

# Central Consolidated Schools

May 1, 2018 thru May 18, 2018

## Base Menu Spreadsheet

Middle School Breakfast

### Weighted Values - Detailed

Page 1

Generated on: 4/12/2018 3:18:31 PM

	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)
Tue - 05/01/2018																
Middle School Breakfast Biscuits & Gravy**1186	Total 1 Ea. + 1/2 Cup	1	351	27	1024	2.00	1.32	73.5	0	0.0	*24	9.4	28.0	21.8	9.05	0.50
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	0.01	0.00
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			555	34	1166	4.30	1.57	421.9	716	62.07	*33 *23.8%	18.30 13.2%	66.95 48.3%	23.16 37.6%	9.81 15.9%	0.50 0.8%
Nutrient Guideline			400-550		600											<10.00

Wed - 05/02/2018																
Middle School Breakfast Oatmeal**1095	Total 3/4 Cup	1	143	0	35	3.01	1.40	26.5	0	0.0	*8	4.8	27.19	1.96	0.35	*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
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	0.00
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			546	8	365	6.12	2.71	357.4	726	13.78	*28 *20.8%	15.69 11.5%	102.46 75.0%	9.07 14.9%	2.05 3.4%	*0.00 *0.0%
Nutrient Guideline			400-550		600											<10.00

Thu - 05/03/2018																
Middle School Breakfast Cold Cereal**0013	Total 1 Bowl	1	103	0	166	1.72	4.84	88.6	449	4.99	*1	1.44	21.78	1.47	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	0.00
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

\*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.

# Central Consolidated Schools

May 1, 2018 thru May 18, 2018

Base Menu Spreadsheet

Middle School Breakfast

Weighted Values - Detailed

Page 2

Generated on: 4/12/2018 3:18:31 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			488	8	500	4.93	6.44	419.5	1611	19.60	*19 *15.7%	12.69 10.4%	92.95 76.3%	8.41 15.5%	1.75 3.2%	*0.00 *0.0%
Nutrient Guideline			400-550		600											<10.00

Fri - 05/04/2018																
Middle School Breakfast	Total	1														
Cheese Omelet**1176	1 Each	1	110	195	210	0.00	0.66	84.0	374	0.0	0	8.0	1.0	8.0	3.00	0.00
Flour Tortilla-6***1051	1 Each	1	80	0	115	1.50	0.90	50.0	0	0.0	*N/A*	2.5	14.5	1.75	0.75	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	0.00
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			438	203	469	4.13	1.97	449.0	939	19.79	*12 *11.3%	19.60 17.9%	66.24 60.5%	11.33 23.3%	4.61 9.5%	0.00 0.0%
Nutrient Guideline			400-550		600											<10.00

Mon - 05/07/2018																
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
Fruit Cocktail**0419	1/2 Cup	1	69	0	7	1.20	0.35	7.2	250	2.28	17	0.48	17.95	0.08	0.01	0.00
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			489	123	492	4.20	2.31	398.4	950	16.88	*30 *24.7%	17.48 14.3%	95.74 78.4%	5.33 9.8%	1.76 3.2%	*0.00 *0.0%
Nutrient Guideline			400-550		600											<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

<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.

# Central Consolidated Schools

May 1, 2018 thru May 18, 2018

Base Menu Spreadsheet

Middle School Breakfast

Weighted Values - Detailed

Page 3

Generated on: 4/12/2018 3:18:31 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 <sup>1</sup> (g)
Tue - 05/08/2018																
Middle School Breakfast	Total	1														
Cold Cereal**0013	1 Bowl	1	103	0	166	1.72	4.84	88.6	449	4.99	*1	1.44	21.78	1.47	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	0.00
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			492	8	495	6.62	6.16	424.0	1242	22.95	*17	12.49	93.79	8.60	1.79	*0.00
% of Calories											*13.7%	10.2%	76.3%	15.7%	3.3%	*0.0%
Nutrient Guideline			400-550		600											<10.00

Wed - 05/09/2018																
Middle School Breakfast	Total	1														
Egg&ChezEng Muf**1180	1 Each	1	242	129	592	3.02	2.04	207.7	310	0.0	*0	13.18	27.38	9.94	3.79	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	0.00
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			487	136	737	4.55	2.34	521.5	818	13.17	*19	21.38	77.36	11.41	4.58	0.00
% of Calories											*15.4%	17.6%	63.5%	21.1%	8.5%	0.0%
Nutrient Guideline			400-550		600											<10.00

Thu - 05/10/2018																
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**1977	1 oz pack	1	121	0	76	2.03	0.73	20.2	30	0.0	6	3.04	20.25	3.54	0.00	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	0.00
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			424	8	319	3.45	1.21	644.5	5900	69.26	*19	15.37	79.87	5.09	0.83	0.00
% of Calories											*17.5%	14.5%	75.4%	10.8%	1.8%	0.0%
Nutrient Guideline			400-550		600											<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

<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.

