

Central Consolidated Schools

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High Lunch

Weighted Values - Detailed

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Generated on: 10/11/2017 10:54:49 AM

	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 - 11/01/2017																
High Lunch	Total	4														
Pork Riblet Sandwich**1830	1 Sandwich	1	95	10	175	1.25	0.54	15.0	50	1.8	*2	5.0	12.26	2.75	0.87	0.00
Cucumber Slices**5047	1/2 Cup	3	9	0	1	0.31	0.17	9.8	64	1.71	1	0.4	2.22	0.07	0.02	0.00
Simplot Swt Pot CC Fries**1958	4 oz	3	163	0	198	2.76	0.81	18.7	3729	3.72	*N/A*	1.18	22.59	7.58	1.72	0.00
Fresh Strawberries**1875	1/2 cup	4	23	0	1	1.44	0.30	11.5	9	42.34	4	0.48	5.53	0.22	0.01	0.00
Applesauce**0356	1/2 Cup	4	87	0	3	1.53	0.15	3.8	8	2.17	19	0.2	22.31	0.22	0.04	0.00
Sec FreshVeggie**1882	Servings	4	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
Milk-Variety**0489	1 Carton	4	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Choice of Chick Sand HS**2002	1 Serving	1	88	13	207	1.11	0.61	14.9	327	2.84	*0	5.44	7.44	3.95	0.70	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	82	9	144	0.87	0.68	106.3	125	2.62	1	5.12	7.25	3.62	1.87	0.00
Fruit&Yogurt Salad HS **1987	1 Salad	1	125	8	134	2.41	0.85	172.8	6322	13.43	*5	3.97	21.01	2.98	1.17	*0.00
Weighted Daily Average			811	48	1106	13.87	4.90	679.1	13977	83.19	*35	31.60	121.25	22.74	7.18	*0.00
% of Calories											*17.1%	15.6%	59.8%	25.2%	8.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

	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 - 11/02/2017																
High Lunch	Total	3														
Chicken Bowl**1795	1 Bowl	1	160	11	280	1.92	0.85	53.9	134	2.96	*1	8.18	18.21	7.0	1.46	0.16
Peas, FRZ**0040	1/2 Cup	2	50	0	46	2.86	0.97	15.2	1334	6.29	3	3.27	9.06	0.17	0.03	0.00
2 Oz Wheat Roll**8176	2 Oz. Roll	1	61	0	94	1.06	0.55	3.8	1	0.0	*1	1.76	11.02	1.24	0.17	*0.00
Pineapple Chunks**0092	1/2 Cup	3	65	0	1	1.00	0.49	17.5	48	9.39	16	0.45	16.84	0.15	0.01	0.00
Fresh Apple**0064	Apple	3	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Sec FreshVeggie**1882	Servings	3	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
Milk-Variety**0489	1 Carton	3	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Burger/Deli Sand Choice**1891	1 Serving	1	134	18	349	1.48	0.78	39.5	457	4.79	*0	6.39	13.69	5.82	1.97	*0.00
French Fries S**1890	1 Serving	1	45	0	68	0.73	0.17	1.2	0	1.25	0	0.6	6.27	1.81	0.38	0.00
Crispy Chicken Salad**1909	1 Salad	1	165	8	260	3.77	1.78	27.4	6603	6.67	*4	7.54	21.0	6.45	1.04	*0.00
Weighted Daily Average			889	45	1343	18.32	6.56	493.1	11994	50.25	*43	38.36	135.77	24.24	5.87	*0.16
% of Calories											*19.2%	17.3%	61.1%	24.5%	5.9%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

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

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Central Consolidated Schools

