
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	*N/A*
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	0.02	*N/A*
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	*N/A*
ChoFreshVeggie**1882	Servings	3	36	0	109	2.63	0.60	20.1	2838	10.84	*1	1.7	6.65	0.47	0.11	*N/A*
Milk-Variety**0489	1 Carton	3	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Burger/Deli Sand Choice**1904	1 Serving	1	114	17	469	1.06	0.94	49.3	*345	*3.36	*0	5.98	9.56	5.87	1.97	*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	136	33	169	2.80	1.47	99.3	3974	24.55	*3	12.31	15.55	3.38	1.22	*0.00
Weighted Daily Average			793	70	1296	18.39	6.55	645.5	*14349	*107.15	*33	41.46	118.30	19.93	6.72	*0.12
% of Calories											*16.6%	20.9%	59.7%	22.6%	7.6%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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# Central Consolidated Schools

May 1, 2017 thru May 19, 2017

Base Menu Spreadsheet

High Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/17/2017																
High Lunch	Total	3														
Chicken Alfredo**1887	1 Cup	1	95	13	231	1.52	0.88	18.4	31	1.06	*0	6.13	13.52	2.23	0.56	*0.52
Tossed Salad**0202	1 Cup	1	6	0	4	0.67	0.27	9.7	2592	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	*N/A*
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*
ChoFreshVeggie**1882	Servings	3	36	0	109	2.63	0.60	20.1	2838	10.84	*1	1.7	6.65	0.47	0.11	*N/A*
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	118	18	278	1.48	0.81	19.3	437	3.74	*0	7.25	9.92	5.26	0.93	*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
Fruit&Yogurt Salad HS **1987	1 Salad	1	167	11	178	3.21	1.13	230.4	8429	17.91	*7	5.29	28.01	3.98	1.56	*0.00
Weighted Daily Average			736	49	1058	15.26	4.56	627.1	16416	67.25	*24	31.72	119.20	15.79	4.33	*0.52
% of Calories											*12.8%	17.3%	64.8%	19.3%	5.3%	*0.6%
Nutrient Guideline			750-850		1420										<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/18/2017																
High Lunch	Total	3														
BBQ Sandwich-PP **1921	1 sand	1	131	11	485	2.09	0.73	36.8	97	4.04	*N/A*	5.33	19.54	3.5	1.08	*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	*N/A*
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	*N/A*
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	*N/A*
ChoFreshVeggie**1882	Servings	3	36	0	109	2.63	0.60	20.1	2838	10.84	*1	1.7	6.65	0.47	0.11	*N/A*
Milk-Variety**0489	1 Carton	3	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Burger/Deli Sand Choice**1891	1 Serving	1	134	18	351	1.48	0.78	39.0	459	4.74	*0	6.39	13.69	5.81	1.97	*0.00
Crispy Chicken Salad**1909	1 Salad	1	165	8	260	3.77	1.78	27.4	6603	6.67	*4	7.54	21.0	6.45	1.04	*0.00
Weighted Daily Average			829	45	1515	15.67	5.30	463.9	13886	78.04	*29	31.05	123.77	24.71	6.54	*0.00
% of Calories											*13.9%	15.0%	59.7%	26.8%	7.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Central Consolidated Schools

May 1, 2017 thru May 19, 2017

Base Menu Spreadsheet

High Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/19/2017																
High Lunch	Total	4														
ChickFajitaWrap**1930	1 Wrap	1	75	15	233	1.01	0.90	65.6	654	1.78	*0	6.35	7.31	2.28	0.79	*0.00
Crinkle Cut Fries**0499	3 Oz.	3	90	0	23	1.50	0.54	0.0	0	4.5	*N/A*	1.5	14.25	3.37	1.13	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	*N/A*
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	0.02	*N/A*
Pears,Fresh**0090	1 EACH	4	95	0	2	5.15	0.30	14.9	42	7.14	16	0.6	25.28	0.23	0.03	*N/A*
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*
ChoFreshVeggie**1882	Servings	4	36	0	109	2.63	0.60	20.1	2838	10.84	*1	1.7	6.65	0.47	0.11	*N/A*
Friday Milk**1848	1 Carton	4	110	7	153	0.00	0.18	300.0	500	2.0	*N/A*	8.0	16.67	0.83	0.50	0.00
Choice of Chick Sand HS**2002	1 Serving	1	88	13	209	1.11	0.61	14.5	328	2.81	*0	5.44	7.44	3.95	0.70	*0.00
Choice of Pizza-HS**1437	1 Slice	1	88	9	158	1.00	0.56	81.2	100	0.0	*N/A*	4.5	9.0	3.75	1.75	0.00
Garden Salad**1910	1 Salad	1	120	50	198	3.34	1.34	111.5	5352	12.4	*5	6.15	16.05	3.96	1.49	*N/A*
Weighted Daily Average			941	94	1274	18.35	5.31	943.3	*10093	94.25	*33	37.79	148.28	24.71	8.61	*0.00
% of Calories											*14.1%	16.1%	63.0%	23.6%	8.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Weighted Average			783	*71	*1269	*15.05	*5.45	*604.9	*12433	*78.48	*29	*34.56	*118.20	20.41	*6.40	*0.07
											*33.9%	*17.7%	*60.4%	23.5%	*7.4%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	783		750 - 850	100%				
Cholesterol (mg)	71				Missing			
Sodium (mg)	1269		1420		Missing			
Fiber (g)	15.05				Missing			
Iron (mg)	5.45				Missing			
Calcium (mg)	604.9				Missing			
Vitamin A (IU)	12433				Missing			
Sugars (g)	29	15.07%			Missing			
Vitamin C (mg)	78.48				Missing			
Protein (g)	34.56	17.66%			Missing			
Carbohydrate (g)	118.20	60.41%			Missing			
Total Fat (g)	20.41	23.47%						
Saturated Fat (g)	6.40	7.36%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	0.07	0.08%			Missing			

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