

Central Consolidated Schools

May 1, 2018 thru May 18, 2018

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/01/2018																
Elementary Lunch	Total	2														
Tyson Chicken Popcorn**1956	3.36 oz 1 pc	1	128	13	194	1.53	0.92	0.0	51	0.0	1	7.66	8.17	7.66	1.28	0.00
Mashed Potatoes**0171	1/2 Cup	1	37	0	51	0.50	0.18	5.0	25	1.79	*N/A*	0.99	7.95	0.3	0.05	0.00
Gravy - Variety**1859	1/4 Cup	1	10	0	158	0.00	0.00	0.0	0	0.0	*N/A*	0.25	2.0	0.25	0.00	0.00
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	1	45	0	70	0.79	0.41	2.8	0	0.0	*1	1.32	8.26	0.93	0.13	*0.00
Peaches**0437	1/2 Cup	1	34	0	3	0.81	0.23	1.9	222	1.5	8	0.28	9.11	0.02	0.00	0.00
Jello w/Topping**0385	1/2 Cup	1	48	0	0	0.00	0.00	0.0	0	15.0	*N/A*	1.0	9.5	1.0	1.00	*0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Fruit&YogurtSaladMuffin**0399	1 Salad	1	205	16	220	4.32	1.33	295.5	12394	26.87	*10	7.44	34.02	4.71	2.09	*0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			685	44	983	9.46	3.61	621.9	14864	53.15	*22	28.20	98.09	21.41	6.30	*0.00
% of Calories											*13.0%	16.5%	57.3%	28.1%	8.3%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	
Wed - 05/02/2018																
Elementary Lunch	Total	2														
Quesadilla, cheese **1949	1	1	170	16	322	2.14	1.28	293.3	263	0.59	*0	9.85	16.91	6.92	3.69	0.00
Santiago Refried Beans**1999	1/2 cup	1	79	0	74	4.92	1.13	24.9	0	0.43	0	4.92	14.28	0.25	0.00	0.00
Kiwi Strawberry Sidekick**1944	4.4 oz serving	1	40	0	23	0.00	0.18	40.0	500	30.0	*N/A*	0.0	10.0	0.0	0.00	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Elem Bag Lunch***1997	lunch	1	115	12	316	1.50	0.78	49.0	73	0.6	*1	5.7	15.11	3.78	1.58	0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Salsa**0651	2 Tbsp.	1	5	0	70	0.50	0.18	10.1	76	0.6	*N/A*	0.0	1.01	0.0	0.00	0.00
Weighted Daily Average			588	43	1091	10.57	4.08	733.9	3083	40.21	*3	29.73	76.40	17.48	7.03	*0.00
% of Calories											*2.3%	20.2%	52.0%	26.8%	10.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/03/2018																
Elementary Lunch	Total	2														
Hamburger All**0279	1 Sandwich	1	166	20	364	1.63	1.42	49.7	50	2.45	*0	7.36	15.28	8.08	3.02	*0.00
Crinkle Cut Fries**0499	3 Oz.	1	60	0	15	1.00	0.36	0.0	0	3.0	0	1.0	9.5	2.25	0.75	0.00
ChoLettuce/Tomato**0283	1/2 Cup	1	7	0	3	0.72	0.31	10.7	2674	2.28	1	0.44	1.29	0.11	0.01	0.00
Apple Wedges**1238	4 Wedges	1	29	0	1	1.36	0.07	3.4	31	2.61	6	0.15	7.83	0.1	0.02	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Fruit&YogurtSalad-VVWCrk**2013	1 Salad	1	232	8	354	4.94	4.96	296.9	12377	26.54	*12	7.77	39.47	6.1	2.34	*0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			673	43	1023	11.16	7.66	677.4	17304	44.87	*21	25.96	92.45	23.17	7.90	*0.00
% of Calories											*12.6%	15.4%	55.0%	31.0%	10.6%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 05/04/2018																
Elementary Lunch	Total	2														
Nardone WW PeppPizza 4x6**2005	piece	1	175	20	290	1.50	1.35	175.0	200	4.5	3	11.0	14.5	8.5	3.50	0.00
Italian Veggies**1112	1/2 Cup	1	12	0	14	0.00	0.00	8.1	303	3.64	*N/A*	0.4	2.02	0.0	0.00	0.00
Pineapple Chunks**0092	1/2 Cup	1	33	0	1	0.50	0.24	8.8	24	4.7	8	0.23	8.42	0.08	0.01	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Elem Bag Lunch***1997	lunch	1	115	12	316	1.50	0.78	49.0	73	0.6	*1	5.7	15.11	3.78	1.58	0.00
Hope'sCChipCookie**1836	1 Each	2	110	5	160	0.00	0.72	0.0	0	0.0	*N/A*	1.0	18.0	4.5	1.50	0.00
Friday Milk**1848	1 Carton	2	110	7	153	0.00	0.18	300.0	500	2.0	*N/A*	8.0	16.67	0.83	0.50	0.00
Weighted Daily Average			633	52	1091	5.01	3.72	557.5	2771	21.02	*14	27.58	80.80	22.97	8.09	*0.00
% of Calories											*9.0%	17.4%	51.1%	32.7%	11.5%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	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 - 05/07/2018																
Elementary Lunch	Total	2														
Spag w/Meat Sauce **1025	1 1/2 Cup	1	242	21	364	4.80	1.92	131.2	821	6.55	*0	12.08	30.99	8.2	3.07	*0.17
Tossed Salad**0202	1 Cup	1	10	0	6	1.00	0.40	14.6	3885	3.05	1	0.58	1.94	0.14	0.02	0.00
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	1	45	0	70	0.79	0.41	2.8	0	0.0	*1	1.32	8.26	0.93	0.13	*0.00
Pears**0438	1/2 Cup	1	36	0	3	1.00	0.18	3.1	0	0.44	8	0.12	9.5	0.02	0.00	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Elem Bag Lunch***1997	lunch	1	115	12	316	1.50	0.78	49.0	73	0.6	*1	5.7	15.11	3.78	1.58	0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			626	48	1045	10.60	4.23	517.4	6951	18.63	*13	29.06	84.89	19.61	6.56	*0.17
% of Calories											*8.1%	18.6%	54.3%	28.2%	9.4%	*0.2%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 05/08/2018																
Elementary Lunch	Total	2														
LosCaboBn&CheeBurrito**2000	1 each	1	148	9	249	4.40	1.35	100.0	150	0.6	1	7.56	20.43	4.47	2.02	0.00
Corn-FRZ**0271	1/2 Cup	1	33	0	0	0.98	0.19	1.2	81	1.43	1	1.04	7.88	0.27	0.04	0.00
ChoLettuce/Tomato**0283	1/2 Cup	1	7	0	3	0.72	0.31	10.7	2674	2.28	1	0.44	1.29	0.11	0.01	0.00
Fresh Strawberries**1875	1/2 cup	1	12	0	0	0.72	0.15	5.8	4	21.17	2	0.24	2.76	0.11	0.01	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Elem Bag Lunch***1997	lunch	1	115	12	316	1.50	0.78	49.0	73	0.6	*1	5.7	15.11	3.78	1.58	0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Salsa**0651	2 Tbsp.	1	5	0	70	0.50	0.18	10.1	76	0.6	*N/A*	0.0	1.01	0.0	0.00	0.00
Weighted Daily Average			497	36	926	10.34	3.50	493.4	5229	34.67	*7	24.23	67.57	15.27	5.42	*0.00
% of Calories											*6.0%	19.5%	54.3%	27.6%	9.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Elementary Lunch