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Base Menu Spreadsheet

High 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)
Fri - 11/03/2017																
High Lunch	Total	4														
Mac & Cheese-HMD-HS**1920	1 cup	1	120	19	312	0.28	0.30	132.5	279	0.2	*0	5.9	7.19	7.56	4.11	*0.00
Green Beans-FRZ**0426	1/2 cup	3	17	0	1	1.84	0.40	25.7	257	2.51	1	0.91	3.95	0.1	0.03	0.00
Celery Sticks**0924	1/2 c	1	3	0	15	0.30	0.04	7.4	83	0.58	0	0.13	0.55	0.03	0.01	0.00
2 Oz Wheat Roll**8176	2 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
Orange Wedges**0600	1 orange	4	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
Pears,Fresh**0090	1 EACH	4	84	0	1	4.59	0.27	13.3	37	6.36	14	0.53	22.54	0.21	0.03	0.00
Hope'sCChipCookie**1836	1 Each	4	110	5	160	0.00	0.72	0.0	0	0.0	*N/A*	1.0	18.0	4.5	1.50	0.00
Sec FreshVeggie**1882	Servings	4	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
Friday Milk**1848	1 Carton	4	110	7	153	0.00	0.18	300.0	500	2.0	*N/A*	8.0	16.67	0.83	0.50	0.00
Choice of Chick Sand HS**2002	1 Serving	1	88	13	207	1.11	0.61	14.9	327	2.84	*0	5.44	7.44	3.95	0.70	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	82	9	144	0.87	0.68	106.3	125	2.62	1	5.12	7.25	3.62	1.87	0.00
French Fries S**1890	1 Serving	2	67	0	102	1.10	0.26	1.7	0	1.87	0	0.9	9.4	2.72	0.57	0.00
Garden Salad**1910	1 Salad	1	120	50	198	3.34	1.34	111.5	5352	12.4	*5	6.15	16.05	3.96	1.50	*0.00
Weighted Daily Average			931	103	1478	18.71	6.02	780.9	10020	92.61	*35	38.11	136.23	28.65	10.97	*0.00
% of Calories											*14.9%	16.4%	58.5%	27.7%	10.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Mon - 11/06/2017																
High Lunch	Total	4														
Chicken Alfredo**1887	1 Cup	1	89	21	209	1.14	0.68	27.2	176	4.87	*0	6.71	10.16	2.64	0.84	0.39
Tossed Salad**0202	1 Cup	3	14	0	8	1.50	0.61	21.9	5827	4.58	1	0.88	2.91	0.21	0.03	0.00
Italian Veggies**1112	1/2 Cup	3	18	0	21	0.00	0.00	12.1	455	5.45	*N/A*	0.61	3.03	0.0	0.00	0.00
WG Breadsticks**1885	1 Each	1	20	0	25	0.50	0.09	1.6	0	0.0	*N/A*	0.75	3.75	0.25	0.00	0.00
Fresh Apple**0064	Apple	4	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Mandarin Oranges**1163	1/2 Cup	4	54	0	5	1.03	0.32	6.9	1110	16.82	*N/A*	0.46	13.78	0.12	0.01	*N/A*
Sec FreshVeggie**1882	Servings	4	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
Milk-Variety**0489	1 Carton	4	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Choice of Chick Sand HS**2002	1 Serving	1	88	13	207	1.11	0.61	14.9	327	2.84	*0	5.44	7.44	3.95	0.70	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	82	9	144	0.87	0.68	106.3	125	2.62	1	5.12	7.25	3.62	1.87	0.00
French Fries S**1890	1 Serving	2	67	0	102	1.10	0.26	1.7	0	1.87	0	0.9	9.4	2.72	0.57	0.00
Chef Salad**1907	1 Salad	1	122	60	377	2.07	1.13	65.8	5060	5.01	*3	7.27	11.95	5.21	2.20	*0.00
Weighted Daily Average			765	110	1343	14.82	5.34	592.9	16497	62.96	*23	38.30	109.37	20.32	7.02	*0.39
% of Calories											*12.0%	20.0%	57.2%	23.9%	8.3%	*0.5%
Nutrient Guideline			750-850		1420										<10.00	

