

Central Consolidated Schools

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High 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 ¹ (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|---------------|----------------|----------------|---------------|--------------|-------------------------|
| Wed - 11/01/2017 | | | | | | | | | | | | | | | | |
| High 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 | 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 | | | 421 | 212 | 285 | 2.98 | 1.83 | 347.3 | 1043 | 13.87 | *17 *16.4% | 17.14 16.3% | 65.57 62.3% | 9.86 21.1% | 2.86 6.1% | *0.00 *0.0% |
| Nutrient Guideline | | | 450-600 | | 640 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------------|----------|---|---------|----|-----|------|------|-------|------|-------|-------------|----------------|----------------|----------------|--------------|--------------|
| Thu - 11/02/2017 | | | | | | | | | | | | | | | | |
| High 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 |
| Sausage Patty**0643 | 1 Patty | 1 | 70 | 25 | 260 | 0.00 | 0.36 | 20.0 | 0 | 0.0 | 0 | 7.0 | 0.0 | 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 % of Calories | | | 452 | 32 | 618 | 3.92 | 3.40 | 436.6 | 1542 | 28.14 | *6 *5.6% | 19.53 17.3% | 69.06 61.1% | 11.42 22.7% | 3.79 7.5% | 0.00 0.0% |
| Nutrient Guideline | | | 450-600 | | 640 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------------|----------|---|---------|----|-----|------|------|-------|-----|-------|---------------|----------------|----------------|----------------|--------------|--------------|
| Fri - 11/03/2017 | | | | | | | | | | | | | | | | |
| High 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 |
| Weighted Daily Average % of Calories | | | 446 | 32 | 451 | 5.60 | 2.20 | 334.9 | 584 | 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 | | | 450-600 | | 640 | | | | | | | | | | | <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

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Nov 1, 2017 thru Nov 30, 2017

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High 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 ¹ (g) |
|------------------------|----------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 11/06/2017 | | | | | | | | | | | | | | | | |
| High 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 |
| 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 | | | 507 | 8 | 496 | 4.83 | 6.14 | 419.5 | 1175 | 18.77 | *21 | 12.33 | 97.05 | 8.59 | 1.79 | *0.00 |
| % of Calories | | | | | | | | | | | *16.8% | 9.7% | 76.6% | 15.3% | 3.2% | *0.0% |
| Nutrient Guideline | | | 450-600 | | 640 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|------------------------|----------|---|---------|-----|-----|------|------|-------|------|-------|-------|-------|-------|-------|------|--------|
| Tue - 11/07/2017 | | | | | | | | | | | | | | | | |
| High School Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Egg&ChezEng Mur**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 |
| 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 | | | 445 | 136 | 734 | 5.32 | 2.28 | 556.1 | 1026 | 62.07 | *9 | 22.08 | 66.33 | 11.31 | 4.55 | 0.00 |
| % of Calories | | | | | | | | | | | *8.1% | 19.8% | 59.6% | 22.9% | 9.2% | 0.0% |
| Nutrient Guideline | | | 450-600 | | 640 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------|----------|---|---------|----|-----|------|------|-------|-----|-------|--------|-------|-------|-------|------|--------|
| Wed - 11/08/2017 | | | | | | | | | | | | | | | | |
| High School 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 |
| Sausage Patty**0643 | 1 Patty | 1 | 70 | 25 | 260 | 0.00 | 0.36 | 20.0 | 0 | 0.0 | 0 | 7.0 | 0.0 | 5.0 | 1.50 | 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 | 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 | | | 483 | 42 | 655 | 3.44 | 2.26 | 342.7 | 509 | 53.34 | *16 | 19.48 | 85.32 | 10.47 | 2.26 | *0.00 |
| % of Calories | | | | | | | | | | | *13.2% | 16.1% | 70.6% | 19.5% | 4.2% | *0.0% |
| Nutrient Guideline | | | 450-600 | | 640 | | | | | | | | | | | <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) |
|-------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 11/09/2017 | | | | | | | | | | | | | | | | |
| High School Breakfast | Total | 1 | | | | | | | | | | | | | | |
| 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 |
| 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 |
| 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 | | | 419 | 25 | 316 | 3.20 | 1.22 | 629.4 | 5902 | 69.85 | *12 | 14.70 | 79.02 | 4.77 | 1.29 | 0.00 |
| % of Calories | | | | | | | | | | | *11.9% | 14.0% | 75.4% | 10.3% | 2.8% | 0.0% |
| Nutrient Guideline | | | 450-600 | | 640 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|----------------------------|----------|---|---------|-----|-----|------|------|-------|-----|-------|--------|-------|-------|-------|-------|--------|
| Fri - 11/10/2017 | | | | | | | | | | | | | | | | |
| High School Breakfast | Total | 1 | | | | | | | | | | | | | | |
| BRK Taco/liq frz egg**1993 | 1 each | 1 | 200 | 224 | 428 | 2.50 | 1.28 | 198.5 | 239 | 1.2 | *0 | 12.36 | 16.79 | 10.35 | 4.39 | 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 |
| 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 | | | 458 | 232 | 712 | 6.13 | 2.05 | 533.7 | 955 | 22.19 | *12 | 21.46 | 69.53 | 11.93 | 5.26 | 0.00 |
| % of Calories | | | | | | | | | | | *10.8% | 18.7% | 60.7% | 23.4% | 10.3% | 0.0% |
| Nutrient Guideline | | | 450-600 | | 640 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|------------------------|----------|---|---------|----|-----|------|------|-------|------|-------|-------|-------|-------|-------|------|--------|
| Mon - 11/13/2017 | | | | | | | | | | | | | | | | |
| High 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 | 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 | | | 532 | 13 | 443 | 7.31 | 1.05 | 649.3 | 1050 | 28.14 | *6 | 15.53 | 99.06 | 7.42 | 2.79 | 0.00 |
| % of Calories | | | | | | | | | | | *4.7% | 11.7% | 74.5% | 12.6% | 4.7% | 0.0% |
| Nutrient Guideline | | | 450-600 | | 640 | | | | | | | | | | | <10.00 |

