

# Central Consolidated Schools

Nov 1, 2018 thru Nov 30, 2018

## Base Menu Spreadsheet

Elementary 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 <sup>1</sup> (g)
Thu - 11/01/2018																
Elementary Lunch	Total	2														
Pork Riblet Sandwich**1830	1 Sandwich	1	165	20	335	2.00	1.08	30.0	100	0.6	5	9.5	17.5	5.75	1.75	0.00
Tater Tots**1299	3 Oz.	1	60	0	130	1.00	0.00	0.0	0	1.2	0	0.5	9.02	2.51	0.50	0.00
Apple Wedges**1238	4 Wedges	1	29	0	1	1.36	0.07	3.4	31	2.61	6	0.15	7.83	0.1	0.02	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Bag Lunch***1997	lunch	1	115	12	316	1.50	0.78	49.0	73	0.6	*1	5.7	15.11	3.78	1.58	0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			538	41	1041	7.37	2.47	404.1	2375	12.99	*14	25.35	68.55	17.67	5.23	0.00
% of Calories											*10.2%	18.8%	51.0%	29.6%	8.7%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 11/02/2018																
Elementary Lunch	Total	2														
Tasty Cheese Stuff Stic**2017	2 Each	1	189	10	450	1.72	1.47	164.4	280	1.73	*2	9.72	20.97	7.08	3.36	0.00
Cucumber Slices**5047	1/2 Cup	1	6	0	1	0.20	0.11	6.5	43	1.14	1	0.27	1.48	0.04	0.02	0.00
Cantaloupe Chunks**0656	1/2 Cup	1	27	0	13	0.71	0.17	7.1	2685	29.13	6	0.67	6.48	0.15	0.04	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Power Box -Egg**2021	box	1	168	103	290	1.50	4.30	90.6	377	0.0	2	8.1	15.77	9.11	3.29	*0.00
Friday Milk**1848	1 Carton	2	110	7	153	0.00	0.18	300.0	500	2.0	*N/A*	8.0	16.67	0.83	0.50	0.00
Weighted Daily Average			568	121	1036	5.65	6.68	590.3	5556	39.59	*14	28.26	67.45	21.51	7.84	*0.00
% of Calories											*9.5%	19.9%	47.5%	34.1%	12.4%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

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Nov 1, 2018 thru Nov 30, 2018

## Base Menu Spreadsheet

Elementary 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 <sup>1</sup> (g)
Mon - 11/05/2018																
Elementary Lunch	Total	2														
Quesadilla, cheese **1949	1	1	170	16	322	2.14	1.28	293.3	263	0.59	*0	9.85	16.91	6.92	3.69	0.00
Santiago Refried Beans**1999	1/2 cup	1	79	0	74	4.92	1.13	24.9	0	0.43	0	4.92	14.28	0.25	0.00	0.00
ChoLettuce/Tomato**0283	1/2 Cup	1	7	0	3	0.72	0.31	10.7	2674	2.28	1	0.44	1.29	0.11	0.01	0.00
Sidekick Smoothie**1944	4.4 oz ser ving	1	45	0	24	0.00	0.00	40.0	750	30.0	9	0.0	11.0	0.0	0.00	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Bag Lunch***1997	lunch	1	115	12	316	1.50	0.78	49.0	73	0.6	*1	5.7	15.11	3.78	1.58	0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Salsa**0651	2 Tbsp.	1	5	0	70	0.50	0.18	10.1	76	0.6	*N/A*	0.0	1.01	0.0	0.00	0.00
Weighted Daily Average % of Calories			589	37	1068	11.30	4.22	749.6	6007	42.49	*13 *9.0%	30.42 20.7%	78.69 53.4%	16.59 25.3%	6.67 10.2%	0.00 0.0%
Nutrient Guideline			600-650		1230											<10.00