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High Lunch

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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 - 11/07/2017																
High Lunch	Total	3														
Taco- 2 w GB**1974	2 Tacos	1	127	20	170	1.73	1.15	110.8	550	3.6	*0	8.01	9.73	6.44	2.79	*0.02
Spanish Rice M & HS**1939	1 Cup	1	75	0	201	1.25	0.64	10.1	250	7.91	*0	0.56	14.24	1.35	0.11	*0.00
Pinto Beans**1365	1/2 Cup	3	55	0	75	2.93	0.93	27.7	0	0.59	*N/A*	3.11	9.76	0.52	0.11	0.00
ChoLettuce/Tomato**0283	1/2 Cup	1	4	0	2	0.48	0.21	7.1	1782	1.52	0	0.29	0.86	0.07	0.01	0.00
Pears**0438	1/2 Cup	3	71	0	6	2.00	0.35	6.3	0	0.88	15	0.24	18.99	0.04	0.00	0.00
Grape Cluster**0422	1/2 Cup	3	34	0	1	0.46	0.15	7.2	51	2.05	8	0.32	8.78	0.18	0.06	0.00
Sec FreshVeggie**1882	Servings	3	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
Milk-Variety**0489	1 Carton	3	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Burger/Deli Sand Choice**1891	1 Serving	1	134	18	349	1.48	0.78	39.5	457	4.79	*0	6.39	13.69	5.82	1.97	*0.00
French Fries S**1890	1 Serving	2	89	0	136	1.46	0.34	2.3	0	2.5	0	1.2	12.53	3.62	0.76	0.00
Salad,Grill Chix & Fruit**1996	3 cup	1	134	14	185	3.13	1.59	104.2	3991	24.95	*3	8.95	15.89	4.41	1.40	0.00
Weighted Daily Average			863	60	1368	17.12	6.96	641.6	10425	61.33	*31	38.88	125.12	23.82	7.97	*0.02
% of Calories											*14.2%	18.0%	58.0%	24.8%	8.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Wed - 11/08/2017																
High Lunch	Total	4														
Philly Cheese Steak Sand**2010	1 sand	1	106	20	155	1.11	0.78	66.1	61	4.08	*1	8.94	11.35	2.57	1.25	0.00
Tater Tots**1299	3 Oz.	3	90	0	195	1.50	0.00	0.0	0	1.8	0	0.75	13.53	3.76	0.75	0.00
Coleslaw**0220	1/2 Cup	3	34	0	145	1.67	0.07	35.7	1200	29.27	*1	0.88	7.25	0.03	0.00	*0.00
Applesauce**0356	1/2 Cup	4	87	0	3	1.53	0.15	3.8	8	2.17	19	0.2	22.31	0.22	0.04	0.00
Watermelon Wedges**1226	1/2 Cup	4	45	0	1	0.60	0.36	10.5	852	12.12	9	0.91	11.3	0.22	0.02	0.00
Sec FreshVeggie**1882	Servings	4	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
Milk-Variety**0489	1 Carton	4	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Choice of Chick Sand HS**2002	1 Serving	1	88	13	207	1.11	0.61	14.9	327	2.84	*0	5.44	7.44	3.95	0.70	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	82	9	144	0.87	0.68	106.3	125	2.62	1	5.12	7.25	3.62	1.87	0.00
Fruit&Yogurt Salad HS **1987	1 Salad	1	125	8	134	2.41	0.85	172.8	6322	13.43	*5	3.97	21.01	2.98	1.17	*0.00
Weighted Daily Average			796	58	1227	12.99	4.29	736.3	12237	80.89	*39	36.02	122.09	18.72	6.58	*0.00
% of Calories											*19.8%	18.1%	61.4%	21.2%	7.4%	*0.0%
Nutrient Guideline			750-850		1420										<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 Lunch	Total	3														
Steak Fingers**1166	4 Each	1	100	10	71	1.25	1.12	16.7	42	0.5	0	5.83	6.67	5.42	1.25	0.00
Mashed Potatoes**0171	1/2 Cup	1	25	0	34	0.33	0.12	3.3	17	1.19	*N/A*	0.66	5.3	0.2	0.03	0.00
Gravy - Variety**1859	1/4 Cup	2	13	0	210	0.00	0.00	0.0	0	0.0	*N/A*	0.33	2.67	0.33	0.00	0.00
Mixed Veggies-FRZ**0646	1/2 Cup	3	38	0	30	1.52	0.27	0.0	951	2.74	3	0.76	8.37	0.0	0.00	0.00
2 Oz Wheat Roll**8176	2 Oz. Roll	1	61	0	94	1.06	0.55	3.8	1	0.0	*1	1.76	11.02	1.24	0.17	*0.00
Kiwi Strawberry Sidekick**1944	4.4 oz serving	3	80	0	45	0.00	0.36	80.0	1000	60.0	*N/A*	0.0	20.0	0.0	0.00	0.00
Pineapple Chunks**0092	1/2 Cup	3	65	0	1	1.00	0.49	17.5	48	9.39	16	0.45	16.84	0.15	0.01	0.00
Sec FreshVeggie**1882	Servings	3	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
Milk-Variety**0489	1 Carton	3	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Burger/Deli Sand Choice**1904	1 Serving	1	141	20	534	1.48	0.91	53.5	349	4.2	*0	7.26	13.91	6.3	2.32	*0.00
French Fries S**1890	1 Serving	1	45	0	68	0.73	0.17	1.2	0	1.25	0	0.6	6.27	1.81	0.38	0.00
Crispy Chicken Salad**1909	1 Salad	1	165	8	260	3.77	1.78	27.4	6603	6.67	*4	7.54	21.0	6.45	1.04	*0.00
Weighted Daily Average			872	47	1591	13.34	6.59	529.7	12353	98.49	*28	35.01	132.69	23.26	5.97	*0.00
% of Calories											*12.8%	16.1%	60.9%	24.0%	6.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Fri - 11/10/2017																