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|--|------------------------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-------------|----------------|----------------|----------------|---------------|-------------------------|
| Tue - 11/14/2017 | | | | | | | | | | | | | | | | |
| High School Breakfast Biscuits & Gravy**1186 | Total 1 Ea. + 1/ 2 Cup | 1 | | | | | | | | | | | | | | |
| | | 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 |
| 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 | | | 535 | 34 | 1066 | 4.30 | 1.57 | 421.9 | 716 | 62.07 | *9 *6.7% | 18.30 13.7% | 64.95 48.6% | 22.16 37.3% | 9.81 16.5% | 0.50 0.8% |
| Nutrient Guideline | | | 450-600 | | 640 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|--------------------------------------|-------------------|---|---------|---|-----|------|------|-------|-----|-------|---------------|----------------|-----------------|---------------|--------------|----------------|
| Wed - 11/15/2017 | | | | | | | | | | | | | | | | |
| High School Breakfast Oatmeal**1095 | Total 3/4 Cup | 1 | | | | | | | | | | | | | | |
| | | 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 | | | 450-600 | | 640 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|---|-------------------|---|-----|---|-----|------|------|-------|-----|------|-------|------|-------|------|------|-------|
| Thu - 11/16/2017 | | | | | | | | | | | | | | | | |
| High School Breakfast Cold Cereal**0013 | Total 1 Bowl | 1 | | | | | | | | | | | | | | |
| | | 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 |

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|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | | 488 | 8 | 500 | 4.93 | 6.44 | 419.5 | 1611 | 19.60 | *19 | 12.69 | 92.95 | 8.41 | 1.75 | *0.00 |
| % of Calories | | | | | | | | | | | *15.7% | 10.4% | 76.3% | 15.5% | 3.2% | *0.0% |
| Nutrient Guideline | | | 450-600 | | 640 | | | | | | | | | | | <10.00 |

| Fri - 11/17/2017 | | | | | | | | | | | | | | | | |
|-----------------------------|----------|---|---------|-----|-----|------|------|-------|-----|-------|-------|-------|-------|-------|------|--------|
| High 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 |
| 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 |
| 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 | | | 598 | 203 | 653 | 4.62 | 2.51 | 439.0 | 939 | 19.79 | *12 | 22.09 | 91.69 | 17.57 | 5.86 | 0.00 |
| % of Calories | | | | | | | | | | | *8.3% | 14.8% | 61.3% | 26.5% | 8.8% | 0.0% |
| Nutrient Guideline | | | 450-600 | | 640 | | | | | | | | | | | <10.00 |

| Mon - 11/20/2017 | | | | | | | | | | | | | | | | |
|------------------------|-----------|---|---------|---|-----|------|------|-----|---|------|------|------|------|------|------|--------|
| High School Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Thanksgiving Break | Break | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| NO SCHOOL TODAY | No School | 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 | | | 450-600 | | 640 | | | | | | | | | | | <10.00 |

| Tue - 11/21/2017 | | | | | | | | | | | | | | | | |
|------------------------|-----------|---|---------|---|-----|------|------|-----|---|------|------|------|------|------|------|--------|
| High School Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Thanksgiving Break | Break | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| NO SCHOOL TODAY | No School | 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 | | | 450-600 | | 640 | | | | | | | | | | | <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

