

Central Consolidated Schools

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Middle Lunch

Weighted Values - Detailed

Page 1

Generated on: 10/11/2017 10:37:01 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																
Middle 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	2	109	0	132	1.84	0.54	12.5	2486	2.48	*N/A*	0.79	15.06	5.05	1.15	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
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 MS**1880	1 Serving	1	105	8	228	1.35	0.85	19.8	351	3.14	*0	4.5	9.27	5.29	0.94	*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&YogurtSaladMuffin**0399	1 Salad	1	103	8	110	2.16	0.67	147.8	6197	13.43	*5	3.72	17.01	2.36	1.04	*0.00
Weighted Daily Average			665	43	1035	11.41	4.54	648.9	12625	80.08	*16	29.82	89.24	20.71	6.68	*0.00
% of Calories											*9.6%	18.0%	53.7%	28.0%	9.0%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Thu - 11/02/2017																
Middle 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
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	1	30	0	47	0.53	0.28	1.9	0	0.0	*1	0.88	5.51	0.62	0.09	*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**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			738	45	1249	11.62	5.16	467.7	10585	37.62	*25	33.84	102.15	23.21	5.71	*0.16
% of Calories											*13.6%	18.4%	55.4%	28.3%	7.0%	*0.2%
Nutrient Guideline			600-700		1360										<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.

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

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Middle 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																
Middle Lunch	Total	4														
Mac & Cheese-HMD**0285	2/3 Cup	1	89	14	231	0.21	0.23	98.1	207	0.15	*0	4.37	5.32	5.6	3.04	*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
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	1	23	0	35	0.40	0.21	1.4	0	0.0	*0	0.66	4.13	0.47	0.06	*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 MS**1880	1 Serving	1	105	8	228	1.35	0.85	19.8	351	3.14	*0	4.5	9.27	5.29	0.94	*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
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			703	88	1157	15.33	5.00	703.3	9672	40.27	*25	32.50	97.53	21.54	8.28	*0.00
% of Calories											*14.3%	18.5%	55.5%	27.6%	10.6%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Mon - 11/06/2017																
Middle 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
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
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 MS**1880	1 Serving	1	105	8	228	1.35	0.85	19.8	351	3.14	*0	4.5	9.27	5.29	0.94	*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			676	105	1287	13.48	5.14	578.0	14957	40.05	*23	35.85	89.69	20.17	6.98	*0.39
% of Calories											*13.7%	21.2%	53.1%	26.9%	9.3%	*0.5%
Nutrient Guideline			600-700		1360										<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.

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

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Middle Lunch

Weighted Values - Detailed

Page 3

Generated on: 10/11/2017 10:37:01 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)
Tue - 11/07/2017																
Middle 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 Elem**8189	1/2 Cup	1	38	0	119	0.63	0.32	5.1	125	3.96	*0	0.29	7.16	0.68	0.06	*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
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	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	60	1212	13.76	6.11	629.1	10300	55.25	*15	37.77	92.77	21.29	7.53	*0.02
% of Calories											*8.7%	21.3%	52.3%	27.0%	9.6%	*0.0%
Nutrient Guideline			600-700		1360										<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)
Wed - 11/08/2017																
Middle 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.	2	60	0	130	1.00	0.00	0.0	0	1.2	0	0.5	9.02	2.51	0.50	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
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 MS**1880	1 Serving	1	105	8	228	1.35	0.85	19.8	351	3.14	*0	4.5	9.27	5.29	0.94	*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&YogurtSaladMuffin**0399	1 Salad	1	103	8	110	2.16	0.67	147.8	6197	13.43	*5	3.72	17.01	2.36	1.04	*0.00
Weighted Daily Average			673	53	1157	10.95	4.20	712.4	12129	78.42	*21	34.38	93.10	17.96	6.40	*0.00
% of Calories											*12.3%	20.4%	55.3%	24.0%	8.6%	*0.0%
Nutrient Guideline			600-700		1360										<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.