High Lunch	Total	4														
Grill Ham & Cheese Sand**2007	1 Sandwich	1	74	12	292	1.00	0.37	49.3	103	0.6	*1	4.25	7.68	3.43	1.61	*0.00
Chick Veg Soup w/Frz veg**1959	1 CUP	3	61	10	88	1.50	0.71	18.2	588	5.63	*3	6.21	6.4	1.18	0.33	*0.00
Cucumber Slices**5047	1/2 Cup	3	9	0	1	0.31	0.17	9.8	64	1.71	1	0.4	2.22	0.07	0.02	0.00
Peaches**0437	1/2 Cup	4	68	0	6	1.63	0.45	3.8	443	3.01	17	0.56	18.22	0.04	0.00	0.00
Pears,Fresh**0090	1 EACH	4	84	0	1	4.59	0.27	13.3	37	6.36	14	0.53	22.54	0.21	0.03	0.00
Sec FreshVeggie**1882	Servings	4	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
Friday Milk**1848	1 Carton	4	110	7	153	0.00	0.18	300.0	500	2.0	*N/A*	8.0	16.67	0.83	0.50	0.00
Choice of Chick Sand HS**2002	1 Serving	1	88	13	207	1.11	0.61	14.9	327	2.84	*0	5.44	7.44	3.95	0.70	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	82	9	144	0.87	0.68	106.3	125	2.62	1	5.12	7.25	3.62	1.87	0.00
French Fries S**1890	1 Serving	2	67	0	102	1.10	0.26	1.7	0	1.87	0	0.9	9.4	2.72	0.57	0.00
Garden Salad**1910	1 Salad	1	120	50	198	3.34	1.34	111.5	5352	12.4	*5	6.15	16.05	3.96	1.50	*0.00
Weighted Daily Average			802	101	1308	17.63	5.75	655.0	10383	49.20	*45	39.36	121.50	20.11	7.14	*0.00
% of Calories											*22.2%	19.6%	60.6%	22.6%	8.0%	*0.0%
Nutrient Guideline			750-850		1420										<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 - 11/13/2017																
High Lunch	Total	3														
Tyson Chicken Popcorn**1956	3.08 oz 1 4 pc	1	85	9	129	1.02	0.61	0.0	34	0.0	0	5.1	5.44	5.1	0.85	0.00
Corn-FRZ**0271	1/2 Cup	2	44	0	1	1.31	0.26	1.6	108	1.91	2	1.39	10.51	0.36	0.06	0.00
Mashed Potatoes**0171	1/2 Cup	1	25	0	34	0.33	0.12	3.3	17	1.19	*N/A*	0.66	5.3	0.2	0.03	0.00
Gravy - Variety**1859	1/4 Cup	1	7	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.17	1.33	0.17	0.00	0.00
2 Oz Wheat Roll**8176	2 Oz. Roll	1	61	0	94	1.06	0.55	3.8	1	0.0	*1	1.76	11.02	1.24	0.17	*0.00
Pears**0438	1/2 Cup	3	71	0	6	2.00	0.35	6.3	0	0.88	15	0.24	18.99	0.04	0.00	0.00
Grape Cluster**0422	1/2 Cup	3	34	0	1	0.46	0.15	7.2	51	2.05	8	0.32	8.78	0.18	0.06	0.00
Sec FreshVeggie**1882	Servings	3	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
Milk-Variety**0489	1 Carton	3	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Choice of Chick Sand HS**2002	1 Serving	1	118	18	276	1.48	0.81	19.8	436	3.79	*0	7.25	9.92	5.27	0.93	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	110	12	192	1.17	0.90	141.7	167	3.5	1	6.83	9.67	4.83	2.50	0.00
French Fries S**1890	1 Serving	1	45	0	68	0.73	0.17	1.2	0	1.25	0	0.6	6.27	1.81	0.38	0.00
Chef Salad**1907	1 Salad	1	162	80	502	2.76	1.51	87.7	6746	6.67	*4	9.7	15.93	6.95	2.94	*0.00
Weighted Daily Average			900	125	1652	14.50	6.23	598.9	10903	33.78	*35	43.83	123.80	27.51	8.68	*0.00
% of Calories											*15.6%	19.5%	55.0%	27.5%	8.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Tue - 11/14/2017																
High Lunch	Total	3														
Chicken Fajita-S**1059	1 Each	1	122	31	351	0.53	0.40	68.3	284	9.06	*0	9.27	10.51	4.49	1.55	0.00
Pinto Beans**1365	1/2 Cup	2	37	0	50	1.95	0.62	18.5	0	0.39	*N/A*	2.07	6.51	0.35	0.07	0.00
ChoLettuce/Tomato**0283	1/2 Cup	1	4	0	2	0.48	0.21	7.1	1782	1.52	0	0.29	0.86	0.07	0.01	0.00
Pineapple Chunks**0092	1/2 Cup	3	65	0	1	1.00	0.49	17.5	48	9.39	16	0.45	16.84	0.15	0.01	0.00
Honeydew Chunks**0662	1/2 Cup	3	31	0	16	0.70	0.15	5.2	44	15.72	7	0.47	7.94	0.12	0.03	0.00
Sec FreshVeggie**1882	Servings	3	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
Milk-Variety**0489	1 Carton	3	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Burger/Deli Sand Choice**1891	1 Serving	1	134	18	349	1.48	0.78	39.5	457	4.79	*0	6.39	13.69	5.82	1.97	*0.00
French Fries S**1890	1 Serving	1	45	0	68	0.73	0.17	1.2	0	1.25	0	0.6	6.27	1.81	0.38	0.00
Salad,Grill Chix & Fruit**1996	3 cup	1	134	14	185	3.13	1.59	104.2	3991	24.95	*3	8.95	15.89	4.41	1.40	0.00
Weighted Daily Average			710	70	1266	12.20	5.21	587.8	9949	79.63	*30	38.30	99.14	18.58	6.19	*0.00
% of Calories											*16.9%	21.6%	55.8%	23.5%	7.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Central Consolidated Schools