Tue - 11/06/2018																
Elementary Lunch	Total	2														
Tyson Chicken Popcorn**1956	3.36 oz 1 2 pc	1	128	13	194	1.53	0.92	0.0	51	0.0	1	7.66	8.17	7.66	1.28	0.00
Mashed Potatoes**0171	1/2 Cup	1	37	0	51	0.50	0.18	5.0	25	1.79	*N/A*	0.99	7.95	0.3	0.05	0.00
Gravy - Variety**1859	1/4 Cup	1	10	0	158	0.00	0.00	0.0	0	0.0	*N/A*	0.25	2.0	0.25	0.00	0.00
1 Oz Wheat Rolls**1889 E	1 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
Peaches**0437	1/2 Cup	1	34	0	3	0.81	0.23	1.9	222	1.5	8	0.28	9.11	0.02	0.00	0.00
Jello w/Topping**0385	1/2 Cup	1	48	0	0	0.00	0.00	0.0	0	15.0	*N/A*	1.0	9.5	1.0	1.00	*0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Power Box-Pizza**2019	box	1	207	15	706	1.00	1.15	30.0	375	3.0	*1	11.72	21.2	7.51	2.70	0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average % of Calories			677	37	1441	6.14	3.43	361.4	2845	29.28	*13 *7.7%	32.73 19.3%	85.28 50.4%	23.20 30.8%	6.54 8.7%	*0.00 *0.0%
Nutrient Guideline			600-650		1230											<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 <sup>1</sup> (g)
Wed - 11/07/2018																
Elementary Lunch	Total	2														
Corndog, Chicken, **0937	1 EACH	1	120	20	195	2.50	0.90	40.0	12	0.0	2	4.5	15.0	4.0	1.25	0.00
Crinkle Cut Fries**0499	3 Oz.	1	60	0	15	1.00	0.36	0.0	0	3.0	0	1.0	9.5	2.25	0.75	0.00
Grape Cluster**0422	1/2 Cup	1	17	0	1	0.23	0.07	3.6	26	1.02	4	0.16	4.39	0.09	0.03	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Fruit&YogurtSaladMuffin**0399	1 Salad	1	233	20	238	0.97	1.11	345.8	649	24.33	*15	7.72	36.97	6.49	2.32	*0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			598	49	708	6.21	2.98	711.0	2859	36.33	*24	22.89	84.94	18.37	5.73	*0.00
% of Calories											*15.9%	15.3%	56.8%	27.6%	8.6%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

Thu - 11/08/2018																
Elementary Lunch	Total	2														
Frito Pie-Cnd Bean Gr BF**1937	Servings	1	211	20	569	4.75	1.88	247.1	397	4.66	*1	10.06	22.28	9.53	3.05	*0.01
ChoLettuce/Tomato**0283	1/2 Cup	1	7	0	3	0.72	0.31	10.7	2674	2.28	1	0.44	1.29	0.11	0.01	0.00
Corn-FRZ**0271	1/2 Cup	1	33	0	0	0.98	0.19	1.2	81	1.43	1	1.04	7.88	0.27	0.04	0.00
Apple Wedges**1238	4 Wedges	1	29	0	1	1.36	0.07	3.4	31	2.61	6	0.15	7.83	0.1	0.02	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Bag Lunch***1997	lunch	1	115	12	316	1.50	0.78	49.0	73	0.6	*1	5.7	15.11	3.78	1.58	0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Salsa**0651	2 Tbsp.	1	5	0	70	0.50	0.18	10.1	76	0.6	*N/A*	0.0	1.01	0.0	0.00	0.00
Weighted Daily Average			569	41	1219	11.33	3.95	643.2	5503	20.17	*12	26.89	74.48	19.32	6.09	*0.01
% of Calories											*8.5%	18.9%	52.4%	30.6%	9.6%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