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

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Middle 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 - 11/09/2017																
Middle 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	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
Mixed Veggies-FRZ**0646	1/2 Cup	2	25	0	20	1.01	0.18	0.0	634	1.83	2	0.51	5.58	0.0	0.00	0.00
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	3	91	0	141	1.59	0.83	5.7	1	0.0	*2	2.65	16.53	1.87	0.26	*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	1	33	3	43	0.00	0.03	100.0	167	0.8	*N/A*	2.67	4.33	0.42	0.25	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			743	39	1250	12.35	6.09	300.0	11764	87.18	*12	28.82	108.34	22.25	5.20	*0.00
% of Calories											*6.3%	15.5%	58.3%	27.0%	6.3%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Fri - 11/10/2017																
Middle 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
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 MS**1880	1 Serving	1	105	8	228	1.35	0.85	19.8	351	3.14	*0	4.5	9.27	5.29	0.94	*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
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			718	96	1272	15.69	5.41	655.3	9964	45.56	*28	37.41	100.42	20.05	7.10	*0.00
% of Calories											*15.7%	20.8%	56.0%	25.1%	8.9%	*0.0%
Nutrient Guideline			600-700		1360										<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.

Central Consolidated Schools

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Middle Lunch

Weighted Values - Detailed

Page 5

Generated on: 10/11/2017 10:37:01 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)
Mon - 11/13/2017																
Middle Lunch	Total	4														
Tyson Chicken Popcorn**1956	3.36 oz 1 2 pc	1	64	6	97	0.77	0.46	0.0	26	0.0	0	3.83	4.08	3.83	0.64	0.00
Corn-FRZ**0271	1/2 Cup	3	50	0	1	1.47	0.29	1.8	122	2.14	2	1.56	11.82	0.41	0.06	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
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	1	23	0	35	0.40	0.21	1.4	0	0.0	*0	0.66	4.13	0.47	0.06	*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
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 MS**1880	1 Serving	1	105	8	228	1.35	0.85	19.8	351	3.14	*0	4.5	9.27	5.29	0.94	*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			675	90	1282	10.37	4.78	531.9	9090	29.34	*18	34.15	87.60	22.00	6.92	*0.00
% of Calories											*10.8%	20.2%	51.9%	29.3%	9.2%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Tue - 11/14/2017																
Middle 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	2	9	0	4	0.97	0.42	14.2	3565	3.05	1	0.58	1.72	0.14	0.02	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			650	70	1267	11.68	4.93	577.4	11683	71.76	*15	38.14	83.16	18.50	6.18	*0.00
% of Calories											*9.0%	23.5%	51.2%	25.6%	8.6%	*0.0%
Nutrient Guideline			600-700		1360										<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.

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

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Middle 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																
Middle 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	3	14	0	8	1.50	0.61	21.9	5827	4.58	1	0.88	2.91	0.21	0.03	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
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 MS**1880	1 Serving	1	105	8	228	1.35	0.85	19.8	351	3.14	*0	4.5	9.27	5.29	0.94	*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
Fruit&YogurtSaladMuffin**0399	1 Salad	1	103	8	110	2.16	0.67	147.8	6197	13.43	*5	3.72	17.01	2.36	1.04	*0.00
Weighted Daily Average			614	43	970	11.92	4.53	724.1	16182	89.24	*20	31.41	82.81	17.42	6.21	*0.00
% of Calories											*13.0%	20.5%	54.0%	25.5%	9.1%	*0.0%
Nutrient Guideline			600-700		1360										<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																
Middle 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
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	1	91	0	141	1.59	0.83	5.7	1	0.0	*2	2.65	16.53	1.87	0.26	*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
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			760	*74	1623	*7.08	*3.99	*381.5	1494	*13.56	*32	35.63	113.31	18.08	4.51	*0.08
% of Calories											*16.7%	18.7%	59.6%	21.4%	5.3%	*0.1%
Nutrient Guideline			600-700		1360										<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.