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High 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)
Wed - 11/15/2017																
High Lunch	Total	4														
Lasagna w/ GB **1936	5x5	1	72	11	160	0.49	0.61	61.2	122	0.9	*N/A*	5.27	5.99	2.86	1.25	*0.00
Tossed Salad**0202	1 Cup	4	19	0	11	2.00	0.81	29.2	7770	6.1	2	1.17	3.89	0.28	0.04	0.00
Peas, FRZ**0040	1/2 Cup	1	19	0	17	1.07	0.36	5.7	500	2.36	1	1.23	3.4	0.06	0.01	0.00
WG Breadsticks**1885	1 each	1	20	0	25	0.50	0.09	1.6	0	0.0	*N/A*	0.75	3.75	0.25	0.00	0.00
Fruit Cocktail**0419	1/2 Cup	4	69	0	7	1.20	0.35	7.2	250	2.28	17	0.48	17.95	0.08	0.01	0.00
Orange Wedges**0600	1 orange	4	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
Sec FreshVeggie**1882	Servings	4	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
Milk-Variety**0489	1 Carton	4	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Choice of Chick Sand HS**2002	1 Serving	1	88	13	207	1.11	0.61	14.9	327	2.84	*0	5.44	7.44	3.95	0.70	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	82	9	144	0.87	0.68	106.3	125	2.62	1	5.12	7.25	3.62	1.87	0.00
French Fries S**1890	1 Serving	2	67	0	102	1.10	0.26	1.7	0	1.87	0	0.9	9.4	2.72	0.57	0.00
Fruit&Yogurt Salad HS **1987	1 Salad	1	125	8	134	2.41	0.85	172.8	6322	13.43	*5	3.97	21.01	2.98	1.17	*0.00
Weighted Daily Average			745	48	1051	15.25	5.51	765.2	18975	96.04	*38	35.04	111.99	18.28	6.40	*0.00
% of Calories											*20.4%	18.8%	60.1%	22.1%	7.7%	*0.0%
Nutrient Guideline			750-850		1420											<10.00