# Central Consolidated Schools

May 1, 2018 thru May 18, 2018

Base Menu Spreadsheet

Middle School Breakfast

Weighted Values - Detailed

Page 4

Generated on: 4/12/2018 3:18:31 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 <sup>1</sup> (g)
Fri - 05/11/2018																
Middle School Breakfast	Total	2														
Breakfast Burrito**5015	1 Ea.	1	234	270	492	1.97	2.19	274.5	623	3.8	*0	12.83	19.5	11.74	4.13	0.00
Cold Cereal**0013	1 Bowl	1	52	0	83	0.86	2.42	44.3	225	2.49	*1	0.72	10.89	0.74	0.04	0.00
Graham Crackers**0875	3 Ea.	1	45	0	48	0.50	0.36	50.0	250	0.0	*N/A*	0.5	8.0	1.25	0.25	0.00
Banana**0068	1 Each	2	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
Juice(Carton)**0103	1 Carton	2	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	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			583	278	837	6.46	5.56	693.9	1738	26.69	*13	23.15	90.13	15.30	5.29	0.00
% of Calories											*9.0%	15.9%	61.8%	23.6%	8.2%	0.0%
Nutrient Guideline			400-550		600										<10.00	

Mon - 05/14/2018																
Middle School Breakfast	Total	1														
Biscuits & Gravy**1186	1 Ea. + 1/2 Cup	1	351	27	1024	2.00	1.32	73.5	0	0.0	*24	9.4	28.0	21.8	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	0.00
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			581	34	1172	4.00	1.82	389.8	500	11.88	*39	17.63	74.66	23.08	9.80	0.50
% of Calories											*26.9%	12.1%	51.4%	35.7%	15.2%	0.8%
Nutrient Guideline			400-550		600										<10.00	

Tue - 05/15/2018																
Middle School Breakfast	Total	1														
Cold Cereal**0013	1 Bowl	1	103	0	166	1.72	4.84	88.6	449	4.99	*1	1.44	21.78	1.47	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	0.00
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

\*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.

# Central Consolidated Schools

May 1, 2018 thru May 18, 2018

Base Menu Spreadsheet

Middle School Breakfast

Weighted Values - Detailed

Page 5

Generated on: 4/12/2018 3:18:31 PM

	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)
Weighted Daily Average			485	8	495	4.31	6.48	433.2	1215	25.99	*18	12.58	91.58	8.52	1.76	*0.00
% of Calories											*15.1%	10.4%	75.5%	15.8%	3.3%	*0.0%
Nutrient Guideline			400-550		600											<10.00

Wed - 05/16/2018																
Middle School Breakfast	Total	1														
Cheese Omelet**1176	1 Each	1	110	195	210	0.00	0.66	84.0	374	0.0	0	8.0	1.0	8.0	3.00	0.00
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	250	2.28	17	0.48	17.95	0.08	0.01	0.00
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			454	220	433	2.98	1.90	406.3	1157	13.87	*17	18.85	66.01	12.56	4.22	0.00
% of Calories											*14.8%	16.6%	58.2%	24.9%	8.4%	0.0%
Nutrient Guideline			400-550		600											<10.00

Thu - 05/17/2018																
Middle School Breakfast	Total	1														
Mini Waffle**1934	1 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	0.00
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			382	8	358	3.92	3.04	416.6	1542	28.14	*6	12.53	69.06	6.42	2.29	0.00
% of Calories											*6.6%	13.1%	72.4%	15.1%	5.4%	0.0%
Nutrient Guideline			400-550		600											<10.00

Fri - 05/18/2018																
Middle School Breakfast	Total	1														
Pancake on Stick**0659	1 Each	1	198	25	307	2.97	1.78	19.8	20	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	0.00
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

\*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.

# Central Consolidated Schools

May 1, 2018 thru May 18, 2018

Base Menu Spreadsheet

Middle School Breakfast

Weighted Values - Detailed

Page 6

Generated on: 4/12/2018 3:18:31 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 <sup>1</sup> (g)
Weighted Daily Average			446	32	451	5.60	2.20	334.9	584	19.79	*16	16.04	67.58	11.49	3.34	0.00
% of Calories											*14.6%	14.4%	60.6%	23.2%	6.7%	0.0%
Nutrient Guideline			400-550		600										<10.00	

Weighted Average			489	79	592	4.68	3.26	450.8	1403	25.99	*21 *37.7%	16.70 13.7%	81.03 66.2%	11.41 21.0%	3.85 7.1%	*0.07 *0.1%
------------------	--	--	-----	----	-----	------	------	-------	------	-------	---------------	----------------	----------------	----------------	--------------	----------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	489		400 - 550	100%				
Cholesterol (mg)	79							
Sodium 1 (mg)	592		600					
Sodium 2 (mg)	592		535				57	Correction Required - Sodium too High
Fiber (g)	4.68							
Iron (mg)	3.26							
Calcium (mg)	450.8							
Vitamin A (IU)	1403							
Sugars (g)	21	16.76%			Missing			
Vitamin C (mg)	25.99							
Protein (g)	16.70	13.65%						
Carbohydrate (g)	81.03	66.24%						
Total Fat (g)	11.41	20.99%						
Saturated Fat (g)	3.85	7.08%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.07	0.13%			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.