

Central Consolidated Schools

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

High School Breakfast

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)
Mon - 10/02/2017																
High School Breakfast	Total	1														
Biscuits & Gravy**1186	1 Ea. + 1/2 Cup	1	331	27	924	2.00	1.32	73.5	0	0.0	*N/A*	9.4	26.0	20.8	9.05	0.50
Pears**0438	1/2 Cup	1	71	0	6	2.00	0.35	6.3	0	0.88	15	0.24	18.99	0.04	0.00	0.00
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average % of Calories			561	34	1072	4.00	1.82	389.8	500	11.88	*15 *10.8%	17.63 12.6%	72.66 51.8%	22.08 35.4%	9.80 15.7%	0.50 0.8%
Nutrient Guideline			450-600		640											<10.00

Tue - 10/03/2017																
High School Breakfast	Total	1														
Hard Boiled Eggs**0370	1 Egg	1	78	187	62	0.00	0.60	25.0	260	0.0	1	6.29	0.56	5.31	1.63	*N/A*
Choice of Muffin**0480	1 Each	1	117	18	73	1.78	0.74	5.1	33	0.59	*N/A*	2.37	19.4	3.22	0.46	0.00
Fruit Cocktail**0419	1/2 Cup	1	69	0	7	1.20	0.35	7.2	250	2.28	17	0.48	17.95	0.08	0.01	0.00
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average % of Calories			421	212	285	2.98	1.83	347.3	1043	13.87	*17 *16.4%	17.14 16.3%	65.57 62.3%	9.86 21.1%	2.86 6.1%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

Wed - 10/04/2017																
High School Breakfast	Total	1														
Mini Waffle**1934	pouch	1	190	0	210	3.00	2.70	100.0	500	0.0	*N/A*	4.0	33.0	5.0	1.50	0.00
Sausage Patty**0643	1 Patty	1	70	25	260	0.00	0.36	20.0	0	0.0	0	7.0	0.0	5.0	1.50	0.00
BkfFreshFruitMix**0336	1/2 Cup	1	33	0	5	0.92	0.19	6.6	542	17.14	6	0.53	8.39	0.17	0.04	0.00
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average % of Calories			452	32	618	3.92	3.40	436.6	1542	28.14	*6 *5.6%	19.53 17.3%	69.06 61.1%	11.42 22.7%	3.79 7.5%	0.00 0.0%
Nutrient Guideline			450-600		640											<10.00

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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)
Thu - 10/05/2017																
High School Breakfast	Total	1														
Pancake on Stick**0659	1 Each	1	198	25	307	2.97	1.78	19.8	20	0.0	4	6.94	16.84	9.91	2.48	0.00
Banana**0068	1 each	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average % of Calories			446	32	451	5.60	2.20	334.9	584	19.79	*16 *14.6%	16.04 14.4%	67.58 60.6%	11.49 23.2%	3.34 6.7%	0.00 0.0%
Nutrient Guideline			450-600		640											<10.00

Fri - 10/06/2017																
High School Breakfast	Total	1														
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 % 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			450-600		640											<10.00

Mon - 10/09/2017																
High School Breakfast	Total	1														
Cold Cereal**0013	1 Bowl	1	103	0	166	1.72	4.84	88.6	449	4.99	*1	1.44	21.78	1.47	0.08	0.00
WW Toast w/Jelly**1767	1 Slice/1 Pkt.	1	159	0	185	1.59	1.01	17.1	219	0.61	*1	2.69	25.29	5.65	0.92	*0.00
Applesauce**0356	1/2 Cup	1	87	0	3	1.53	0.15	3.8	8	2.17	19	0.2	22.31	0.22	0.04	0.00
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average % of Calories			507	8	496	4.83	6.14	419.5	1175	18.77	*21 *16.8%	12.33 9.7%	97.05 76.6%	8.59 15.3%	1.79 3.2%	*0.00 *0.0%
Nutrient Guideline			450-600		640											<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/10/2017																
High School Breakfast	Total	1														
Egg&ChezEng Muf**1180	1 Each	1	242	129	592	3.02	2.04	207.7	310	0.0	*0	13.18	27.38	9.94	3.79	0.00
Orange Wedges**0600	1 orange	1	45	0	0	2.30	0.10	38.4	216	51.07	9	0.9	11.28	0.12	0.01	0.00
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			445	136	734	5.32	2.28	556.1	1026	62.07	*9	22.08	66.33	11.31	4.55	0.00
% of Calories											*8.1%	19.8%	59.6%	22.9%	9.2%	0.0%
Nutrient Guideline			450-600		640											<10.00