	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 - 11/16/2017																
High Lunch	Total	1														
Roast Turkey**0178	2 Oz.	1	122	46	456	0.00	0.54	0.0	0	0.0	*N/A*	15.2	0.0	4.99	1.64	0.00
Mashed Potatoes**0171	1/2 Cup	1	75	0	101	0.99	0.36	9.9	50	3.58	*N/A*	1.99	15.91	0.6	0.10	0.00
Gravy - Variety**1859	1/4 Cup	1	20	0	315	0.00	0.00	0.0	0	0.0	*N/A*	0.5	4.0	0.5	0.00	0.00
Green Beans-FRZ**0426	1/2 cup	1	23	0	1	2.45	0.54	34.3	342	3.35	2	1.22	5.27	0.14	0.04	0.00
UncleBensStuffing**0470	1/2 Cup	1	120	0	330	0.00	0.72	20.0	0	1.2	*N/A*	4.0	23.0	1.0	0.00	0.00
2 Oz Wheat Roll**8176	2 Oz. Roll	1	182	0	281	3.18	1.65	11.4	2	0.0	*3	5.29	33.05	3.73	0.52	*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
Cranberry Sauce**0272	1/4 Cup	1	98	0	3	0.68	0.25	1.8	20	0.61	20	0.55	24.82	0.09	0.00	0.00
SuperPumpkinBars**1298	1 Each	1	143	*21	143	*0.42	*0.46	*7.8	158	*0.03	*12	1.51	17.39	7.7	1.72	*0.08
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			949	*74	1766	*9.34	*5.07	*389.0	1515	*14.18	*53	38.83	154.65	20.04	4.78	*0.08
% of Calories											*22.3%	16.4%	65.2%	19.0%	4.5%	*0.1%
Nutrient Guideline			750-850		1420											<10.00

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Central Consolidated Schools

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High 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)
Fri - 11/17/2017																
High Lunch	Total	4														
Corndog, Chicken, **0937	1 EACH	1	60	10	97	1.25	0.45	20.0	6	0.0	1	2.25	7.5	2.0	0.62	0.00
Tater Tots**1299	3 Oz.	3	90	0	195	1.50	0.00	0.0	0	1.8	0	0.75	13.53	3.76	0.75	0.00
Baked Beans**8032	1/2 Cup	3	99	0	364	4.55	1.37	45.5	38	0.0	8	4.55	18.97	0.0	0.00	0.00
Applesauce**0356	1/2 Cup	4	87	0	3	1.53	0.15	3.8	8	2.17	19	0.2	22.31	0.22	0.04	0.00
Cantaloupe Chunks**0656	1/2 Cup	4	54	0	25	1.43	0.33	14.3	5369	58.26	12	1.33	12.95	0.3	0.08	0.00
Sec FreshVeggie**1882	Servings	4	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
Friday Milk**1848	1 Carton	4	110	7	153	0.00	0.18	300.0	500	2.0	*N/A*	8.0	16.67	0.83	0.50	0.00
Choice of Chick Sand HS**2002	1 Serving	1	88	13	207	1.11	0.61	14.9	327	2.84	*0	5.44	7.44	3.95	0.70	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	82	9	144	0.87	0.68	106.3	125	2.62	1	5.12	7.25	3.62	1.87	0.00
Garden Salad**1910	1 Salad	1	120	50	198	3.34	1.34	111.5	5352	12.4	*5	6.15	16.05	3.96	1.50	*0.00
Weighted Daily Average			829	89	1501	17.78	5.82	642.6	14568	92.25	*49	35.60	130.32	18.75	6.08	*0.00
% of Calories											*23.7%	17.2%	62.9%	20.4%	6.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Mon - 11/20/2017																
High Lunch	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			750-850		1420										<10.00	

Tue - 11/21/2017																
High Lunch	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			750-850		1420										<10.00	

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Central Consolidated Schools

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High Lunch

Weighted Values - Detailed

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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)
Wed - 11/22/2017																
High Lunch	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			750-850		1420											<10.00

Thu - 11/23/2017																
High Lunch	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			750-850		1420											<10.00

Fri - 11/24/2017																
High Lunch	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			750-850		1420											<10.00

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Central Consolidated Schools

