

Central Consolidated Schools

Nov 1, 2018 thru Nov 30, 2018

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)
Thu - 11/01/2018																
High Lunch	Total	4														
Chicken Bowl**1795	1 Bowl	1	120	8	210	1.44	0.64	40.4	100	2.22	*1	6.14	13.66	5.25	1.09	0.12
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
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
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
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
Burger/Deli Sand Choice**1904	1 Serving	1	102	15	398	0.99	0.64	32.7	262	1.95	*1	5.57	8.82	4.85	1.74	*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
Crispy Chicken Salad**1909	1 Salad	1	131	10	213	2.41	1.24	94.6	2911	13.9	*2	7.46	13.81	5.69	1.50	*0.00
Weighted Daily Average			726	41	1207	13.76	4.89	529.2	7239	49.65	*39	32.78	109.20	19.90	5.58	*0.12
% of Calories											*21.7%	18.1%	60.2%	24.7%	6.9%	*0.2%
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)
Fri - 11/02/2018																
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	91	13	208	1.11	0.56	7.4	327	2.4	*1	5.69	7.58	4.01	0.70	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	78	8	147	0.83	0.68	100.0	108	1.85	1	5.0	7.08	3.33	1.67	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	117	50	197	3.03	2.87	112.3	3189	15.59	*4	5.78	15.15	4.56	1.63	*0.00
Weighted Daily Average			926	103	1482	18.36	7.50	768.0	7839	94.58	*34	37.86	135.31	29.02	10.89	*0.00
% of Calories											*14.9%	16.4%	58.4%	28.2%	10.6%	*0.0%
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

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

High Lunch

Weighted Values - Detailed

Page 2

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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)
Mon - 11/05/2018																
High Lunch	Total	4														
Philly Cheese Steak Sand**2010	1 sand	1	93	20	147	0.86	0.78	66.1	61	2.58	*1	8.69	7.84	2.7	1.25	0.00
Tater Tots**1299	3 Oz.	1	30	0	65	0.50	0.00	0.0	0	0.6	0	0.25	4.51	1.25	0.25	0.00
Coleslaw**0220	1/2 Cup	1	11	0	48	0.56	0.02	11.9	400	9.76	*0	0.29	2.42	0.01	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	91	13	208	1.11	0.56	7.4	327	2.4	*1	5.69	7.58	4.01	0.70	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	78	8	147	0.83	0.68	100.0	108	1.85	1	5.0	7.08	3.33	1.67	0.00
Chef Salad**1907	1 Salad	1	122	58	323	2.15	*2.84	*38.6	*2899	*13.9	*4	7.59	13.51	5.18	1.96	*0.00
Weighted Daily Average			696	107	1187	10.33	*6.19	*564.7	*7997	*57.91	*38	38.43	97.20	18.28	6.66	*0.00
% of Calories											*21.8%	22.1%	55.9%	23.7%	8.6%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Tue - 11/06/2018																
High Lunch	Total	4														
Taco- 2 w GB***1974	2 Tacos	1	95	15	127	1.30	0.86	83.1	413	2.7	*0	6.01	7.3	4.83	2.09	*0.01
Spanish Rice M & HS**1939	1 Cup	1	56	0	150	0.94	0.48	7.6	187	5.93	*0	0.42	10.68	1.02	0.08	*0.00
Santiago Refried Beans**1999	1/2 cup	3	118	0	111	7.39	1.69	37.3	0	0.65	0	7.39	21.42	0.37	0.00	0.00
ChoLettuce/Tomato**0283	1/2 Cup	1	3	0	1	0.36	0.16	5.3	1337	1.14	0	0.22	0.65	0.05	0.01	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
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
Burger/Deli Sand Choice**1904	1 Serving	1	102	15	398	0.99	0.64	32.7	262	1.95	*1	5.57	8.82	4.85	1.74	*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
Salad, Grill Chix & Fruit**1996	3 cup	1	101	11	139	2.35	1.19	78.2	2993	18.71	*2	6.71	11.91	3.31	1.05	0.00
Weighted Daily Average			787	49	1280	19.07	6.59	585.7	8586	48.43	*30	37.58	118.61	18.72	6.36	*0.01
% of Calories											*15.4%	19.1%	60.3%	21.4%	7.3%	*0.0%
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)	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 - 11/07/2018																
High Lunch	Total	3														
Chicken Alfredo w/ CFS **1887	1 Cup	1	118	28	278	1.52	0.91	36.2	234	6.5	*0	8.95	13.54	3.52	1.12	0.52
Tossed Salad**0202	1 Cup	1	6	0	4	0.67	0.27	9.7	2590	2.03	1	0.39	1.3	0.09	0.01	0.00
Italian Veggies**1112	1/2 Cup	2	16	0	19	0.00	0.00	10.8	404	4.85	*N/A*	0.54	2.69	0.0	0.00	0.00
WG Breadsticks**1885	1 Each	1	27	0	33	0.67	0.12	2.2	0	0.0	*N/A*	1.0	5.0	0.33	0.00	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
Mandarin Oranges**1163	1/2 Cup	3	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	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	121	18	278	1.48	0.75	9.9	436	3.2	*1	7.58	10.1	5.35	0.93	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	104	11	196	1.11	0.90	133.3	144	2.47	1	6.67	9.44	4.44	2.22	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
Fruit&Yogurt Salad HS **1987	1 Salad	1	155	13	158	0.65	0.74	230.5	433	16.22	*10	5.15	24.65	4.33	1.55	*0.00
Weighted Daily Average			857	78	1284	13.36	5.15	775.2	8769	72.22	*30	41.50	126.48	21.59	7.03	*0.52
% of Calories											*14.0%	19.4%	59.0%	22.7%	7.4%	*0.5%
Nutrient Guideline			750-850		1420										<10.00	