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/09/2018																
Elementary Lunch	Total	2														
Salisbury Steak**0767	1 Each	1	112	15	150	0.50	0.72	10.0	3	0.0	0	5.5	1.5	2.5	1.00	0.00
Mashed Potatoes**0171	1/2 Cup	1	37	0	51	0.50	0.18	5.0	25	1.79	*N/A*	0.99	7.95	0.3	0.05	0.00
Gravy - Variety**1859	1/4 Cup	1	10	0	158	0.00	0.00	0.0	0	0.0	*N/A*	0.25	2.0	0.25	0.00	0.00
Mixed Veggies-FRZ**0646	1/2 Cup	1	19	0	15	0.76	0.14	0.0	476	1.37	2	0.38	4.19	0.0	0.00	0.00
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	1	45	0	70	0.79	0.41	2.8	0	0.0	*1	1.32	8.26	0.93	0.13	*0.00
Kiwi Strawberry Sidekick**1944	4.4 oz serving	1	40	0	23	0.00	0.18	40.0	500	30.0	*N/A*	0.0	10.0	0.0	0.00	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Fruit&YogurtSaladMuffin**0399	1 Salad	1	205	16	220	4.32	1.33	295.5	12394	26.87	*10	7.44	34.02	4.71	2.09	*0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			647	46	973	8.38	3.50	670.0	15569	68.01	*16	25.14	87.00	15.23	5.02	*0.00
% of Calories											*9.6%	15.5%	53.7%	21.2%	7.0%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