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High 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)
Mon - 11/27/2017																
High Lunch	Total	4														
Salisbury Steak**0767	1 Each	1	56	8	75	0.25	0.36	5.0	1	0.0	0	2.75	0.75	1.25	0.50	0.00
Mashed Potatoes**0171	1/2 Cup	1	19	0	25	0.25	0.09	2.5	12	0.89	*N/A*	0.5	3.98	0.15	0.02	0.00
Gravy - Variety**1859	1/4 Cup	1	5	0	79	0.00	0.00	0.0	0	0.0	*N/A*	0.13	1.0	0.13	0.00	0.00
Broccoli-Froz**0258	1/2 Cup	1	8	0	3	0.85	0.17	9.4	287	11.37	0	0.88	1.52	0.03	0.01	0.00
2 Oz Wheat Roll**8176	2 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
Orange Wedges**0600	1 orange	4	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
Pineapple Chunks**0092	1/2 Cup	4	65	0	1	1.00	0.49	17.5	48	9.39	16	0.45	16.84	0.15	0.01	0.00
Sec FreshVeggie**1882	Servings	4	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
Milk-Variety**0489	1 Carton	4	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Choice of Chick Sand HS**2002	1 Serving	1	88	13	207	1.11	0.61	14.9	327	2.84	*0	5.44	7.44	3.95	0.70	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	82	9	144	0.87	0.68	106.3	125	2.62	1	5.12	7.25	3.62	1.87	0.00
French Fries S**1890	1 Serving	1	34	0	51	0.55	0.13	0.9	0	0.94	0	0.45	4.7	1.36	0.28	0.00
Chef Salad**1907	1 Salad	1	122	60	377	2.07	1.13	65.8	5060	5.01	*3	7.27	11.95	5.21	2.20	*0.00
Weighted Daily Average			708	97	1276	12.24	4.97	589.7	9419	96.68	*34	35.02	95.61	18.26	6.51	*0.00
% of Calories											*19.0%	19.8%	54.0%	23.2%	8.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Tue - 11/28/2017																
High Lunch	Total	3														
Frito Pie-Cnd Bean Gr BF**1937	Servings	1	141	13	379	3.17	1.25	164.8	265	3.11	*1	6.71	14.85	6.35	2.03	*0.01
WG Cornbread Mix**1981	2 oz	1	46	0	134	0.51	0.37	30.8	10	0.0	2	0.51	8.22	1.28	0.51	0.00
ChoLettuce/Tomato**0283	1/2 Cup	1	4	0	2	0.48	0.21	7.1	1782	1.52	0	0.29	0.86	0.07	0.01	0.00
Corn-FRZ**0271	1/2 Cup	2	44	0	1	1.31	0.26	1.6	108	1.91	2	1.39	10.51	0.36	0.06	0.00
Peaches**0437	1/2 Cup	3	68	0	6	1.63	0.45	3.8	443	3.01	17	0.56	18.22	0.04	0.00	0.00
Watermelon Wedges**1226	1/2 Cup	3	45	0	1	0.60	0.36	10.5	852	12.12	9	0.91	11.3	0.22	0.02	0.00
Sec FreshVeggie**1882	Servings	3	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
Milk-Variety**0489	1 Carton	3	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Burger/Deli Sand Choice**1904	1 Serving	1	141	20	534	1.48	0.91	53.5	349	4.2	*0	7.26	13.91	6.3	2.32	*0.00
French Fries S**1890	1 Serving	1	45	0	68	0.73	0.17	1.2	0	1.25	0	0.6	6.27	1.81	0.38	0.00
Salad,Grill Chix & Fruit**1996	3 cup	1	134	14	185	3.13	1.59	104.2	3991	24.95	*3	8.95	15.89	4.41	1.40	0.00
Weighted Daily Average			807	55	1554	15.23	6.38	703.8	11143	64.60	*37	36.99	120.67	22.22	7.50	*0.01
% of Calories											*18.3%	18.3%	59.8%	24.8%	8.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Central Consolidated Schools