Thu - 11/08/2018																
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
Sidekick Smoothie**1944	4.4 oz serving	3	90	0	48	0.00	0.00	80.0	1500	60.0	19	0.0	22.0	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	136	20	531	1.32	0.86	43.6	349	2.6	*1	7.43	11.76	6.47	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	174	14	285	3.21	1.66	126.2	3882	18.53	*3	9.95	18.42	7.59	2.01	*0.00
Weighted Daily Average			885	52	1616	12.61	6.05	618.5	10132	108.74	*47	37.59	129.96	24.57	6.93	*0.00
% of Calories											*21.1%	17.0%	58.7%	25.0%	7.0%	*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)
Fri - 11/09/2018																
High Lunch	Total	4														
Grill Ham & Cheese Sand**2007	1 Sandwich	1	79	12	290	0.50	0.37	39.3	98	0.0	*1	4.25	7.18	3.93	1.61	*0.00
Chick Veg Soup w/Frz veg**1959	1 CUP	3	82	22	95	1.50	0.88	18.2	588	5.63	*3	10.35	6.4	1.74	0.49	*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
Pudding**1149	1/2 cup	4	185	0	189	0.00	0.00	287.3	*0	0.0	*N/A*	2.27	32.13	5.67	2.08	*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
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	91	13	208	1.11	0.56	7.4	327	2.4	*1	5.69	7.58	4.01	0.70	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	78	8	147	0.83	0.68	100.0	108	1.85	1	5.0	7.08	3.33	1.67	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	117	50	197	3.03	2.87	112.3	3189	15.59	*4	5.78	15.15	4.56	1.63	*0.00
Weighted Daily Average			1008	113	1504	16.77	7.41	919.4	*8198	50.57	*44	45.52	152.21	27.22	9.30	*0.00
% of Calories											*17.6%	18.1%	60.4%	24.3%	8.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Mon - 11/12/2018																
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
Green Beans-FRZ**0426	1/2 cup	2	15	0	1	1.63	0.36	22.9	228	2.23	1	0.81	3.51	0.09	0.02	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	121	18	278	1.48	0.75	9.9	436	3.2	*1	7.58	10.1	5.35	0.93	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	104	11	196	1.11	0.90	133.3	144	2.47	1	6.67	9.44	4.44	2.22	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	77	431	2.87	*3.78	*51.5	*3865	*18.53	*5	10.12	18.01	6.91	2.61	*0.00
Weighted Daily Average			869	122	1586	14.89	*8.55	*565.6	*8119	*44.33	*36	43.84	118.86	26.89	8.05	*0.00
% of Calories											*16.5%	20.2%	54.7%	27.8%	8.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Central Consolidated Schools