Thu - 05/10/2018																
Elementary Lunch	Total	2														
Mac & Cheese-HMD**0285	2/3 CUP	1	178	28	462	0.42	0.45	196.1	413	0.29	*0	8.73	10.64	11.2	6.08	*0.00
Green Beans-FRZ**0426	1/2 cup	1	11	0	0	1.22	0.27	17.1	171	1.67	1	0.61	2.63	0.07	0.02	0.00
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	1	45	0	70	0.79	0.41	2.8	0	0.0	*1	1.32	8.26	0.93	0.13	*0.00
Apple Wedges**1238	4 Wedges	1	29	0	1	1.36	0.07	3.4	31	2.61	6	0.15	7.83	0.1	0.02	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Elem Bag Lunch***1997	lunch	1	115	12	316	1.50	0.78	49.0	73	0.6	*1	5.7	15.11	3.78	1.58	0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			557	56	1136	6.81	2.52	585.2	2860	13.16	*11	25.76	63.56	22.61	9.58	*0.00
% of Calories											*7.8%	18.5%	45.6%	36.5%	15.5%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

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Fri - 05/11/2018																
Elementary Lunch	Total	2														
Nardone Cheese Pizza 4x6**2006	peice/serv	1	155	15	180	1.50	1.35	225.0	250	4.5	3	11.0	15.0	6.0	3.00	0.00
Green Beans-FRZ**0426	1/2 cup	1	11	0	0	1.22	0.27	17.1	171	1.67	1	0.61	2.63	0.07	0.02	0.00
Orange Wedges**0600	1 orange	1	23	0	0	1.15	0.05	19.2	108	25.54	4	0.45	5.64	0.06	0.01	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Fruit&YogurtSalad-WWCrk**2013	1 Salad	1	232	8	354	4.94	4.96	296.9	12377	26.54	*12	7.77	39.47	6.1	2.34	*0.00
Friday Milk**1848	1 Carton	2	110	7	153	0.00	0.18	300.0	500	2.0	*N/A*	8.0	16.67	0.83	0.50	0.00
Weighted Daily Average			609	37	845	10.32	7.26	874.9	15078	65.83	*23	29.08	85.49	18.34	6.87	*0.00
% of Calories											*15.1%	19.1%	56.1%	27.1%	10.1%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 05/14/2018																
Elementary Lunch	Total	2														
AFS Tangerine Chicken**2001	3.9 oz	1	95	23	190	1.00	0.72	0.0	33	0.0	7	7.0	12.5	2.0	0.50	0.00
Brown Rice**0687	1 Cup	1	35	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.28	*N/A*	*N/A*
Broccoli-Froz**0258	1/2 Cup	1	16	0	6	1.70	0.35	18.7	573	22.74	1	1.76	3.03	0.07	0.01	0.00
Mandarin Oranges**1163	1/2 Cup	1	27	0	3	0.51	0.16	3.4	555	8.41	*N/A*	0.23	6.89	0.06	0.00	*N/A*
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Elem Bag Lunch***1997	lunch	1	115	12	316	1.50	0.78	49.0	73	0.6	*1	5.7	15.11	3.78	1.58	0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			466	*50	*802	*6.22	*2.54	*387.8	*3406	*39.73	*11	*23.94	*56.62	12.73	*3.85	*0.00
% of Calories											*9.2%	*20.6%	*48.6%	24.6%	*7.4%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Central Consolidated Schools

May 1, 2018 thru May 18, 2018

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	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 - 05/15/2018																
Elementary Lunch	Total	2														
Taco- 2 w GB**1974	2 Tacos	1	191	30	254	2.60	1.72	166.2	825	5.4	*0	12.01	14.6	9.67	4.18	*0.02
Spanish Rice Elem**8189	1/2 Cup	1	57	0	178	0.94	0.48	7.6	187	5.93	*0	0.44	10.73	1.02	0.08	*0.00
ChoLettuce/Tomato**0283	1/2 Cup	1	7	0	3	0.72	0.31	10.7	2674	2.28	1	0.44	1.29	0.11	0.01	0.00
Honeydew Chunks**0662	1/2 Cup	1	16	0	8	0.35	0.07	2.6	22	7.86	4	0.24	3.97	0.06	0.02	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Fruit&YogurtSalad-WWCrk**2013	1 Salad	1	232	8	354	4.94	4.96	296.9	12377	26.54	*12	7.77	39.47	6.1	2.34	*0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Salsa**0651	2 Tbsp.	1	5	0	70	0.50	0.18	10.1	76	0.6	*N/A*	0.0	1.01	0.0	0.00	0.00
Weighted Daily Average			685	53	1155	11.56	8.28	810.8	18333	56.60	*19	30.15	90.15	23.49	8.39	*0.02
% of Calories											*11.2%	17.6%	52.6%	30.9%	11.0%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Wed - 05/16/2018																
Elementary Lunch	Total	2														
Chicken Sand**0919	1 Each	1	198	12	317	2.97	1.60	59.5	49	1.79	*0	9.88	20.33	8.14	1.23	*0.00
Simplot Swt Pot CC Fries**1958	4 oz	1	109	0	132	1.84	0.54	12.5	2486	2.48	*N/A*	0.79	15.06	5.05	1.15	0.00
ChoLettuce/Tomato**0283	1/2 Cup	1	7	0	3	0.72	0.31	10.7	2674	2.28	1	0.44	1.29	0.11	0.01	0.00
Pickles**1229	3 Each	1	1	0	85	0.11	0.03	6.0	13	0.24	0	0.05	0.25	0.03	0.01	0.00
Applesauce**0356	1/2 Cup	1	43	0	1	0.77	0.08	1.9	4	1.08	9	0.1	11.16	0.11	0.02	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Fruit&YogurtSalad-WWCrk**2013	1 Salad	1	232	8	354	4.94	4.96	296.9	12377	26.54	*12	7.77	39.47	6.1	2.34	*0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			768	35	1178	12.85	8.07	704.2	19775	42.40	*25	28.28	106.64	26.08	6.52	*0.00
% of Calories											*13.1%	14.7%	55.5%	30.5%	7.6%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Central Consolidated Schools

