

# Central Consolidated Schools

May 1, 2017 thru May 19, 2017

## Base Menu Spreadsheet

Middle School Breakfast

### 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																
Middle School Breakfast	Total	1														
UBR**1305	1 Each	1	250	5	220	6.39	0.71	32.7	9	0.0	*N/A*	4.0	44.0	6.0	2.00	0.00
Yogurt**1777	1 Each	1	90	0	75	0.00	0.00	300.0	0	0.0	*N/A*	3.0	19.0	0.0	0.00	0.00
BkfFreshFruitMix**0336	1/2 Cup	1	33	0	5	0.92	0.19	6.6	542	17.14	6	0.53	8.39	0.17	0.04	*N/A*
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			532	13	443	7.31	1.05	649.3	1050	28.14	*6	15.53	99.06	7.42	2.78	*0.00
% of Calories											*4.7%	11.7%	74.5%	12.6%	4.7%	*0.0%
Nutrient Guideline			400-550		600											<10.00

Tue - 05/02/2017																
Middle School Breakfast	Total	1														
Biscuits & Gravy**1186	1 Ea. + 1/2 Cup	1	331	27	924	2.00	1.32	73.5	0	0.0	*N/A*	9.4	26.0	20.8	9.05	0.50
Honeydew Chunks**0662	1/2 Cup	1	31	0	16	0.70	0.15	5.2	44	15.72	7	0.47	7.94	0.12	0.03	*N/A*
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			521	34	1082	2.70	1.62	388.7	544	26.72	*7	17.87	61.61	22.17	9.82	*0.50
% of Calories											*5.4%	13.7%	47.3%	38.3%	17.0%	*0.9%
Nutrient Guideline			400-550		600											<10.00

Wed - 05/03/2017																
Middle School Breakfast	Total	1														
Oatmeal**1095	3/4 Cup	1	143	0	35	3.01	1.40	26.5	0	0.0	*8	4.8	27.19	1.96	0.34	*N/A*
WW Toast w/Jelly**1767	1 Slice/1 Pkt.	1	159	0	185	1.59	1.01	17.1	219	0.61	*1	2.69	25.29	5.65	0.92	*0.00
Applesauce**0356	1/2 Cup	1	87	0	3	1.53	0.15	3.8	8	2.17	19	0.2	22.31	0.22	0.04	*N/A*
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			546	8	365	6.12	2.71	357.4	726	13.78	*28	15.69	102.46	9.07	2.05	*0.00
% of Calories											*20.8%	11.5%	75.0%	14.9%	3.4%	*0.0%
Nutrient Guideline			400-550		600											<10.00

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

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Middle School Breakfast

### 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)
<b>Thu - 05/04/2017</b>																
Middle School Breakfast	Total	1														
Cold Cereal**0013	1 Bowl	1	96	0	159	1.72	4.84	88.6	432	4.79	*N/A*	1.44	20.45	1.39	0.08	0.00
WW Toast w/Jelly**1767	1 Slice/1 Pkt.	1	159	0	185	1.59	1.01	17.1	219	0.61	*1	2.69	25.29	5.65	0.92	*0.00
Peaches**0437	1/2 Cup	1	68	0	6	1.63	0.45	3.8	443	3.01	17	0.56	18.22	0.04	0.00	*N/A*
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average % of Calories			481	8	493	4.93	6.44	419.5	1594	19.40	*18 *14.9%	12.69 10.6%	91.62 76.2%	8.32 15.6%	1.75 3.3%	*0.00 *0.0%
Nutrient Guideline			400-550		600											<10.00

<b>Fri - 05/05/2017</b>																
Middle School Breakfast	Total	1														
Pillsbury Mini Cinnis**1966	1 each	1	240	0	300	2.00	1.44	40.0	0	0.0	*N/A*	4.99	39.95	7.99	2.00	0.00
Banana**0068	1 Each	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average % of Calories			488	8	443	4.62	1.85	355.0	565	19.79	*12 *10.1%	14.09 11.6%	90.69 74.3%	9.57 17.7%	2.86 5.3%	*0.00 *0.0%
Nutrient Guideline			400-550		600											<10.00