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### 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 <sup>1</sup> (g)
Fri - 11/09/2018																
Elementary Lunch	Total	2														
Nardone Cheese Pizza 4x6**2006	peice/serv	1	155	15	180	1.50	1.35	225.0	250	4.5	3	11.0	15.0	6.0	3.00	0.00
Green Beans-FRZ**0426	1/2 cup	1	11	0	0	1.22	0.27	17.1	171	1.67	1	0.61	2.63	0.07	0.02	0.00
Watermelon Wedges**1226	1/2 Cup	1	22	0	1	0.30	0.18	5.2	426	6.06	5	0.46	5.65	0.11	0.01	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Power Box -Egg**2021	box	1	168	103	290	1.50	4.30	90.6	377	0.0	2	8.1	15.77	9.11	3.29	*0.00
Friday Milk**1848	1 Carton	2	110	7	153	0.00	0.18	300.0	500	2.0	*N/A*	8.0	16.67	0.83	0.50	0.00
Weighted Daily Average			535	126	754	6.03	6.73	659.6	3395	19.82	*13	29.67	61.81	20.41	7.45	*0.00
% of Calories											*9.7%	22.2%	46.2%	34.3%	12.5%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 11/12/2018																
Elementary Lunch	Total	2														
AFS Tangerine Chicken**2001	3.9 oz	1	95	23	190	1.00	0.72	0.0	33	0.0	7	7.0	12.5	2.0	0.50	0.00
Brown Rice**0687	1 Cup	1	35	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.28	*N/A*	*N/A*
Broccoli-Froz**0258	1/2 Cup	1	16	0	6	1.70	0.35	18.7	573	22.74	1	1.76	3.03	0.07	0.01	0.00
Mandarin Oranges**1163	1/2 Cup	2	54	0	5	1.03	0.32	6.9	1110	16.82	*N/A*	0.46	13.78	0.12	0.01	*N/A*
Elem Fresh Veggie**1922	Servings	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Bag Lunch***1997	lunch	1	115	12	316	1.50	0.78	49.0	73	0.6	*1	5.7	15.11	3.78	1.58	0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			511	*44	*869	*8.25	*3.15	*412.9	*5632	*53.72	*13	*25.68	*69.09	11.82	*3.49	*0.00
% of Calories											*10.2%	*20.1%	*54.1%	20.8%	*6.1%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Tue - 11/13/2018																
Elementary Lunch	Total	2														
LosCaboBn&CheeBurrito**2000	1 each	1	148	9	249	4.40	1.35	100.0	150	0.6	1	7.56	20.43	4.47	2.02	0.00
Corn-FRZ**0271	1/2 Cup	1	33	0	0	0.98	0.19	1.2	81	1.43	1	1.04	7.88	0.27	0.04	0.00
ChoLettuce/Tomato**0283	1/2 Cup	1	7	0	3	0.72	0.31	10.7	2674	2.28	1	0.44	1.29	0.11	0.01	0.00
Grape Cluster**0422	1/2 Cup	1	17	0	1	0.23	0.07	3.6	26	1.02	4	0.16	4.39	0.09	0.03	0.00
Elem Fresh Veggie**1922	Servings	2	56	0	184	3.02	0.90	33.3	3343	11.17	5	2.51	11.16	0.07	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Power Box-Pizza**2019	box	1	207	15	706	1.00	1.15	30.0	375	3.0	*1	11.72	21.2	7.51	2.70	0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Salsa**0651	2 Tbsp.	1	5	0	70	0.50	0.18	10.1	76	0.6	*N/A*	0.0	1.01	0.0	0.00	0.00
Weighted Daily Average			613	33	1381	10.86	4.26	493.9	7224	22.51	*12	31.68	80.87	18.02	6.20	0.00
% of Calories											*8.0%	20.7%	52.8%	26.5%	9.1%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Wed - 11/14/2018																
Elementary Lunch	Total	2														
Hamburger All**0279	1 Sandwich	1	177	20	369	1.64	1.24	19.9	50	0.66	*2	8.37	15.84	8.33	3.02	*0.00
Crinkle Cut Fries**0499	3 Oz.	1	60	0	15	1.00	0.36	0.0	0	3.0	0	1.0	9.5	2.25	0.75	0.00
ChoLettuce/Tomato**0283	1/2 Cup	1	7	0	3	0.72	0.31	10.7	2674	2.28	1	0.44	1.29	0.11	0.01	0.00
Pineapple Chunks**0092	1/2 Cup	1	33	0	1	0.50	0.24	8.8	24	4.7	8	0.23	8.42	0.08	0.01	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Fruit&YogurtSaladMuffin**0399	1 Salad	1	233	20	238	0.97	1.11	345.8	649	24.33	*15	7.72	36.97	6.49	2.32	*0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			677	49	885	6.34	3.81	706.8	5569	42.95	*27	27.26	91.11	22.79	7.49	*0.00
% of Calories											*16.1%	16.1%	53.9%	30.3%	10.0%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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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 <sup>1</sup> (g)
Thu - 11/15/2018																
Elementary 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
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
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
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
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
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
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
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			600-650		1230										<10.00	

Fri - 11/16/2018																
Elementary Lunch	Total	2														
Nardone WW PeppPizza 4x6**2005	piece	1	175	20	290	1.50	1.35	175.0	200	4.5	3	11.0	14.5	8.5	3.50	0.00
Italian Veggies**1112	1/2 Cup	1	12	0	14	0.00	0.00	8.1	303	3.64	*N/A*	0.4	2.02	0.0	0.00	0.00
Apple Wedges**1238	4 Wedges	1	29	0	1	1.36	0.07	3.4	31	2.61	6	0.15	7.83	0.1	0.02	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Power Box -Egg**2021	box	1	168	103	290	1.50	4.30	90.6	377	0.0	2	8.1	15.77	9.11	3.29	*0.00
Hope'sCChipCookie**1836	1 Each	2	110	5	160	0.00	0.72	0.0	0	0.0	*N/A*	1.0	18.0	4.5	1.50	0.00
Friday Milk**1848	1 Carton	2	110	7	153	0.00	0.18	300.0	500	2.0	*N/A*	8.0	16.67	0.83	0.50	0.00
Weighted Daily Average			673	136	1038	5.87	7.07	598.7	3082	18.33	*14	30.16	80.87	27.33	9.44	*0.00
% of Calories											*8.0%	17.9%	48.1%	36.6%	12.6%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 11/19/2018																
Elementary 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

