

Central Consolidated Schools

May 1, 2019 thru May 17, 2019

Base Menu Spreadsheet

BAB 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 ¹ (g)
Wed - 05/01/2019																
BAB 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
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	0.00
Juice(Box)**2022	1 box	1	64	0	8	0.00	*0.00	20.0	0	60.0	15	0.0	16.2	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
Salsa**0651	2 Tbsp.	1	10	0	141	1.01	0.36	20.1	151	1.21	*N/A*	0.0	2.01	0.0	0.00	0.00
Weighted Daily Average			396	203	620	3.21	*2.16	479.4	1069	79.33	*22	18.97	54.66	11.12	4.53	0.00
% of Calories											*22.1%	19.2%	55.3%	25.3%	10.3%	0.0%
Nutrient Guideline			400-500		540										<10.00	

Thu - 05/02/2019																
BAB 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**0020	1 Slice	1	122	0	185	1.59	0.83	7.1	169	0.01	*1	2.69	16.29	5.47	0.89	*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(Box)**2022	1 box	1	64	0	8	0.00	*0.00	20.0	0	60.0	15	0.0	16.2	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			479	8	490	5.93	*6.01	420.8	1182	76.19	*30	13.23	90.34	8.52	1.84	*0.00
% of Calories											*24.8%	11.0%	75.4%	16.0%	3.5%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

Fri - 05/03/2019																
BAB 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
BkF Fresh Fruit Mix**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(Box)**2022	1 box	1	64	0	8	0.00	*0.00	20.0	0	60.0	15	0.0	16.2	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			447	13	363	7.31	*0.99	359.3	1050	79.54	*21	12.53	81.59	7.42	2.79	0.00
% of Calories											*18.9%	11.2%	72.9%	14.9%	5.6%	0.0%
Nutrient Guideline			400-500		540										<10.00	

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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 ¹ (g)
Mon - 05/06/2019																
BAB 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**0020	1 Slice	1	122	0	185	1.59	0.83	7.1	169	0.01	*1	2.69	16.29	5.47	0.89	*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	0.01	0.00
Juice(Box)**2022	1 box	1	64	0	8	0.00	*0.00	20.0	0	60.0	15	0.0	16.2	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			434	8	489	5.61	*5.85	454.1	1334	118.47	*26	13.03	78.55	8.31	1.74	*0.00
% of Calories											*24.2%	12.0%	72.4%	17.2%	3.6%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

Tue - 05/07/2019																
BAB Breakfast	Total	1														
Pillsbury Cherry Frudel**1960	1 each	1	210	0	290	2.00	1.08	*N/A*	*N/A*	*N/A*	*N/A*	5.01	37.05	6.01	1.50	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	0.00
Juice(Box)**2022	1 box	1	64	0	8	0.00	*0.00	20.0	0	60.0	15	0.0	16.2	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			428	8	454	3.43	*1.50	*334.3	*5869	*120.66	*27	14.34	79.20	7.56	2.33	0.00
% of Calories											*25.5%	13.4%	74.0%	15.9%	4.9%	0.0%
Nutrient Guideline			400-500		540										<10.00	

Wed - 05/08/2019																
BAB Breakfast	Total	1														
Bacon Scramble**1876	1 Ea	1	190	45	300	2.00	1.80	150.0	100	0.0	4	10.0	20.0	8.0	2.00	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(Box)**2022	1 box	1	64	0	8	0.00	*0.00	20.0	0	60.0	15	0.0	16.2	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			441	53	441	3.53	*2.04	473.8	608	64.57	*38	18.20	71.51	9.47	2.79	0.00
% of Calories											*34.0%	16.5%	64.9%	19.3%	5.7%	0.0%
Nutrient Guideline			400-500		540										<10.00	

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Thu - 05/09/2019																
BAB Breakfast	Total	1														
Pancakes w/Syrup**1188	2PC+2T	1	232	10	252	2.00	1.45	1.2	0	0.0	12	4.0	52.13	4.0	0.00	*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(Box)**2022	1 box	1	64	0	8	0.00	*0.00	20.0	0	60.0	15	0.0	16.2	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			461	18	391	3.00	*2.03	338.7	548	71.79	*43	12.45	98.17	5.40	0.76	*0.00
% of Calories											*37.4%	10.8%	85.2%	10.5%	1.5%	*0.0%
Nutrient Guideline			400-500		540										<10.00	

Fri - 05/10/2019																
BAB 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
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(Box)**2022	1 box	1	64	0	8	0.00	*0.00	20.0	0	60.0	15	0.0	16.2	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			465	8	290	4.65	*1.08	645.3	595	71.19	*33	15.14	91.52	5.13	0.86	0.00
% of Calories											*28.6%	13.0%	78.7%	9.9%	1.7%	0.0%
Nutrient Guideline			400-500		540										<10.00	

Mon - 05/13/2019																
BAB 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
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(Box)**2022	1 box	1	64	0	8	0.00	*0.00	20.0	0	60.0	15	0.0	16.2	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	32	446	3.97	*2.36	357.3	567	71.79	*35	15.39	62.88	11.31	3.24	0.00
% of Calories											*32.4%	14.4%	58.9%	23.8%	6.8%	0.0%
Nutrient Guideline			400-500		540										<10.00	

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Tue - 05/14/2019																
BAB 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
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(Box)**2022	1 box	1	64	0	8	0.00	*0.00	20.0	0	60.0	15	0.0	16.2	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			474	136	737	4.22	*2.47	534.9	1060	64.68	*32	21.66	74.53	11.28	4.55	0.00
% of Calories											*26.6%	18.3%	62.8%	21.4%	8.6%	0.0%
Nutrient Guideline			400-500		540											<10.00

Wed - 05/15/2019																
BAB 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	0.00
Juice(Box)**2022	1 box	1	64	0	8	0.00	*0.00	20.0	0	60.0	15	0.0	16.2	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			387	8	353	3.92	*2.98	426.6	1542	79.54	*21	12.53	70.59	6.42	2.29	0.00
% of Calories											*21.8%	12.9%	72.9%	14.9%	5.3%	0.0%
Nutrient Guideline			400-500		540											<10.00

Thu - 05/16/2019																
BAB Breakfast	Total	1														
Manager's Choice	Mgr. Choic	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			400-500		540											<10.00

Fri - 05/17/2019																
BAB Breakfast	Total	1														
Manager's Choice	Mgr. Choic	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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	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			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			400-500		540											<10.00

Weighted Average			440	45	461	4.44	*2.68	*438.6	*1402	*81.61	*30 *60.9%	15.22 13.8%	77.59 70.5%	8.36 17.1%	2.52 5.2%	*0.00 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	440		400 - 500	100%				
Cholesterol (mg)	45							
Sodium 1 (mg)	461		540					
Sodium 2 (mg)	461		485					
Fiber (g)	4.44							
Iron (mg)	2.68				Missing			
Calcium (mg)	438.6				Missing			
Vitamin A (IU)	1402				Missing			
Sugars (g)	30	27.05%			Missing			
Vitamin C (mg)	81.61				Missing			
Protein (g)	15.22	13.84%						
Carbohydrate (g)	77.59	70.53%						
Total Fat (g)	8.36	17.09%						
Saturated Fat (g)	2.52	5.15%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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