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High Lunch

Weighted Values - Detailed

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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)
Wed - 11/29/2017																
High Lunch	Total	4														
Sloppy Joe**0114	1 Sandwich	1	84	13	144	0.94	0.87	26.1	100	3.27	*1	4.81	8.61	3.32	1.12	*0.17
Tater Tots**1299	3 Oz.	3	90	0	195	1.50	0.00	0.0	0	1.8	0	0.75	13.53	3.76	0.75	0.00
Cucumber Slices**5047	1/2 Cup	3	9	0	1	0.31	0.17	9.8	64	1.71	1	0.4	2.22	0.07	0.02	0.00
Pears**0438	1/2 Cup	4	71	0	6	2.00	0.35	6.3	0	0.88	15	0.24	18.99	0.04	0.00	0.00
Grape Cluster**0422	1/2 Cup	4	34	0	1	0.46	0.15	7.2	51	2.05	8	0.32	8.78	0.18	0.06	0.00
Rice Krispy Treat**0299	2"x 2"	4	123	0	97	0.04	3.31	1.6	538	6.89	*1	1.06	23.46	3.08	0.55	*0.00
Sec FreshVeggie**1882	Servings	4	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
Milk-Variety**0489	1 Carton	4	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Choice of Chick Sand HS**2002	1 Serving	1	88	13	207	1.11	0.61	14.9	327	2.84	*0	5.44	7.44	3.95	0.70	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	82	9	144	0.87	0.68	106.3	125	2.62	1	5.12	7.25	3.62	1.87	0.00
Fruit&Yogurt Salad HS **1987	1 Salad	1	125	8	134	2.41	0.85	172.8	6322	13.43	*5	3.97	21.01	2.98	1.17	*0.00
Weighted Daily Average			847	51	1174	11.84	7.78	671.1	10871	48.05	*37	31.92	131.94	22.35	7.01	*0.17
% of Calories											*17.3%	15.1%	62.3%	23.8%	7.4%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

Thu - 11/30/2017																
High Lunch	Total	3														
Green Chile Chicken Ench**1118	1 Cup	1	87	13	280	1.41	0.38	56.2	182	6.62	*0	5.29	10.8	2.66	1.09	*0.00
Santiago Refried Beans**1999	1/2 cup	2	105	0	98	6.57	1.50	33.2	0	0.58	0	6.57	19.04	0.33	0.00	0.00
ChoLettuce/Tomato**0283	1/2 Cup	1	4	0	2	0.48	0.21	7.1	1782	1.52	0	0.29	0.86	0.07	0.01	0.00
2 Oz Wheat Roll**8176	2 Oz. Roll	1	61	0	94	1.06	0.55	3.8	1	0.0	*1	1.76	11.02	1.24	0.17	*0.00
Fresh Apple**0064	Apple	3	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Kiwi Strawberry Sidekick**1944	4.4 oz serving	3	80	0	45	0.00	0.36	80.0	1000	60.0	*N/A*	0.0	20.0	0.0	0.00	0.00
Sec FreshVeggie**1882	Servings	3	38	0	114	2.19	0.72	26.3	2843	10.14	3	1.8	7.65	0.11	0.01	0.00
Milk-Variety**0489	1 Carton	3	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Burger/Deli Sand Choice**1904	1 Serving	1	141	20	534	1.48	0.91	53.5	349	4.2	*0	7.26	13.91	6.3	2.32	*0.00
French Fries S**1890	1 Serving	1	45	0	68	0.73	0.17	1.2	0	1.25	0	0.6	6.27	1.81	0.38	0.00
Crispy Chicken Salad**1909	1 Salad	1	165	8	260	3.77	1.78	27.4	6603	6.67	*4	7.54	21.0	6.45	1.04	*0.00
Weighted Daily Average			899	49	1626	21.00	6.85	596.9	13335	99.73	*24	39.48	142.60	20.46	5.80	*0.00
% of Calories											*10.6%	17.6%	63.5%	20.5%	5.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Weighted Average			831	*72	1390	*15.07	*5.90	*626.7	11680	*70.82	*36	37.10	124.40	21.67	6.92	*0.05
											*39.1%	17.9%	59.9%	23.5%	7.5%	*0.1%

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Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

High Lunch

Weighted Values - Detailed

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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-Fat¹ (g)

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	831		750 - 850	100%				
Cholesterol (mg)	72				Missing			
Sodium (mg)	1390		1420					
Fiber (g)	15.07				Missing			
Iron (mg)	5.90				Missing			
Calcium (mg)	626.7				Missing			
Vitamin A (IU)	11680							
Sugars (g)	36	17.38%			Missing			
Vitamin C (mg)	70.82				Missing			
Protein (g)	37.10	17.86%						
Carbohydrate (g)	124.40	59.90%						
Total Fat (g)	21.67	23.47%						
Saturated Fat (g)	6.92	7.50%	<10.00%					
Trans Fat ¹ (g)	0.05	0.05%			Missing			

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