Wed - 10/11/2017																
High School Breakfast	Total	1														
Pancakes w/Syrup**1188	2PC+2T	1	239	17	346	1.33	1.21	27.9	0	0.0	*8	4.0	50.14	2.67	0.33	*0.00
Sausage Patty**0643	1 Patty	1	70	25	260	0.00	0.36	20.0	0	0.0	0	7.0	5.0	5.0	1.50	0.00
Fresh Strawberries**1875	1/2 cup	1	23	0	1	1.44	0.30	11.5	9	42.34	4	0.48	5.53	0.22	0.01	0.00
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			490	49	749	2.77	2.02	369.4	509	53.34	*12	19.48	83.34	9.13	2.59	*0.00
% of Calories											*9.8%	15.9%	68.0%	16.8%	4.8%	*0.0%
Nutrient Guideline			450-600		640											<10.00

Thu - 10/12/2017																
High School Breakfast	Total	1														
Choice of Muffin**0480	1 Each	1	117	18	73	1.78	0.74	5.1	33	0.59	*N/A*	2.37	19.4	3.22	0.46	0.00
Yogurt**1777	1 Each	1	90	0	75	0.00	0.00	300.0	0	0.0	*N/A*	3.0	19.0	0.0	0.00	0.00
Cantaloupe Chunks**0656	1/2 Cup	1	54	0	25	1.43	0.33	14.3	5369	58.26	12	1.33	12.95	0.3	0.08	0.00
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			419	25	316	3.20	1.22	629.4	5902	69.85	*12	14.70	79.02	4.77	1.29	0.00
% of Calories											*11.9%	14.0%	75.4%	10.3%	2.8%	0.0%
Nutrient Guideline			450-600		640											<10.00

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Fri - 10/13/2017																
High School Breakfast	Total	1														
BRK Taco/liq frz egg**1993	1 each	1	200	224	428	2.50	1.28	198.5	239	1.2	*0	12.36	16.79	10.35	4.39	0.00
Banana**0068	1 each	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Salsa**0651	2 Tbsp.	1	10	0	141	1.01	0.36	20.1	151	1.21	*N/A*	0.0	2.01	0.0	0.00	0.00
Weighted Daily Average % of Calories			458	232	712	6.13	2.05	533.7	955	22.19	*12 *10.8%	21.46 18.7%	69.53 60.7%	11.93 23.4%	5.26 10.3%	0.00 0.0%
Nutrient Guideline			450-600		640											<10.00

Mon - 10/16/2017																
High School Breakfast	Total	1														
UBR**1305	1 Each	1	250	5	220	6.39	0.71	32.7	9	0.0	*N/A*	4.0	44.0	6.0	2.00	0.00
Yogurt**1777	1 Each	1	90	0	75	0.00	0.00	300.0	0	0.0	*N/A*	3.0	19.0	0.0	0.00	0.00
BkfFreshFruitMix**0336	1/2 Cup	1	33	0	5	0.92	0.19	6.6	542	17.14	6	0.53	8.39	0.17	0.04	0.00
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average % of Calories			532	13	443	7.31	1.05	649.3	1050	28.14	*6 *4.7%	15.53 11.7%	99.06 74.5%	7.42 12.6%	2.79 4.7%	0.00 0.0%
Nutrient Guideline			450-600		640											<10.00

Tue - 10/17/2017																
High School Breakfast	Total	1														
Biscuits & Gravy**1186	1 Ea. + 1/2 Cup	1	331	27	924	2.00	1.32	73.5	0	0.0	*N/A*	9.4	26.0	20.8	9.05	0.50
Peaches**0437	1/2 Cup	1	68	0	6	1.63	0.45	3.8	443	3.01	17	0.56	18.22	0.04	0.00	0.00
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average % of Calories			557	34	1072	3.63	1.92	387.2	943	14.00	*17 *11.9%	17.96 12.9%	71.88 51.6%	22.08 35.7%	9.80 15.8%	0.50 0.8%
Nutrient Guideline			450-600		640											<10.00