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Breakfast

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) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 11/22/2017 | | | | | | | | | | | | | | | | |
| High School Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Thanksgiving Break | Break | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| NO SCHOOL TODAY | No School | 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 | | | 450-600 | | 640 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|------------------------|-----------|---|---------|---|-----|------|------|-----|---|------|------|------|------|------|------|--------|
| Thu - 11/23/2017 | | | | | | | | | | | | | | | | |
| High School Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Thanksgiving Break | Break | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| NO SCHOOL TODAY | No School | 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 | | | 450-600 | | 640 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|------------------------|-----------|---|---------|---|-----|------|------|-----|---|------|------|------|------|------|------|--------|
| Fri - 11/24/2017 | | | | | | | | | | | | | | | | |
| High School Breakfast | Total | 1 | | | | | | | | | | | | | | |
| Thanksgiving Break | Break | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| NO SCHOOL TODAY | No School | 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 | | | 450-600 | | 640 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|-------------------------|----------------|---|-----|-----|-----|------|------|-------|-----|------|-------|------|-------|------|------|-------|
| Mon - 11/27/2017 | | | | | | | | | | | | | | | | |
| High 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 |
| Sausage Patty**0643 | 1 Patty | 1 | 70 | 25 | 260 | 0.00 | 0.36 | 20.0 | 0 | 0.0 | 0 | 7.0 | 0.0 | 5.0 | 1.50 | 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 | 0.01 | 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

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Central Consolidated Schools

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Breakfast

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) |
|---|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|----------------|--------------|-------------------------|
| Weighted Daily Average % of Calories | | | 559 | 148 | 752 | 4.20 | 2.67 | 418.4 | 950 | 16.88 | *30 *21.6% | 24.48 17.5% | 95.74 68.5% | 10.33 16.6% | 3.26 5.3% | *0.00 *0.0% |
| Nutrient Guideline | | | 450-600 | | 640 | | | | | | | | | | | <10.00 |

| Tue - 11/28/2017 | | | | | | | | | | | | | | | | | |
|---|----------------|---|---------|---|-----|------|------|-------|------|-------|---------------|----------------|----------------|---------------|--------------|----------------|--|
| High 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 % of Calories | | | 492 | 8 | 495 | 6.62 | 6.16 | 424.0 | 1242 | 22.95 | *17 *13.7% | 12.49 10.2% | 93.79 76.3% | 8.60 15.7% | 1.79 3.3% | *0.00 *0.0% | |
| Nutrient Guideline | | | 450-600 | | 640 | | | | | | | | | | | <10.00 | |

| Wed - 11/29/2017 | | | | | | | | | | | | | | | | | |
|---|----------|---|---------|----|-----|------|------|-------|-----|-------|---------------|----------------|----------------|---------------|--------------|--------------|--|
| High School 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(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 | | | 435 | 53 | 445 | 3.53 | 2.10 | 463.8 | 608 | 13.17 | *23 *20.9% | 18.20 16.7% | 69.98 64.3% | 9.47 19.6% | 2.79 5.8% | 0.00 0.0% | |
| Nutrient Guideline | | | 450-600 | | 640 | | | | | | | | | | | <10.00 | |

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Central Consolidated Schools

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High School Breakfast

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 - 11/30/2017 | | | | | | | | | | | | | | | | |
| High 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 | | | 450-600 | | 640 | | | | | | | | | | | <10.00 |

| | | | | | | | | | | | | | | | | |
|------------------|--|--|-----|----|-----|------|------|-------|------|-------|--------|-------|-------|-------|------|-------|
| Weighted Average | | | 485 | 71 | 547 | 4.74 | 2.81 | 461.1 | 1558 | 32.57 | *16 | 17.51 | 81.76 | 10.47 | 3.30 | *0.03 |
| | | | | | | | | | | | *30.0% | 14.4% | 67.5% | 19.4% | 6.1% | *0.1% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 485 | | 450 - 600 | 100% | | | | |
| Cholesterol (mg) | 71 | | | | | | | |
| Sodium (mg) | 547 | | 640 | | | | | |
| Fiber (g) | 4.74 | | | | | | | |
| Iron (mg) | 2.81 | | | | | | | |
| Calcium (mg) | 461.1 | | | | | | | |
| Vitamin A (IU) | 1558 | | | | | | | |
| Sugars (g) | 16 | 13.32% | | | Missing | | | |
| Vitamin C (mg) | 32.57 | | | | | | | |
| Protein (g) | 17.51 | 14.45% | | | | | | |
| Carbohydrate (g) | 81.76 | 67.47% | | | | | | |
| Total Fat (g) | 10.47 | 19.44% | | | | | | |
| Saturated Fat (g) | 3.30 | 6.12% | <10.00% | | | | | |
| Trans Fat ¹ (g) | 0.03 | 0.05% | | | Missing | | | |

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