<b>Mon - 05/08/2017</b>																
Middle School Breakfast	Total	1														
FrenchToastSticks**0207	3 Ea. + 2 Tbsp	1	262	115	342	3.00	1.81	81.2	200	3.6	13	9.0	50.13	4.0	1.00	*0.00
Orange Wedges**0600	1 orange	1	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.02	*N/A*
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average % of Calories			465	123	485	5.30	2.06	429.6	916	65.67	*22 *19.3%	17.90 15.4%	89.07 76.6%	5.36 10.4%	1.77 3.4%	*0.00 *0.0%
Nutrient Guideline			400-550		600											<10.00

Tue - 05/09/2017																	
Middle School Breakfast	Total	1															
Cold Cereal**0013	1 Bowl	1	96	0	159	1.72	4.84	88.6	432	4.79	*N/A*	1.44	20.45	1.39	0.08	0.00	
WW Toast w/Jelly**1767	1 Slice/1 Pkt.	1	159	0	185	1.59	1.01	17.1	219	0.61	*1	2.69	25.29	5.65	0.92	*0.00	
Fresh Apple**0064	Apple	1	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	*N/A*	
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00	
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00	
Weighted Daily Average % of Calories			485	8	488	6.62	6.16	424.0	1226	22.75	*16 *12.9%	12.49 10.3%	92.46 76.2%	8.52 15.8%	1.79 3.3%	*0.00 *0.0%	
Nutrient Guideline			400-550		600											<10.00	

Wed - 05/10/2017																	
Middle School Breakfast	Total	1															
Pancakes w/Syrup**1188	2PC+2T	1	239	17	346	1.33	1.21	27.9	0	0.0	*8	4.0	50.14	2.67	0.33	*0.00	
Fresh Strawberries**1875	1/2 cup	1	23	0	1	1.44	0.30	11.5	9	42.34	4	0.48	5.53	0.22	0.01	*N/A*	
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00	
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00	
Weighted Daily Average % of Calories			420	24	489	2.77	1.66	349.4	509	53.34	*12 *11.4%	12.48 11.9%	83.34 79.4%	4.13 8.9%	1.09 2.3%	*0.00 *0.0%	
Nutrient Guideline			400-550		600											<10.00	

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Thu - 05/11/2017																
Middle School Breakfast	Total	1														
Yogurt**1777	1 Each	1	90	0	75	0.00	0.00	300.0	0	0.0	*N/A*	3.0	19.0	0.0	0.00	0.00
Granola Pack -1oz	1 oz pack	1	124	0	90	1.99	0.54	9.9	0	0.0	6	2.49	21.39	3.48	0.50	0.00
Cantaloupe Chunks**0656	1/2 Cup	1	54	0	25	1.43	0.33	14.3	5369	58.26	12	1.33	12.95	0.3	0.08	*N/A*
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			427	8	332	3.42	1.02	634.2	5869	69.26	*19	14.82	81.01	5.03	1.33	*0.00
% of Calories											*17.8%	13.9%	75.9%	10.6%	2.8%	*0.0%
Nutrient Guideline			400-550		600											<10.00

Fri - 05/12/2017																
Middle School Breakfast	Total	1														
Oatmeal**1095	3/4 Cup	1	143	0	35	3.01	1.40	26.5	0	0.0	*8	4.8	27.19	1.96	0.34	*N/A*
WW Toast w/Jelly**1767	1 Slice/1 Pkt.	1	159	0	185	1.59	1.01	17.1	219	0.61	*1	2.69	25.29	5.65	0.92	*0.00
Banana**0068	1 each	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			550	8	363	7.22	2.82	358.6	783	20.40	*22	16.59	103.22	9.19	2.12	*0.00
% of Calories											*16.0%	12.1%	75.1%	15.0%	3.5%	*0.0%
Nutrient Guideline			400-550		600											<10.00

Mon - 05/15/2017																
Middle School Breakfast	Total	1														
Biscuits & Gravy**1186	1 Ea. + 1/2 Cup	1	331	27	924	2.00	1.32	73.5	0	0.0	*N/A*	9.4	26.0	20.8	9.05	0.50
Pears**0438	1/2 Cup	1	71	0	6	2.00	0.35	6.3	0	0.88	15	0.24	18.99	0.04	0.00	*N/A*
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			561	34	1072	4.00	1.82	389.8	500	11.88	*15	17.63	72.66	22.08	9.80	*0.50
% of Calories											*10.8%	12.6%	51.8%	35.4%	15.7%	*0.8%
Nutrient Guideline			400-550		600											<10.00