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Wed - 10/18/2017																
High School Breakfast	Total	1														
Oatmeal**1095	3/4 Cup	1	143	0	35	3.01	1.40	26.5	0	0.0	*8	4.8	27.19	1.96	0.35	*0.00
WW Toast w/Jelly**1767	1 Slice/1 Pkt.	1	159	0	185	1.59	1.01	17.1	219	0.61	*1	2.69	25.29	5.65	0.92	*0.00
Applesauce**0356	1/2 Cup	1	87	0	3	1.53	0.15	3.8	8	2.17	19	0.2	22.31	0.22	0.04	0.00
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			546	8	365	6.12	2.71	357.4	726	13.78	*28	15.69	102.46	9.07	2.05	*0.00
% of Calories											*20.8%	11.5%	75.0%	14.9%	3.4%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Thu - 10/19/2017																
High School Breakfast	Total	1														
Pillsbury Mini Cinnis**1966	1 each	1	240	0	300	2.00	1.44	40.0	0	0.0	*N/A*	4.99	39.95	7.99	2.00	0.00
String Cheese**1640	1 Stick	1	86	15	150	0.00	0.07	207.2	147	0.0	*N/A*	7.36	1.09	5.68	3.59	*N/A*
Banana**0068	1 Each	1	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			574	23	593	4.62	1.92	562.2	711	19.79	*12	21.45	91.77	15.25	6.45	*0.00
% of Calories											*8.6%	15.0%	64.0%	23.9%	10.1%	*0.0%
Nutrient Guideline			450-600		640										<10.00	

Fri - 10/20/2017																
High School Breakfast	Total	1														
Professional Day-NonWork	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
NO SCHOOL TODAY	No School	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			450-600		640										<10.00	

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Mon - 10/23/2017																
High School Breakfast	Total	1														
FrenchToastSticks**0207	3 Ea. + 2 Tbsp	1	262	115	342	3.00	1.81	81.2	200	3.6	13	9.0	50.13	4.0	1.00	*0.00
Sausage Patty**0643	1 Patty	1	70	25	260	0.00	0.36	20.0	0	0.0	0	7.0	0.0	5.0	1.50	0.00
Fruit Cocktail**0419	1/2 Cup	1	69	0	7	1.20	0.35	7.2	250	2.28	17	0.48	17.95	0.08	0.01	0.00
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			559	148	752	4.20	2.67	418.4	950	16.88	*30	24.48	95.74	10.33	3.26	*0.00
% of Calories											*21.6%	17.5%	68.5%	16.6%	5.3%	*0.0%
Nutrient Guideline			450-600		640											<10.00

Tue - 10/24/2017																
High School Breakfast	Total	1														
Cold Cereal**0013	1 Bowl	1	103	0	166	1.72	4.84	88.6	449	4.99	*1	1.44	21.78	1.47	0.08	0.00
WW Toast w/Jelly**1767	1 Slice/1 Pkt.	1	159	0	185	1.59	1.01	17.1	219	0.61	*1	2.69	25.29	5.65	0.92	*0.00
Fresh Apple**0064	Apple	1	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			492	8	495	6.62	6.16	424.0	1242	22.95	*17	12.49	93.79	8.60	1.79	*0.00
% of Calories											*13.7%	10.2%	76.3%	15.7%	3.3%	*0.0%
Nutrient Guideline			450-600		640											<10.00

Wed - 10/25/2017																
High School Breakfast	Total	1														
Bacon Scramble**1876	1 Ea	1	190	45	300	2.00	1.80	150.0	100	0.0	4	10.0	20.0	8.0	2.00	0.00
Applesauce**0356	1/2 Cup	1	87	0	3	1.53	0.15	3.8	8	2.17	19	0.2	22.31	0.22	0.04	0.00
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			435	53	445	3.53	2.10	463.8	608	13.17	*23	18.20	69.98	9.47	2.79	0.00
% of Calories											*20.9%	16.7%	64.3%	19.6%	5.8%	0.0%
Nutrient Guideline			450-600		640											<10.00

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Central Consolidated Schools