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# Central Consolidated Schools

Nov 1, 2018 thru Nov 30, 2018

## Base Menu Spreadsheet

Elementary 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 <sup>1</sup> (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			600-650		1230											<10.00

Tue - 11/20/2018																
Elementary 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			600-650		1230											<10.00

Wed - 11/21/2018																
Elementary 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			600-650		1230											<10.00

Thu - 11/22/2018																
Elementary 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			600-650		1230											<10.00

Fri - 11/23/2018																
Elementary 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

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# Central Consolidated Schools

Nov 1, 2018 thru Nov 30, 2018

## Base Menu Spreadsheet

Elementary 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			600-650		1230						0.0%	0.0%	0.0%	0.0%	0.0%	<10.00

Mon - 11/26/2018																
Elementary Lunch	Total	2														
Tyson WG Trad Drumstick**2004	1 each	1	95	25	225	0.50	0.54	0.0	50	0.0	0	8.0	2.5	5.5	1.25	0.00
Baked Beans**8032	1/2 Cup	1	66	0	243	3.04	0.91	30.4	25	0.0	5	3.04	12.65	0.0	0.00	0.00
Coleslaw**0220	1/2 Cup	1	22	0	96	1.11	0.04	23.8	800	19.51	*1	0.58	4.83	0.02	0.00	*0.00
1 Oz Wheat Rolls**1889 E	1 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
Watermelon Wedges**1226	1/2 Cup	1	22	0	1	0.30	0.18	5.2	426	6.06	5	0.46	5.65	0.11	0.01	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Bag Lunch***1997	lunch	1	115	12	316	1.50	0.78	49.0	73	0.6	*1	5.7	15.11	3.78	1.58	0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average % of Calories			534	46	1211	8.75	3.41	432.9	3546	34.16	*15	28.60	68.09	15.88	4.36	*0.00
Nutrient Guideline			600-650		1230						*10.9%	21.4%	51.0%	26.7%	7.3%	*0.0%

Tue - 11/27/2018																
Elementary Lunch	Total	2														
Mac & Cheese-HMD**0285	2/3 CUP	1	178	28	462	0.42	0.45	196.1	413	0.29	*0	8.73	10.64	11.2	6.08	*0.00
Green Beans-FRZ**0426	1/2 cup	1	11	0	0	1.22	0.27	17.1	171	1.67	1	0.61	2.63	0.07	0.02	0.00
1 Oz Wheat Rolls**1889 E	1 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
Fresh Strawberries**1875	1/2 cup	1	12	0	0	0.72	0.15	5.8	4	21.17	2	0.24	2.76	0.11	0.01	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Power Box-Pizza**2019	box	1	207	15	706	1.00	1.15	30.0	375	3.0	*1	11.72	21.2	7.51	2.70	0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average % of Calories			621	52	1499	5.67	2.98	573.5	3135	34.12	*7	32.13	64.59	25.35	10.31	*0.00
Nutrient Guideline			600-650		1230						*4.3%	20.7%	41.6%	36.7%	14.9%	*0.0%

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# Central Consolidated Schools