May 1, 2018 thru May 18, 2018

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	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 - 05/17/2018																
Elementary Lunch	Total	2														
Frito Pie-Cnd Bean Gr BF**1937	Servings	1	211	20	569	4.75	1.88	247.1	397	4.66	*1	10.06	22.28	9.53	3.05	*0.01
ChoLettuce/Tomato**0283	1/2 Cup	1	7	0	3	0.72	0.31	10.7	2674	2.28	1	0.44	1.29	0.11	0.01	0.00
Corn-FRZ**0271	1/2 Cup	1	33	0	0	0.98	0.19	1.2	81	1.43	1	1.04	7.88	0.27	0.04	0.00
Apple Wedges**1238	4 Wedges	1	29	0	1	1.36	0.07	3.4	31	2.61	6	0.15	7.83	0.1	0.02	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Elem Bag Lunch***1997	lunch	1	115	12	316	1.50	0.78	49.0	73	0.6	*1	5.7	15.11	3.78	1.58	0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Salsa**0651	2 Tbsp.	1	5	0	70	0.50	0.18	10.1	76	0.6	*N/A*	0.0	1.01	0.0	0.00	0.00
Weighted Daily Average			579	47	1246	11.33	3.95	638.2	5503	20.17	*12	26.64	74.48	20.32	6.46	*0.01
% of Calories											*8.3%	18.4%	51.5%	31.6%	10.0%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 05/18/2018																
Elementary Lunch	Total	2														
Tony's Cheese Stuff Stic**1715	2 Each	1	189	23	540	1.72	1.29	164.4	280	1.73	*N/A*	8.72	19.47	8.08	3.86	0.00
Cucumber Slices**5047	1/2 Cup	1	6	0	1	0.20	0.11	6.5	43	1.14	1	0.27	1.48	0.04	0.02	0.00
Cantaloupe Chunks**0656	1/2 Cup	1	27	0	13	0.71	0.17	7.1	2685	29.13	6	0.67	6.48	0.15	0.04	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	50	7	65	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.5	5.25	1.00	*N/A*
Elem Bag Lunch***1997	lunch	1	115	12	316	1.50	0.78	49.0	73	0.6	*1	5.7	15.11	3.78	1.58	0.00
Friday Milk**1848	1 Carton	2	110	7	153	0.00	0.18	300.0	500	2.0	*N/A*	8.0	16.67	0.83	0.50	0.00
Weighted Daily Average			525	49	1180	5.65	2.98	543.8	5252	40.19	*10	24.61	65.29	18.18	7.00	*0.00
% of Calories											*7.8%	18.7%	49.7%	31.1%	12.0%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Weighted Average			610	*46	*1048	*9.31	*4.71	*629.7	*9713	*39.90	*15	*27.03	*80.67	19.78	*6.79	*0.01
											*21.9%	*17.7%	*52.9%	29.2%	*10.0%	*0.0%

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Central Consolidated Schools

May 1, 2018 thru May 18, 2018

Base Menu Spreadsheet

Elementary Lunch

Weighted Values - Detailed

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Nutrient	Menu AVG	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)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	610		600 - 650	100%														
Cholesterol (mg)	46				Missing													
Sodium 1 (mg)	1048		1230		Missing													
Sodium 2 (mg)	1048		935		Missing		113			Correction Required - Sodium too High								
Fiber (g)	9.31				Missing													
Iron (mg)	4.71				Missing													
Calcium (mg)	629.7				Missing													
Vitamin A (IU)	9713				Missing													
Sugars (g)	15	9.74%			Missing													
Vitamin C (mg)	39.90				Missing													
Protein (g)	27.03	17.72%			Missing													
Carbohydrate (g)	80.67	52.91%			Missing													
Total Fat (g)	19.78	29.18%																
Saturated Fat (g)	6.79	10.01%	<10.00%		Missing										Correction Required - Sat. Fat too High			
Trans Fat ¹ (g)	0.01	0.02%			Missing													

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