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<b>Tue - 05/16/2017</b>																
Middle School Breakfast	Total	1														
Cold Cereal**0013	1 Bowl	1	96	0	159	1.72	4.84	88.6	432	4.79	*N/A*	1.44	20.45	1.39	0.08	0.00
WW Toast w/Jelly**1767	1 Slice/1 Pkt.	1	159	0	185	1.59	1.01	17.1	219	0.61	*1	2.69	25.29	5.65	0.92	*0.00
Pineapple Chunks**0092	1/2 Cup	1	65	0	1	1.00	0.49	17.5	48	9.39	16	0.45	16.84	0.15	0.01	*N/A*
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average % of Calories			478	8	488	4.31	6.48	433.2	1199	25.79	*17 *14.4%	12.58 10.5%	90.24 75.4%	8.44 15.9%	1.76 3.3%	*0.00 *0.0%
Nutrient Guideline			400-550		600											<10.00

<b>Wed - 05/17/2017</b>																
Middle School Breakfast	Total	1														
Hard Boiled Eggs**0370	1 Egg	1	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Choice of Muffin**0480	1 Each	1	117	18	73	1.78	0.74	5.1	33	0.59	*N/A*	2.37	19.4	3.22	0.46	0.00
Fruit Cocktail**0419	1/2 Cup	1	69	0	7	1.20	0.35	7.2	246	2.28	17	0.48	17.95	0.08	0.01	*N/A*
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average % of Calories			421	212	285	2.98	1.83	347.3	1039	13.87	*17 *16.4%	17.14 16.3%	65.57 62.3%	9.86 21.1%	2.85 6.1%	*0.00 *0.0%
Nutrient Guideline			400-550		600											<10.00

<b>Thu - 05/18/2017</b>																
Middle School Breakfast	Total	1														
Mini Waffle**1934	pouch	1	190	0	210	3.00	2.70	100.0	500	0.0	*N/A*	4.0	33.0	5.0	1.50	0.00
BkfFreshFruitMix**0336	1/2 Cup	1	33	0	5	0.92	0.19	6.6	542	17.14	6	0.53	8.39	0.17	0.04	*N/A*
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00

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Weighted Daily Average % of Calories			382	8	358	3.92	3.04	416.6	1542	28.14	*6 *6.6%	12.53 13.1%	69.06 72.4%	6.42 15.1%	2.28 5.4%	*0.00 *0.0%
Nutrient Guideline			400-550		600											<10.00

Fri - 05/19/2017																	
Middle School Breakfast	Total	1															
Pancake on Stick**0659	1 Each	1	198	25	307	2.97	1.78	19.8	0	0.0	4	6.94	16.84	9.91	2.48	0.00	
Banana**0068	1 each	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	*N/A*	
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00	
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00	
Weighted Daily Average % of Calories			446	32	451	5.60	2.20	334.9	565	19.79	*16 *14.6%	16.04 14.4%	67.58 60.6%	11.49 23.2%	3.34 6.7%	*0.00 *0.0%	
Nutrient Guideline			400-550		600											<10.00	

Weighted Average			480	35	509	4.79	2.85	419.2	1242	29.25	*16 *29.4%	15.07 12.6%	83.98 69.9%	9.81 18.4%	3.16 5.9%	*0.07 *0.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	480		400 - 550	100%				
Cholesterol (mg)	35							
Sodium (mg)	509		600					
Fiber (g)	4.79							
Iron (mg)	2.85							
Calcium (mg)	419.2							
Vitamin A (IU)	1242							
Sugars (g)	16	13.07%			Missing			
Vitamin C (mg)	29.25							
Protein (g)	15.07	12.55%						
Carbohydrate (g)	83.98	69.94%						
Total Fat (g)	9.81	18.38%						
Saturated Fat (g)	3.16	5.92%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.07	0.12%			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

<sup>1</sup> - 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.