Nov 1, 2018 thru Nov 30, 2018

## Base Menu Spreadsheet

Elementary 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 <sup>1</sup> (g)
<b>Wed - 11/28/2018</b>																
Elementary Lunch	Total	2														
Salisbury Steak**0767	1 Each	1	112	15	150	0.50	0.72	10.0	3	0.0	0	5.5	1.5	2.5	1.00	0.00
Mashed Potatoes**0171	1/2 Cup	1	37	0	51	0.50	0.18	5.0	25	1.79	*N/A*	0.99	7.95	0.3	0.05	0.00
Gravy - Variety**1859	1/4 Cup	1	10	0	158	0.00	0.00	0.0	0	0.0	*N/A*	0.25	2.0	0.25	0.00	0.00
Mixed Veggies-FRZ**0646	1/2 Cup	1	19	0	15	0.76	0.14	0.0	476	1.37	2	0.38	4.19	0.0	0.00	0.00
1 Oz Wheat Rolls**1889 E	1 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
Sidekick Smoothie**1944	4.4 oz serving	1	45	0	24	0.00	0.00	40.0	750	30.0	9	0.0	11.0	0.0	0.00	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Fruit&YogurtSaladMuffin**0399	1 Salad	1	233	20	238	0.97	1.11	345.8	649	24.33	*15	7.72	36.97	6.49	2.32	*0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			670	44	965	5.03	3.10	725.3	4074	65.47	*29	25.68	90.96	16.01	4.88	*0.00
% of Calories											*17.5%	15.3%	54.3%	21.5%	6.6%	*0.0%
Nutrient Guideline			600-650		1230											<10.00
<b>Thu - 11/29/2018</b>																
Elementary Lunch	Total	2														
EM Chick&Cheese Taquitos**2015	2 each	1	140	15	400	2.00	1.08	60.0	100	2.4	1	8.0	15.0	6.0	1.50	0.00
Santiago Refried Beans**1999	1/2 cup	1	79	0	74	4.92	1.13	24.9	0	0.43	0	4.92	14.28	0.25	0.00	0.00
ChoLettuce/Tomato**0283	1/2 Cup	1	7	0	3	0.72	0.31	10.7	2674	2.28	1	0.44	1.29	0.11	0.01	0.00
Apple Wedges**1238	4 Wedges	1	29	0	1	1.36	0.07	3.4	31	2.61	6	0.15	7.83	0.1	0.02	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Bag Lunch***1997	lunch	1	115	12	316	1.50	0.78	49.0	73	0.6	*1	5.7	15.11	3.78	1.58	0.00
Milk-Variety**0489	1 Carton	2	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Salsa**0651	2 Tbsp.	1	5	0	70	0.50	0.18	10.1	76	0.6	*N/A*	0.0	1.01	0.0	0.00	0.00
Weighted Daily Average			543	36	1123	12.52	4.09	479.7	5124	16.91	*11	28.71	73.61	15.76	4.49	0.00
% of Calories											*8.0%	21.1%	54.2%	26.1%	7.4%	0.0%
Nutrient Guideline			600-650		1230											<10.00

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# Central Consolidated Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

Elementary 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 <sup>1</sup> (g)
Fri - 11/30/2018																
Elementary Lunch	Total	2														
Sloppy Joe**0114	1 Sandwich	1	179	27	295	1.89	1.56	22.3	201	4.75	*4	10.63	17.79	6.89	2.24	*0.34
Tater Tots**1299	3 Oz.	1	60	0	130	1.00	0.00	0.0	0	1.2	0	0.5	9.02	2.51	0.50	0.00
Orange Wedges**0600	1 orange	1	23	0	0	1.15	0.05	19.2	108	25.54	4	0.45	5.64	0.06	0.01	0.00
Elem Fresh Veggie**1922	Servings	1	28	0	92	1.51	0.45	16.7	1672	5.58	2	1.25	5.58	0.04	0.01	0.00
Ranch Dress**0291	2 Tbsp	1	40	1	38	0.00	0.00	5.0	0	0.0	*N/A*	0.25	0.5	4.25	0.62	0.00
Elem Power Box -Egg**2021	box	1	168	103	290	1.50	4.30	90.6	377	0.0	2	8.1	15.77	9.11	3.29	*0.00
Friday Milk**1848	1 Carton	2	110	7	153	0.00	0.18	300.0	500	2.0	*N/A*	8.0	16.67	0.83	0.50	0.00
Weighted Daily Average			608	138	998	7.05	6.54	453.8	2857	39.07	*13	29.19	70.97	23.69	7.17	*0.34
% of Calories											*8.9%	19.2%	46.7%	35.1%	10.6%	*0.5%
Nutrient Guideline			600-650		1230											<10.00

Weighted Average			605	*65	*1109	*7.73	*4.28	*551.7	*4134	*31.85	*16	*28.88	*77.92	19.52	*6.35	*0.03
											*24.1%	*19.1%	*51.5%	29.0%	*9.4%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	605		600 - 650	100%				
Cholesterol (mg)	65				Missing			
Sodium 1 (mg)	1109		1230		Missing			
Sodium 2 (mg)	1109		935		Missing	174		Correction Required - Sodium too High
Fiber (g)	7.73				Missing			
Iron (mg)	4.28				Missing			
Calcium (mg)	551.7				Missing			
Vitamin A (IU)	4134				Missing			
Sugars (g)	16	10.69%			Missing			
Vitamin C (mg)	31.85				Missing			
Protein (g)	28.88	19.09%			Missing			
Carbohydrate (g)	77.92	51.52%			Missing			
Total Fat (g)	19.52	29.04%						
Saturated Fat (g)	6.35	9.44%	<10.00%		Missing			
Trans Fat <sup>1</sup> (g)	0.03	0.04%			Missing			

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