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

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Middle 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 - 11/17/2017																
Middle 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.	2	60	0	130	1.00	0.00	0.0	0	1.2	0	0.5	9.02	2.51	0.50	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
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 MS**1880	1 Serving	1	105	8	228	1.35	0.85	19.8	351	3.14	*0	4.5	9.27	5.29	0.94	*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			762	84	1432	16.09	5.73	633.2	9223	33.69	*37	33.09	114.69	18.53	5.99	*0.00
% of Calories											*19.3%	17.4%	60.2%	21.9%	7.1%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Mon - 11/20/2017																
Middle 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			600-700		1360										<10.00	

Tue - 11/21/2017																
Middle 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			600-700		1360										<10.00	

Wed - 11/22/2017																
Middle 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

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

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Middle 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)
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			600-700		1360											<10.00

Thu - 11/23/2017																
Middle 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			600-700		1360											<10.00

Fri - 11/24/2017																
Middle 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			600-700		1360											<10.00

Mon - 11/27/2017																
Middle 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	3	24	0	9	2.55	0.52	28.1	860	34.1	1	2.64	4.55	0.1	0.02	0.00
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	1	23	0	35	0.40	0.21	1.4	0	0.0	*0	0.66	4.13	0.47	0.06	*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 MS**1880	1 Serving	1	105	8	228	1.35	0.85	19.8	351	3.14	*0	4.5	9.27	5.29	0.94	*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

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

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Middle 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)
Weighted Daily Average			673	92	1269	11.48	5.26	573.5	9800	68.65	*25	34.28	85.06	19.08	6.68	*0.00
% of Calories											*15.0%	20.4%	50.6%	25.5%	8.9%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

Tue - 11/28/2017																
Middle 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
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**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			731	52	1363	13.59	5.79	686.0	10809	62.20	*20	35.56	102.22	21.70	7.15	*0.01
% of Calories											*11.2%	19.4%	55.9%	26.7%	8.8%	*0.0%
Nutrient Guideline			600-700		1360											<10.00

Wed - 11/29/2017																
Middle 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
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
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 MS**1880	1 Serving	1	105	8	228	1.35	0.85	19.8	351	3.14	*0	4.5	9.27	5.29	0.94	*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&YogurtSaladMuffin**0399	1 Salad	1	103	8	110	2.16	0.67	147.8	6197	13.43	*5	3.72	17.01	2.36	1.04	*0.00
Weighted Daily Average			646	46	1068	9.78	4.18	643.1	10232	40.58	*20	29.44	87.32	19.95	6.58	*0.17
% of Calories											*12.7%	18.2%	54.0%	27.8%	9.2%	*0.2%
Nutrient Guideline			600-700		1360											<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.

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

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Middle 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 - 11/30/2017																
Middle 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
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
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
1 Oz Wheat Rolls**1889 E	1 Oz. Roll	1	30	0	47	0.53	0.28	1.9	0	0.0	*1	0.88	5.51	0.62	0.09	*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**1881	1 Salad	1	153	14	310	3.73	0.87	27.1	6172	5.6	*3	8.67	17.42	5.8	0.69	0.00
Weighted Daily Average			709	52	1394	12.50	4.48	557.8	12937	92.72	*8	34.00	101.69	18.49	5.06	*0.00
% of Calories											*4.4%	19.2%	57.4%	23.5%	6.4%	*0.0%
Nutrient Guideline			600-700		1360										<10.00	

Weighted Average			697	*67	1252	*12.30	*5.02	*588.4	10791	*56.83	*21	33.89	95.95	20.06	6.42	*0.05
											*27.4%	19.5%	55.1%	25.9%	8.3%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	697		600 - 700	100%				
Cholesterol (mg)	67				Missing			
Sodium (mg)	1252		1360					
Fiber (g)	12.30				Missing			
Iron (mg)	5.02				Missing			
Calcium (mg)	588.4				Missing			
Vitamin A (IU)	10791							
Sugars (g)	21	12.17%			Missing			
Vitamin C (mg)	56.83				Missing			
Protein (g)	33.89	19.46%						
Carbohydrate (g)	95.95	55.09%						
Total Fat (g)	20.06	25.91%						
Saturated Fat (g)	6.42	8.29%	<10.00%					
Trans Fat ¹ (g)	0.05	0.06%			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

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.