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

High School Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/26/2017																
High School Breakfast	Total	1														
Yogurt**1777	1 Each	1	90	0	75	0.00	0.00	300.0	0	0.0	*N/A*	3.0	19.0	0.0	0.00	0.00
Granola Pack -1oz**1977	1 oz pack	1	121	0	76	2.03	0.73	20.2	30	0.0	6	3.04	20.25	3.54	0.00	0.00
Cantaloupe Chunks**0656	1/2 Cup	1	54	0	25	1.43	0.33	14.3	5369	58.26	12	1.33	12.95	0.3	0.08	0.00
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			424	8	319	3.45	1.21	644.5	5900	69.26	*19	15.37	79.87	5.09	0.83	0.00
% of Calories											*17.5%	14.5%	75.4%	10.8%	1.8%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Fri - 10/27/2017																
High School Breakfast	Total	2														
Breakfast Burrito**5015	1 Ea.	1	234	270	492	1.97	2.19	274.5	623	3.8	*0	12.83	19.5	11.74	4.13	0.00
Cold Cereal**0013	1 Bowl	1	52	0	83	0.86	2.42	44.3	225	2.49	*1	0.72	10.89	0.74	0.04	0.00
Graham Crackers**0875	3 Ea.	1	45	0	48	0.50	0.36	50.0	250	0.0	*N/A*	0.5	8.0	1.25	0.25	0.00
Banana**0068	1 Each	2	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	0.00
Juice(Carton)**0103	1 Carton	2	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	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			583	278	837	6.46	5.56	693.9	1738	26.69	*13	23.15	90.13	15.30	5.29	0.00
% of Calories											*9.0%	15.9%	61.8%	23.6%	8.2%	0.0%
Nutrient Guideline			450-600		640										<10.00	

Mon - 10/30/2017																
High School Breakfast	Total	1														
Biscuits & Gravy**1186	1 Ea. + 1/2 Cup	1	331	27	924	2.00	1.32	73.5	0	0.0	*N/A*	9.4	26.0	20.8	9.05	0.50
Pears**0438	1/2 Cup	1	71	0	6	2.00	0.35	6.3	0	0.88	15	0.24	18.99	0.04	0.00	0.00
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00

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Central Consolidated Schools

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

High School Breakfast

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			561	34	1072	4.00	1.82	389.8	500	11.88	*15	17.63	72.66	22.08	9.80	0.50
% of Calories											*10.8%	12.6%	51.8%	35.4%	15.7%	0.8%
Nutrient Guideline			450-600		640											<10.00

Tue - 10/31/2017																
High School Breakfast	Total	1														
Cold Cereal**0013	1 Bowl	1	103	0	166	1.72	4.84	88.6	449	4.99	*1	1.44	21.78	1.47	0.08	0.00
WW Toast w/Jelly**1767	1 Slice/1 Pkt.	1	159	0	185	1.59	1.01	17.1	219	0.61	*1	2.69	25.29	5.65	0.92	*0.00
Pineapple Chunks**0092	1/2 Cup	1	65	0	1	1.00	0.49	17.5	48	9.39	16	0.45	16.84	0.15	0.01	0.00
Juice(Carton)**0103	1 Carton	1	58	0	12	0.00	0.06	10.0	0	8.6	*N/A*	0.0	14.67	0.0	0.00	0.00
Milk-Variety**0489	1 Carton	1	100	8	130	0.00	0.09	300.0	500	2.4	*N/A*	8.0	13.0	1.25	0.75	0.00
Weighted Daily Average			485	8	495	4.31	6.48	433.2	1215	25.99	*18	12.58	91.58	8.52	1.76	*0.00
% of Calories											*15.1%	10.4%	75.5%	15.8%	3.3%	*0.0%
Nutrient Guideline			450-600		640											<10.00

Weighted Average			497	69	616	4.65	2.83	472.0	1441	28.12	*16	17.75	81.45	11.69	4.09	*0.08
											*29.0%	14.3%	65.5%	21.2%	7.4%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	497		450 - 600	100%				
Cholesterol (mg)	69							
Sodium (mg)	616		640					
Fiber (g)	4.65							
Iron (mg)	2.83							
Calcium (mg)	472.0							
Vitamin A (IU)	1441							
Sugars (g)	16	12.89%			Missing			
Vitamin C (mg)	28.12							
Protein (g)	17.75	14.27%						
Carbohydrate (g)	81.45	65.50%						
Total Fat (g)	11.69	21.15%						
Saturated Fat (g)	4.09	7.41%	<10.00%					
Trans Fat ¹ (g)	0.08	0.14%			Missing			

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