Nov 1, 2018 thru Nov 30, 2018

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)
Tue - 11/13/2018																
High Lunch	Total	4														
EMTaqitoswChees Sauc**2018	2 each	1	85	8	318	1.00	0.54	40.0	50	1.2	1	4.0	9.0	3.87	1.25	0.00
Santiago Refried Beans**1999	1/2 cup	1	39	0	37	2.46	0.56	12.4	0	0.22	0	2.46	7.14	0.12	0.00	0.00
ChoLettuce/Tomato**0283	1/2 Cup	1	3	0	1	0.36	0.16	5.3	1337	1.14	0	0.22	0.65	0.05	0.01	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
Mandarin Oranges**1163	1/2 Cup	1	14	0	1	0.26	0.08	1.7	278	4.2	*N/A*	0.12	3.45	0.03	0.00	*N/A*
Jello w/Topping**0385	1/2 Cup	1	24	0	0	0.00	0.00	0.0	0	7.5	*N/A*	0.5	4.75	0.5	0.50	*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
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
Burger/Deli Sand Com H**1891	1 Serving	1	98	14	278	0.98	0.54	22.2	343	2.4	*1	5.2	8.75	4.54	1.50	*0.00
French Fries S**1890	1 Serving	3	101	0	153	1.64	0.39	2.6	0	2.81	0	1.35	14.1	4.08	0.85	0.00
Salad.Grill Chix & Fruit**1996	3 cup	1	101	11	139	2.35	1.19	78.2	2993	18.71	*2	6.71	11.91	3.31	1.05	0.00
Weighted Daily Average			626	40	1172	12.68	4.56	500.3	8352	93.06	*11	30.84	85.92	18.08	5.93	*0.00
% of Calories											*7.1%	19.7%	54.9%	26.0%	8.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Wed - 11/14/2018																
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
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	91	13	208	1.11	0.56	7.4	327	2.4	*1	5.69	7.58	4.01	0.70	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	78	8	147	0.83	0.68	100.0	108	1.85	1	5.0	7.08	3.33	1.67	0.00
Fruit&Yogurt Salad HS **1987	1 Salad	1	116	10	119	0.49	0.55	172.9	325	12.16	*7	3.86	18.49	3.24	1.16	*0.00
Weighted Daily Average			814	49	1403	14.88	4.90	690.3	9524	91.19	*52	33.44	129.07	18.23	5.79	*0.00
% of Calories											*25.6%	16.4%	63.5%	20.2%	6.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Central Consolidated Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

High 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)
Thu - 11/15/2018																
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, frozen cup**1994	4.4 oz cup	1	80	0	0	1.00	0.36	0.0	300	162.0	16	1.0	19.0	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
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			864	*74	1757	*8.04	*4.72	*383.4	1352	*172.56	*33	38.71	130.62	19.91	4.77	*0.08
% of Calories											*15.2%	17.9%	60.5%	20.7%	5.0%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

Fri - 11/16/2018																
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
Friday Milk**1848	1 Carton	3	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	121	18	278	1.48	0.75	9.9	436	3.2	*1	7.58	10.1	5.35	0.93	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	104	11	196	1.11	0.90	133.3	144	2.47	1	6.67	9.44	4.44	2.22	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
Garden Salad**1910	1 Salad	1	156	67	263	4.03	3.83	149.7	4251	20.79	*6	7.7	20.21	6.08	2.17	*0.00
Weighted Daily Average			834	133	1492	14.22	8.41	737.1	10332	75.93	*34	44.91	112.99	23.81	7.89	*0.00
% of Calories											*16.5%	21.5%	54.2%	25.7%	8.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Mon - 11/19/2018																
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

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Central Consolidated Schools

Nov 1, 2018 thru Nov 30, 2018

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)
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 - 11/20/2018																
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

Wed - 11/21/2018																
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 - 11/22/2018																
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 - 11/23/2018																
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

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Central Consolidated Schools

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

High 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			750-850		1420											<10.00

Mon - 11/26/2018																
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	91	13	208	1.11	0.56	7.4	327	2.4	*1	5.69	7.58	4.01	0.70	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	78	8	147	0.83	0.68	100.0	108	1.85	1	5.0	7.08	3.33	1.67	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	58	323	2.15	*2.84	*38.6	*2899	*13.9	*4	7.59	13.51	5.18	1.96	*0.00
Weighted Daily Average			706	94	1227	12.28	*6.63	*548.8	*7242	*104.35	*35	35.45	97.14	18.00	6.06	*0.00
% of Calories											*19.6%	20.1%	55.0%	22.9%	7.7%	*0.0%
Nutrient Guideline			750-850		1420											<10.00

Tue - 11/27/2018																
High Lunch	Total	3														
Chicken & Waffles***2023	1 serving	1	158	15	195	9.68	0.85	13.7	0	0.0	5	7.75	21.08	5.04	0.51	*0.00
Tater Tots**1299	2.52 Oz.	1	40	0	87	0.67	0.00	0.0	0	0.8	0	0.33	6.02	1.67	0.33	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
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
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	136	20	531	1.32	0.86	43.6	349	2.6	*1	7.43	11.76	6.47	2.32	*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			713	57	1249	19.45	4.60	501.3	7734	43.82	*35	34.82	103.16	19.17	5.38	*0.00
% of Calories											*19.9%	19.5%	57.9%	24.2%	6.8%	*0.0%
Nutrient Guideline			750-850		1420											<10.00

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Central Consolidated Schools

Nov 1, 2018 thru Nov 30, 2018

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 - 11/28/2018																
High Lunch	Total	4														
LosCaboBn&CheeBurrito**2000	1 each	1	74	4	125	2.20	0.68	50.0	75	0.3	0	3.78	10.22	2.23	1.01	0.00
ChoLettuce/Tomato**0283	1/2 Cup	3	10	0	4	1.09	0.47	16.0	4010	3.43	1	0.66	1.94	0.16	0.02	0.00
Corn Salad**1945	1/2 cup	3	64	0	70	1.91	0.41	14.0	1020	40.33	*3	2.17	14.78	0.58	0.08	*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
Honeydew Chunks**0662	1/2 Cup	4	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	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	91	13	208	1.11	0.56	7.4	327	2.4	*1	5.69	7.58	4.01	0.70	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	78	8	147	0.83	0.68	100.0	108	1.85	1	5.0	7.08	3.33	1.67	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	116	10	119	0.49	0.55	172.9	325	12.16	*7	3.86	18.49	3.24	1.16	*0.00
Weighted Daily Average			739	43	1042	12.81	4.91	700.8	9502	92.89	*40	32.81	116.02	17.84	6.02	*0.00
% of Calories											*21.5%	17.8%	62.8%	21.7%	7.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Thu - 11/29/2018																
High Lunch	Total	3														
Lasagna w/ GB **1936	5x5	1	96	14	213	0.66	0.82	81.6	163	1.2	*N/A*	7.03	7.99	3.81	1.67	*0.00
Tossed Salad**0202	1 Cup	3	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	25	0	23	1.43	0.48	7.6	667	3.14	1	1.64	4.53	0.09	0.02	0.00
WG Breadsticks**1885	1 each	1	27	0	33	0.67	0.12	2.2	0	0.0	*N/A*	1.0	5.0	0.33	0.00	0.00
Fruit Cocktail**0419	1/2 Cup	3	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	3	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	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	136	20	531	1.32	0.86	43.6	349	2.6	*1	7.43	11.76	6.47	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	174	14	285	3.21	1.66	126.2	3882	18.53	*3	9.95	18.42	7.59	2.01	*0.00
Weighted Daily Average			774	56	1415	15.71	6.17	663.4	16639	98.72	*37	40.00	107.73	21.94	7.22	*0.00
% of Calories											*18.9%	20.7%	55.7%	25.5%	8.4%	*0.0%
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

Nov 1, 2018 thru Nov 30, 2018

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)
Fri - 11/30/2018																
High Lunch	Total	4														
Asian Teriyaki Chicken**1839	2.85 oz serving	1	37	13	104	0.00	0.27	5.0	25	0.3	4	3.75	3.5	0.62	0.25	0.00
Oriental Blend**1109	1/2 Cup	3	21	0	13	1.70	0.00	17.0	170	10.21	*N/A*	0.85	3.4	0.0	0.00	*N/A*
Brown Rice**0687	1 Cup	1	17	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	0.14	*N/A*	*N/A*
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*
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
Fortune Cookie**1162	1 Each	4	112	0	11	0.68	0.17	3.7	0	0.0	*N/A*	0.55	26.3	0.24	0.05	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	91	13	208	1.11	0.56	7.4	327	2.4	*1	5.69	7.58	4.01	0.70	*0.00
Choice of Pizza-Mid & HS**1437	1 Slice	1	78	8	147	0.83	0.68	100.0	108	1.85	1	5.0	7.08	3.33	1.67	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	117	50	197	3.03	2.87	112.3	3189	15.59	*4	5.78	15.15	4.56	1.63	*0.00
Weighted Daily Average			766	*92	*1055	*13.10	*6.32	*591.9	*8281	*103.52	*16	*33.26	*116.04	16.91	*5.39	*0.00
% of Calories											*8.3%	*17.4%	*60.6%	19.9%	*6.3%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Weighted Average			799	*77	*1350	*14.25	*6.09	*626.1	*8579	*82.50	*35	*37.61	*116.85	21.18	*6.78	*0.04
											*39.2%	*18.8%	*58.5%	23.8%	*7.6%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	799		750 - 850	100%				
Cholesterol (mg)	77				Missing			
Sodium 1 (mg)	1350		1420		Missing			
Sodium 2 (mg)	1350		1080		Missing	270	Correction Required - Sodium too High	
Fiber (g)	14.25				Missing			
Iron (mg)	6.09				Missing			
Calcium (mg)	626.1				Missing			
Vitamin A (IU)	8579				Missing			
Sugars (g)	35	17.42%			Missing			
Vitamin C (mg)	82.50				Missing			
Protein (g)	37.61	18.82%			Missing			
Carbohydrate (g)	116.85	58.47%			Missing			
Total Fat (g)	21.18	23.85%						
Saturated Fat (g)	6.78	7.63%	<10.00%		Missing			
Trans Fat ¹ (g)	0.04	0.05%			Missing			

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